



HEMP FLOUR

Our hemp flour is a bakers delight! Plant-based and naturally gluten-free, it is a versatile and flavorful flour alternative for vegetarians, vegans and people with gluten-intolerance.

A 32 gram serving (four tablespoons) of hemp flour provides 33% protein; 14 grams of dietary fiber, more than 15% of the RDI for Vitamin B6 and folate; and more than 25% of the RDI for copper, iron and zinc.

We recommend a ratio of 1/3 hemp flour to 2/3 regular flour for baking recipes.

CERTIFIED ORGANIC HEMP PROTEIN FLOUR



All Miracle Source organic products are certified organic by the USDA and OCPPP/Pro-Cert Canada Inc. They are also Certified OU Kosher.

WHAT'S THE DIFFERENCE BETWEEN CERTIFIED ORGANIC AND CONVENTIONAL HEMP PROTEIN FLOUR?

The Conventional hemp seed and the Certified Organic hemp seed both are grown in Canada without the use of pesticides and/or herbicides, both are Non-GMO (genetically modified organism) and are Gluten-Free. However, Conventionally grown hemp seed does use fertilizer at the beginning of the growing cycle.

Primarily the difference between the two is the certification. Unlike Certified Organic, the Conventional hemp seed does not undergo the same stringent inspections or follow the necessary guidelines to meet the Certified Organic standards. This does not mean that Conventional hemp seed is of substandard quality, taste or freshness. Only that Certified Organic is a guarantee to the consumer that the hemp seed grown follows strict government guidelines and inspections to guarantee it's 100% Organic which some consumers are particular too. Because of these strict government guidelines and inspections the cost of producing Certified Organic hemp seed is increased thus the cost of purchasing Certified Organic vs. Conventional hemp seed is higher.

NATURAL – RAW FOOD DECLARATION

Miracle Source Food Group Ltd. does hereby declare and certify that the products produced by this company are 100% Canadian and grown without the use of pesticides and/or herbicides and are Non-GMO and Gluten-Free.

Miracle Source Food Group Ltd. does hereby declare and certify that the products produced by this company are not derived from a genetically modified organism or irradiated material source or seed. Miracle Source Food Group Ltd. products are free from both genetically modified DNA and the proteins derived from genetically modified DNA.

Miracle Source Food Group Ltd. uses GMO-free proprietary varieties of Canadian hemp seed grown by Prairie farm producers under contract on the Certified Organic Regime. Miracle Source Food Group Ltd. subscribes to the Pro-Cert Canada Organic Standards, EU and USDA NOP, which forbids the use of genetically modified organisms (GMO) or materials derived from GMO's.

Furthermore, since all the hemp varieties are classically bred, there are no genetically modified hemp seeds and Miracle Source Food Group Ltd. does hereby declare that the probability to cross-pollinate with any existing GM crop is zero.

GLUTEN-FREE DECLARATION

Hemp seed is naturally gluten-free. However, cross-contamination can occur at the field level during handling, transportation and storage. Miracle Source Food Group Ltd. conducts regular gluten testing on seed lots to ensure that gluten content is <20 ppm, which is the acceptable threshold by both the World Health Organization (WHO) and Health Canada for a gluten-free claim. Please refer to the designated CofA upon request.

STERILIZATION & NON-VIABLE DECLARATION

The products referred to herein were mechanically processed in an impact huller to crack and remove the seed coat and then crack the seed achene in half, rendering the seed non-viable and incapable of germination.

OR:

The products referred to herein were processed in a roaster under the Health Canada protocol for seed sterilization at a temperature between 105°C-120°C for a period not less than 15 minutes, rendering the seed non-viable, sterilized and incapable of germination.



NUTRITION FACTS CHART

We recommend a ratio of 1/3 hemp flour to 2/3 regular flour for baking recipes.

HEMP FLOUR

Nutrition Facts

Valeur nutritive

Per 50g serving

Par portion de 50g

Amount	% Daily Value*
Quantité	% valeur quotidienne*
Calories/Calories 194 (811 kJ)	
Fat Cal/Cal des lip 32	
Total Fat/Lipides 3.5g	5%
Saturated/Saturés 0.3g	1%
Trans 0.0g	
Polyunsaturated/Polyinsaturés 2.8g	
Omega-6/ oméga-6 2.1g	
Omega-3/ oméga-3 0.7g	
Monounsaturated/Monoinsaturés 0.3g	
Cholesterol/Cholestérol 0.0g	
Sodium 0.0mg	0%
Potassium 580mg	16%
Carbohydrate/Glucides 24g	8%
Fiber/Fibres 21g	
Sugar/Sucres 1.5g	
Protein/Protéines 16.5g	
Vitamin E/Vitamine E	40%
Calcium	8%
Phosphorus/ Phosphore	63%
Magnesium/ Magnésium	125%
Iron/Fer	57%
Zinc	55%
Copper/Cuivre	25%
Manganese/Manganèse	400%

* Based on 2,000 Calorie Diet

* En fonction d'un régime alimentaire
de 2 000 Calories