

Organic Hemp Hearts



What are organic hemp hearts?

Organic Hemp Hearts are meticulously processed from 100% pure, organically grown hemp seeds. The robust outer shell is carefully removed, revealing the tender, light-colored inner kernel – the “heart” of the seed. This minimal processing ensures the preservation of their delicate flavor, soft texture, and comprehensive nutritional integrity.



These **shelled hemp seeds** are celebrated for their remarkably balanced and bioavailable essential fatty acid profile, with an optimal Omega-6 to Omega-3 ratio (typically around 3:1). Unlike many other plant-based proteins, **Organic Hemp Hearts** offer a complete protein, containing all nine essential amino acids. They're also a good source of dietary fiber, magnesium, phosphorus, and zinc. Their mild, nutty taste and soft, chewable texture make them a highly adaptable ingredient that blends seamlessly into a wide array of sweet and savory applications, providing a clean-label boost of nutrition and texture.

Specifications

| Attribute | Details |
|---------------------------|--|
| Common Names | Hemp Hearts, Shelled Hemp Seeds, Hulled Hemp Seeds |
| Latin Name | <i>Cannabis sativa L.</i> |
| Source | 100% Organic Hemp Seeds (de-hulled) |
| Processing | De-hulling (shell removal), gentle cleaning |
| Appearance | Small, soft, off-white to light green kernels |
| Aroma & Flavor | Delicate, mild, nutty flavor, no bitterness |
| Texture | Soft, slightly chewy |
| Protein Content | Typically 30-35% |

| Attribute | Details |
|-------------------------|--|
| Fat Content | Typically 40-50% (rich in Omegas) |
| Fiber Content | Moderate (typically 5-10%) |
| Moisture Content | Max 8% |
| Bulk Density | 0.55-0.65 g/cm ³ |
| Key Nutrients | Omega-3 (ALA), Omega-6 (LA, GLA), Complete Protein (all EAAs), Magnesium, Phosphorus, Zinc, Iron, Vitamin E. |
| Omega 6:3 Ratio | Optimal ~3:1 |

Key Features

- **Complete Plant-Based Protein:** Contains all nine essential amino acids, making them a high-quality, easily digestible protein source for muscle health and overall vitality.
- **Optimal Omega Fatty Acid Balance:** Boasts a naturally balanced ratio of Omega-6 to Omega-3 (approx. 3:1), including beneficial Gamma-Linolenic Acid (GLA), supporting cardiovascular health, brain function, and reducing inflammation.
- **Rich in Essential Minerals:** A natural source of **Magnesium** (for nerve and muscle function), **Phosphorus** (for bones and energy), **Zinc** (for immune support), and **Iron** (for energy and oxygen transport).
- **Good Source of Dietary Fiber:** Contributes to digestive health and satiety.
- **Versatile & Flavorful:** Their delicate, mild nutty taste and soft texture blend seamlessly into both sweet and savory applications without overpowering other flavors.
- **Allergen-Friendly:** Naturally free from gluten, dairy, soy, and common tree nuts, making them an excellent choice for a wide range of dietary restrictions and “free-from” product lines.
- **Organic & Clean Label:** Derived from certified organic hemp seeds, ensuring a product free from synthetic pesticides, herbicides, and GMOs, aligning with clean-label and natural ingredient trends.
- **Sustainable & Eco-Friendly:** Hemp is a remarkably sustainable crop, requiring minimal water and pesticides, appealing to environmentally conscious brands.

Applications

Our **Organic Hemp Hearts** are an incredibly versatile ingredient for a multitude of B2B applications across the food, beverage, and nutraceutical industries:

- **Baked Goods & Confectionery:**

- Adds nutritional value and a pleasant texture to breads, muffins, cookies, granola bars, and energy bites.
- Used in healthy snack bars and protein balls.

- **Cereals & Grains:**

- Incorporated into hot and cold cereals, granola, and muesli for added protein, omegas, and crunch.

- **Dairy & Plant-Based Alternatives:**

- Sprinkled into yogurts, plant-based milks, and ice creams for nutritional enhancement and texture.
- Can be blended to create creamy, plant-based spreads or sauces.

- **Snack Foods:**

- As a standalone healthy snack, or an ingredient in trail mixes and savory snack blends.

- **Nutraceuticals & Dietary Supplements:**

- Ingredient in functional food blends, protein mixes, and supplements targeting heart health, brain health, or general wellness.

- **Salads & Savory Dishes:**

- Used as a sprinkle for salads, roasted vegetables, pestos, and other savory dishes to boost nutrition and add a nutty flavor.

Why Choose Our Organic Hemp Hearts for Your Business?

Partnering with us for your **Organic Hemp Hearts** needs ensures a premium, high-demand ingredient that aligns with surging health-conscious consumer preferences and sustainable market trends:

- **Guaranteed Organic Certification:** Our hemp hearts adhere to stringent organic standards, vital for your clean-label and premium product lines.
- **Superior Nutritional Profile:** Offers a rare combination of complete protein, balanced omegas, and essential minerals, providing a significant marketing advantage.

- **Versatile & Functional:** Their mild flavor and soft texture make them highly adaptable to a vast array of formulations without compromising taste or product integrity.
- **Allergen-Friendly Appeal:** Naturally free from many common allergens, expanding your product's market reach to sensitive consumers.
- **Consistent Quality & Purity:** Our meticulous processing ensures a reliable, pure, and safe product batch after batch, meeting rigorous international food safety standards.
- **Robust & Scalable Supply Chain:** As a dedicated B2B supplier, we offer dependable sourcing and the capacity to meet your production demands, from small to bulk orders, efficiently and consistently.
- **Comprehensive Technical Support:** Our team can provide detailed data sheets, Certificates of Analysis (CoAs), and expert guidance to support your product development, labeling, and regulatory compliance needs.

FAQs

Q: What is the difference between "Hemp Seeds" and "Hemp Hearts"?

A: **Hemp seeds** are the whole, unhulled seeds with their crunchy outer shell. **Hemp Hearts** are the **shelled hemp seeds** or **hulled hemp seeds**, meaning the outer shell has been removed, revealing the soft, edible, and nutrient-dense kernel inside.

Q: Is Organic Hemp Hearts a complete protein source?

A: Yes, **Organic Hemp Hearts** are considered a **complete protein**, containing all nine essential amino acids, making them an excellent plant-based protein alternative.

Q: Are your Organic Hemp Hearts safe regarding THC/CBD content?

A: Absolutely. Our **Organic Hemp Hearts** are sourced from *Cannabis sativa L.* varieties specifically cultivated for their nutritional seeds, containing negligible to no THC or CBD. We provide certificates of analysis to confirm that THC levels are below detectable limits or comply with relevant legal thresholds.

Q: What is the typical shelf life and recommended storage for bulk quantities?

A: Our **Organic Hemp Hearts** typically have a shelf life of **12-18 months** from the manufacturing date when stored in a cool, dry place (ideally refrigerated or frozen for extended freshness), away

from direct sunlight and oxygen, in their original sealed, airtight packaging.

Q: Can Organic Hemp Hearts be used in raw food applications?

A: Yes, their soft texture and delicate flavor make **Organic Hemp Hearts** perfect for raw food applications, such as smoothies, salads, granolas, and unbaked energy bars.

Packing

