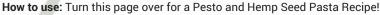
# The Plant-Based Protein Box

#### **BANZA CHICKPEA PASTA**

It looks like pasta, feels like pasta and tastes like pasta, but unlike pasta, it is made from chickpeas and boasts a high protein count! It's also vegan, non-GMO and has no artificial ingredients.





### **KAPOK NATURALS** SPIRULINA

This superfood is so super even NASA has conducted studies on it as a potential food for space travel. NASA found that 1 kg of spirulina had the same nutrients found in about 1,000 kg of vegetables. This algae is also chock full of vitamins, minerals, protein, & healthy fats, too! Think: 57g protein per 100g! Crazy!

How to use: Open the capsule and put the powder in a smoothie or lemonade!



#### **MANITOBA HARVEST** HEMP HEARTS

Hemp foods are rich in protein and have all 10 essential amino acids. They also contain omega-3, omega-6, stearidonic acid (SDA), and the rare omega-6 Gamma Linolenic Acid (GLA). What's so great about GLA? Well, GLA has been shown to help with cholesterol, inflammation, skin and hair health, balancing hormones, and general heart health.



# **FERA MORINGA POWDER**

Moringa is popping up on the market a lot lately, and for good reason! Moringa is a complete source of plant protein. A serving of moringa contains all 9 essential amino acids.



How to use: We've got a bangin' Moringa & Hemp Seed Pesto Recipe on the back!

# **COCOBURG COCONUT JERKY**

Cocoburg is the world's first raw, vegan, gluten-free, soy-free, minimally processed meat alternative made from all USDA Organic ingredients. Only 6g of protein per bag but if you like meat-free jerky snacking, Cocoburg is for you!



# MAMMA CHIA CHIA SQUEEZE

16.5g of protein per 100g of chia seeds! Green Magic Chia Squeeze combines Fruit, Kale, Spirulina & Chlorella for a nutrient powerhouse of a snack!



# **DISCOVER WHAT'S INSIDE**

# Hemp Seed & Moringa Pesto With Chickpea Pasta

### **INGREDIENTS**

- 2 cups Fresh basil leaves
- 1-2 Cloves chopped garlic
- 1 packet FERA Moringa
- 1/4 cup Hemp seeds
- 3 tbsp Nutritional yeast (optional)

- 1/2 tsp Himalayan salt
- 2 tbsp Lemon juice
- 1/4 cup Olive oil
- 1 box Banza pasta
- All recipes need a little love!

### **METHOD**

- 1. Place basil, garlic, and hemp seeds into a food processor or blender.
- 2. Pulse about 10 times to break down the basil.
- 3. Add all remaining ingredients.
- 4. Process until smooth, adding more olive oil if needed to thin the pesto.

5. Toss in your cooked Banza pasta and top with Hemp seeds before serving!

