



Celebrate This Holiday Season With Delicious and Healthy Baking Recipes

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Manitoba Harvest Features New Holiday Recipes to Experience the Joy of Cooking With Healthy Hemp Products

NEW YORK, Dec. 07, 2023 (GLOBE NEWSWIRE) -- This holiday season, [Manitoba Harvest Hemp Foods](#), the world's leading hemp foods brand and a wholly-owned subsidiary of Tilray Brands, Inc. (Nasdaq: TLRY; TSX: TLRY), invites you to indulge in the joy of healthy baking. Our portfolio of hemp foods adds a nutritional and delicious boost to your festive treats.

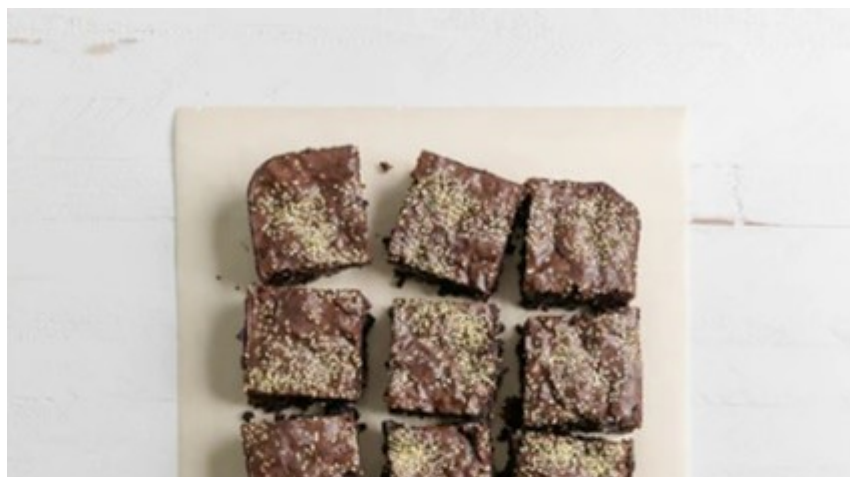
Featured Healthy Baking Recipes with Manitoba Harvest (Click the links below for the full recipes).

1. [Hemp Heart Holiday Cookies](#)



- **Key Ingredients:** Spelt Flour, **Manitoba Harvest Regenerative Organic Certified (ROC™) Hemp Hearts** Baking Powder, Spices: ginger, cinnamon, cloves, nutmeg.

2. [Fudgy Chocolate Vegan Brownies](#)





- These rich, vegan brownies are a chocolate lover's dream. Infused with the goodness of hemp, they offer a healthier twist on a classic favorite.
- **Key Ingredients:** Flaxseed meal, **Manitoba Harvest Ground Hemp**, **Manitoba Harvest ROC™ Hemp Hearts** non-dairy chocolate chips.

3. [Peppermint Mocha Bites](#)



- These no-bake bites are a fusion of peppermint and mocha, enriched with Hemp Hearts for added nutrition and flavor.
- **Key Ingredients:** **Manitoba Harvest ROC™ Hemp Hearts**, Medjool Dates, Cocoa Powder, Espresso Powder, Dark Chocolate Chips.

Manitoba Harvest Ingredient Spotlight:

- [Regenerative Organic Certified \(ROC™\) Hemp Hearts](#) Ready to eat right out of the bag, Manitoba Harvest Hemp Hearts offer nutrition seekers a simple and delicious ingredient that adds plant protein and nutrients to any recipe or meal. Regenerative farming prioritizes the health of consumers and the environment, requiring that we leave the soil better than we found it. Better for you. Better for the earth. Better for the farmers.
- [Ground Hemp](#): Boost your baking with the power of hemp! Ground Hemp delivers 5g of plant protein, 6g of fiber, and 1g of Omega 3 & 6 per 15g serving. The perfect ingredient for baked goods, oatmeal and smoothies.

About Manitoba Harvest

Manitoba Harvest is a pioneer and leader in branded hemp-based foods, and is recognized as a Certified B Corporation and one of the first Canadian food companies to attain a [Carbon zero Certification](#).

Taking the seed-to-shelf approach since 1998, Manitoba Harvest is committed to quality, sustainability, and consumer wellness. With an extensive product portfolio of Hemp Hearts (shelled hemp seed), Hemp Protein, Hemp Protein Blends, Hemp Granola, and Hemp Oil, Manitoba Harvest products are sold globally and in approximately 17,000 retail stores across North America.

To learn more about Manitoba Harvest and where to shop, visit www.manitobaharvest.com and follow [@manitobaharvest](https://twitter.com/manitobaharvest) on social to keep up with the latest launches.

About Tilray Brands

Tilray Brands, Inc. (Nasdaq: TLRY and TSX: TLRY) is a leading global cannabis-lifestyle and consumer packaged goods company with operations in Canada, the United States, Europe, Australia, and Latin America that is changing people's lives for the better – one person at a time – by inspiring and empowering the worldwide community to live their very best life by providing them with products that meet the needs of their mind, body, and soul and invoke a sense of wellbeing. Tilray's mission is to be the trusted partner for its patients and consumers by providing them with a cultivated experience and health and well-being through high-quality, differentiated brands and innovative products. A pioneer in cannabis research, cultivation, and distribution, Tilray's unprecedented production platform supports over 20 brands in over 20 countries, including comprehensive cannabis offerings, hemp-based foods, and alcoholic beverages.

For more information on Tilray, visit Tilray Brands, Inc. and follow @tilray on Instagram, Twitter, Facebook, and LinkedIn.

Forward-Looking Statements

Certain statements in this communication that are not historical facts constitute forward-looking information or forward-looking statements (together, "forward-looking statements") under U.S. and Canadian securities laws and within the meaning of Section 27A of the Securities Act of 1933, as amended, and Section 21E of the Securities Exchange Act of 1934, as amended, that are intended to be subject to the "safe harbor" created by those sections and other applicable laws. Forward-looking statements can be identified by words such as "forecast," "future," "should," "could," "enable," "potential," "contemplate," "believe," "anticipate," "estimate," "plan," "expect," "intend," "may," "project," "will," "would" and the negative of these terms or similar expressions, although not all forward-looking statements contain these identifying words. Certain material factors, estimates, goals, projections, or assumptions were used in drawing the conclusions contained in the forward-looking statements throughout this communication. Forward-looking statements include statements regarding our intentions, beliefs, projections, outlook, analyses, or current expectations concerning, among other things, the Company's ability to commercialize new and innovative products worldwide. Many factors could cause actual results, performance, or achievement to be materially different from any forward-looking statements, and other risks and uncertainties not presently known to the Company or that the Company deems immaterial could also cause actual results or events to differ materially from those expressed in the forward-looking statements contained herein. For a more detailed discussion of these risks and other factors, see the most recently filed annual information form of Tilray and the Annual Report on Form 10-K (and other periodic reports filed with the SEC) of Tilray made with the SEC and available on EDGAR. The forward-looking statements included in this communication are made as of the date of this communication and the Company does not undertake any obligation to publicly update such forward-looking statements to reflect new information, subsequent events, or otherwise unless required by applicable securities laws.

Contacts:

Media:

Jaydon Case
news@tilray.com

Investors

Raphael Gross
203-682-8253
Raphael.Gross@icrinc.com

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Manitoba Harvest's Hemp Heart Holiday Cookies



Key Ingredients: Spelt Flour, Manitoba Harvest Regenerative Organic Certified (ROC™) Hemp Hearts, Baking Powder, Spices: ginger, cinnamon, cloves, nutmeg.

Rich Chocolate Vegan Brownies by Manitoba Harvest



Key Ingredients: Flaxseed meal, Manitoba Harvest Ground Hemp, Manitoba Harvest ROC™ Hemp Hearts, non-dairy chocolate chips.

Manitoba Harvest Peppermint Mocha Bites



Key Ingredients: Manitoba Harvest ROC™ Hemp Hearts, Medjool Dates, Cocoa Powder, Espresso Powder, Dark Chocolate Chips.

Source: Tilray Brands, Inc.