

Hemp (*Cannabis sativa* L.) flour: an active ingredient for the formulation of nutritious, flavorful and affordable foods

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Abstract

Hemp (*Cannabis sativa* L.) flour is obtained as a byproduct of hemp oil processing. Considered so far a food waste, it represents a significant source of nutritionally relevant compounds. Actually, besides being high in fibres and micronutrients, hemp flour is characterized by a peculiar protein content, devoid of prolamins, which allows it to be tolerated by people who suffer from celiac disease or by those who are sensitive to gluten. Moreover, the lipid profile includes high and well-balanced omega-6 and omega-3 fatty acids and the calorie content is lower if compared to the more refined wheat flour. Significantly, hemp flour is high in polyphenolic compounds, which provide the product with a relevant anti-oxidant efficacy. Altogether, the chemical composition makes this flour a well balance ingredient having the potential to be used as an active component for the formulation of foods.

Biography

Concettina La Motta works as Associate Professor of Medicinal Chemistry at the Department of Pharmacy of the University of Pisa, Italy. Her main research interests focus on the development of natural and synthetic compounds as drug candidates for the treatment of pathologies like inflammation, tumour and long term diabetic complications.