



5 Healthy CBD Infused Recipes

and why they matter

Recipes from: [Heather's
Healing Kitchen](#) and
[Stay Balanced](#)

Published by: [ellementa.com](#)



THESE 5 HEALTHY FALL RECIPES WERE BROUGHT TO YOU BY: ELLEMENTA,
HEATHER' S HEALTHY KITCHEN, AND STAY BALANCED LLC.

TO LEARN ABOUT THE HEALTH BENEFITS OF EACH DISH AND HOW INGREDIENTS WORK
TOGETHER TO PROMOTE HEALTH, PLEASE WATCH THE COOKING DEMO HEATHER AND
ALICIA RECORDED ABOUT ALL OF THE RECIPES.

[WATCH THE DEMO HERE](#)

Table of Contents:

Cranberry Coconut Mocktail
Pumpkin Energy Bites
CBD-Infused Honey
Kate Avocado Salad
Carrot Apple Ginger Soup



Cranberry Coconut Mocktail



you will need:

- 1 cup cranberry juice (unsweetened)
- 1 cup coconut water
- 1 tbsp apple cider vinegar
- Juice of 1 small orange
- 2 tsp CBD-infused honey * (or a CBD honey stick)
- Rosemary garnish

Combine all ingredients in a shaker with ice. Shake and pour. Makes 2 mocktails.

*We use CBD-honey that is 10 mg per tsp.



Pumpkin Energy Bites



You will need:

1¼ cup rolled oats
1 T chia seeds
1½ tsp cinnamon
½ tsp ground ginger
¼ tsp nutmeg
pinch of sea salt
½ cup smooth almond butter
¼ cup pumpkin * fresh or canned
¼ cup (CBD-infused) honey (120mg CBD = 10mg per ball)
1 tsp vanilla or ½ tsp vanilla bean powder
2 tbsp cacao nibs

Put oats, chia seeds and spices in a food processor and process until combined - just a few pulses as to not over-process oats.

Add in almond butter, pumpkin, honey and vanilla. Pulse again until combined.

Add in cacao nibs and pulse 2-3 more times. Roll the mixture into 1-2 tbsp-sized balls. Makes about 12. Store in fridge for up to one week or in the freezer for longer.

*The fall is a great time to roast a pumpkin and make your own puree to cook with all season. Choose a sugar or cheese pumpkin from a local farm stand. Rinse and dry the outside. With a good knife carefully cut the pumpkin into thick wedges about 2-3 inches thick. Remove seeds from each wedge and save for toasting or planting. Place the pumpkin wedges skin side down on a baking sheet. Roast in a 350-degree oven for 45-60 minutes, depending on size of wedges, until tender. Let cool. Spoon out pumpkin meat and puree in food processor (only a few pulses). Make your pumpkin balls and store rest in the freezer to have for lots of delish fall pumpkin recipes.

Go to heatherhealswithfood.com for more seasonal recipes!



CBD-Infused Honey



you will need:

4 fl oz raw honey
240 mg CBD (will vary depending on the strength you want)
You' ll need to know how much CBD is in each drop.

Lightly spray a glass measuring cup with olive or avocado oil to make the honey removal easier when finished. Add honey to the measuring cup. Remove the amount of honey that you will replace with CBD oil.* Fill a medium-sized pot about 1/3 full of water to use on the stove. Bring water up to 95 degrees. Put the glass measuring cup in the water and let sit for a minute to heat up. Add CBD to honey and stir well to mix. Put honey into a mason jar to store. Label clearly. If any separation occurs over time, stir. Be sure not to microwave the honey as it will destroy beneficial properties.

Recipe adapted from Big Sky Botanicals



Kale Avocado Salad



You will need:

1 bunch Lacinato kale
1 T olive oil
1-2 T hemp hearts
1-2 T lightly toasted
pumpkin seeds
3 T red onion, chopped
½ avocado, chopped

Salad Dressing
2 T lemon juice (or lime)
1 tsp ginger, freshly grated
½ avocado chopped
sea salt to taste
½ -1 tsp CBD-infused honey
or CBD oil – dose based
on the number of servings
(about 10 mg per serving)

Remove vein from kale by pinching the vein at the bottom tip and sliding your fingers upwards. Chop kale. Put into a bowl. Add oil. Using your hands, massage salad in bowl until it kale has a softer consistency and reduces in volume. Add other ingredients and mix.

Go to staybalancedLLC.com for more nourishing recipes!

Carrot Ginger Soup



You will need:

3 T avocado oil
1 medium onion, diced
2 stalks celery, diced
3 cloves garlic, chopped
1 T minced fresh ginger
6 large carrots, chopped
2 apples, peeled, cored
and chopped
1 tsp sea salt

½ tsp ground turmeric
½ tsp cinnamon
½ tsp freshly ground black
pepper
4 cups vegetable broth
1 T apple cider vinegar
1 cup canned coconut
milk
CBD-honey for garnish (½
-1 tsp per bowl/5-10mg per
bowl)

Sauté onion and celery in avocado oil on medium heat for 5 minutes until both are tender. Add garlic and ginger and cook for an additional 2-3 minutes. Add carrots, apples and spices and stir to coat. Add vegetable broth and apple cider vinegar. Bring to a boil. Cover and let simmer on low for 40-45 minutes until vegetables are tender. Use an immersion blender or blender to puree until smooth consistency. Add coconut milk and stir to combine. Garnish with a drizzle of CBD honey.





THESE 5 HEALTHY FALL RECIPES WERE BROUGHT TO YOU BY: ELLEMENTA,
HEATHER'S HEALTHY KITCHEN, AND STAY BALANCED LLC.

TO LEARN ABOUT THE HEALTH BENEFITS OF EACH DISH AND HOW INGREDIENTS
WORK TOGETHER TO PROMOTE HEALTH, PLEASE WATCH THE COOKING DEMO
HEATHER AND ALICIA RECORDED ABOUT ALL OF THE RECIPES.

[WATCH THE DEMO HERE](#)

PS. The CBD extract that Alicia raves
about in the demo is called Endoca.
You can purchase it using her affiliate
link here: <https://imp.i110150.net/YOK5q>

