

Heating Instructions:

Recommended Conventional Oven:

For best results always thaw frozen Hempzels - Place thawed Hempzel on a baking tray. Preheat oven to 350°F. Spritz with water, olive oil, coconut oil, or brush with butter. Sprinkle with salt (optional). Heat 3-4 minutes until warmed through.

Microwave:

Place thawed Hempzel on a microwavable safe plate. Spritz with water or brush with butter. Sprinkle with salt (optional). Heat on high for 15 to 20 seconds*.

*Because microwave ovens vary, heating time may need to be adjusted.