



# 6 Healthy CBD Infused Winter Recipes

*and why they matter*

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

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THESE 5 HEALTHY WINTER RECIPES WERE BROUGHT TO YOU BY: ELLEMENTA,  
HEATHERS 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](#)

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# Elderberry Mocktail

2 tsp Elderberry Syrup\* (for adults)  
2 tsp fresh lemon juice  
1/4 tsp grated ginger  
sparkling or tonic water  
½ cup freshly squeezed blood orange juice\*\*  
sliced blackberries to garnish  
raw or CBD-infused honey to sweeten if desired



Mix and pour over ice. Feel good!

\*The syrup can be store-bought or homemade. If bought, it will probably be just elderberry which is generally used daily or weekly to support immunity in the winter. For a syrup to use at the first sign of a virus and for the first 1-2 weeks when feeling a cold or other winter-related ailment coming on, the Elderberry-Echinacea Syrup may come in handy! See recipe for homemade syrup with elderberry and Echinacea.

\*\* Freshly squeezed orange juice can be used if you prefer something sweeter.

## Elderberry (Echinacea) CBD-Infused Syrup

50g dried elderberries  
2 cups filtered water  
1/4 cup dried Echinacea root or 1 tsp Echinacea tincture\*  
1.25 inches of thinly sliced ginger  
1 Ceylon cinnamon stick  
6 cloves  
1 orange, zest and juice  
6 T or 3 fl oz of CBD-infused raw honey  
raw or CBD-infused honey

In a small to medium-sized pot, place elderberries, water, Echinacea (if using root), ginger, cinnamon, cloves, orange zest and juice. Once it hits a rolling boil, lower heat and simmer for 30 minutes or until it thickly coats the back of your spoon. Once it cools, strain through a cheesecloth or a super-fine mesh strainer. Add honey and whisk to combine. \*If using Echinacea tincture, add at this time. Store in a mason jar in fridge for up to 3 months. Take a spoonful at the first sign of a virus and for the first 1-2 weeks when feeling a cold or other winter-related ailment coming on. Makes about 10-11oz syrup. Every ounce of syrup is 6tsp. Divide the total teaspoon count into the total amount of cannabinoids, i.e. CBD, that are in your honey to know how much each serving contains.

*Adapted from The Calm Moment*

# CBD-Infused Crockpot



Fill your crockpot with enough water to surround your mason jars. Turn crockpot on high until it reaches 185°F. Then reduce to low creating a warm water bath for your cannabis coconut oil to slowly cook.

Preheat oven to 240°F. Use a mortar and pestle to grind ¼ ounce flower or break apart into small pieces but not too small as it needs to be strained after cooking. Place it on baking tray lined with parchment paper. Bake for 40 minutes to decarboxylate the flower. Decarboxylation activates the cannabinoids. Divide the decarbed flower into 2 12-ounce mason jars.

Melt enough coconut oil to fill 2 mason jars to the 12-ounce mark and place in mason jar with the decarbed flower. Close jars with lids and place in crockpot water bath. Cook for 4 hours. Allow to cool. Strain. Store oil in cool dry place. This oil can be used in a variety of ways including food and topicals. Save leftover pulp for future recipes.

Servings: Each jar is filled to 12oz. The flower contains 425mg of CBD. Each 1/3 cup = 46mg CBD /1  
tsp = 2-3 mg CBD /  
1 tbsp = 8-9mg CBD



# Cauliflower Thyme Soup



1 head of cauliflower florets  
1 medium sized turnip, peeled and diced  
1 small onion, chopped  
3 cups stock (approximately - add enough to cover veggies)  
2 T ghee  
1 T dried thyme  
Salt and pepper to taste  
Coconut aminos to flavor

Melt ghee in a soup pot. Add chopped onion and sauté until fragrant and sweating (about 3 minutes). Add cauliflower florets, turnip, thyme, salt and pepper. Stir to coat. Add broth, bring to boil, reduce to simmer. Simmer for approximately 20 minutes until veggies are tender. Let cool. With an immersion blender, blend until it becomes to a smooth consistency. Adjust taste with salt, pepper, and thyme. Coconut aminos are a good way to add sweet and salty to adjust soup flavor.

Serve with 2 tsp of CBD-infused coconut oil drizzled on top. Ours contained about 5mg CBD.

*Go to [heatherhealswithfood.com](http://heatherhealswithfood.com) for more seasonal recipes!*

# Wintery-Orange Quinoa



2 cups quinoa

4 cups bone broth or combo of bone broth & water

½ tsp salt

Rinse quinoa and cook for 12 minutes in a 4 to 5-quart pot. Let sit covered with a lid or dish towel for 15 minutes.

1 T avocado oil

1 medium red onion, finely diced

2 tsp dried thyme

Sauté at medium heat for about 6 minutes or till onion is soft and turning color (not browning).

1 cup pecans, raw & dry roasted

Dry roast in oven at 300°F for 10-15 minutes. Make sure pecans do not burn as they roast.

½ cup dried currants

1 cup parsley, chopped

salt and freshly ground black

Mix onion & thyme with pecans, currants and parsley in a large bowl with quinoa. Add salt and pepper to taste.

## **Dressing**

1 tsp blood orange zest (or orange for a sweeter taste)

1/2 cup freshly squeezed (blood) orange juice

1/3 cup coconut-infused CBD oil\*

1 T rice wine vinegar

Mix together before adding to quinoa.

\*Each ¾ cup contains about 5.75mg CBD

# Walnut Butter Ashwagandha Fudge



1/3 cup melted CBD-infused coconut oil\*  
2½ cups raw walnuts  
¼ cup cacao  
¼ cup coconut nectar (raw honey or maple syrup)  
1 tsp vanilla extract (or ½ vanilla bean powder)  
2 tsp ashwagandha tincture  
Pinch salt

Put raw walnuts in a food processor and mix until a smooth butter forms. Be careful not to overprocess as walnuts will get too oily. Put remaining ingredients in with the walnut butter and pulse until well combined. Spread the mixture into a flat 4x4 storage container. Fudge will be about ½ inch thick. Place in the freezer to harden. Fudge will be ready when the mixture is solid. Cut into squares and enjoy! Store in the freezer as desserts made with coconut oil melt easily.

\*This recipe makes 12 squares, each containing about 4mg CBD.



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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>