

18 DELICIOUS RECIPES FOR YOUR SLIM SHAPE AND VIBRANT HEALTH

CBD CANNA
SMOOTHIE

RECIPES





CBD CANNA
SMOOTHIE
RECIPES

CONTENTS

SMOOTHIES

PAGE

Green-Candy Smoothie	4
Citrus-Sunrise Smoothie	5
Maui-Wowie Smoothie	5
Blue-Dreams Smoothie	6
The-Ultimate Turmeric Smoothie	7
Chocolate-Chunky-Monkey Smoothie	8
Chocolate Coconut Smoothie	9
Peach-Pie Smoothie	10
Banana-Ginger Smoothie	10
Berry-Good-Workout Smoothie	11
World's-Best Smoothie	11
Tutti-Frutti Smoothie	12
Strawberry-Kiwi Smoothie	13
Berry-Vanilla Sensation Smoothie	13
Very-Berry Breakfast Smoothie	14
Mango-Madness Smoothie	15
The-Super-Green Smoothie	16
Luscious Smoothie	17



GREEN-CANDY SMOOTHIE

INGREDIENTS:

- 1.5 cups of fresh spinach
- 1 large handful of fresh mint
- 3/4 cups of coconut water, or regular water
- Juice of 2 limes
- 3 teaspoons of hemp seeds (optional)
- 1 frozen or freshly chopped banana
- ice cubes (optional)
- 2 teaspoons of honey (optional)
- 1-2 tablespoons of hemp cbd powder

DIRECTIONS:

- Add the mint, spinach and coconut water (or regular water) into the NutriBullet together and blend until the mixture is smooth. Add the hemp seeds, lime juice and banana into your juicer, you can also add in the honey and a few ice cubes if you'd like then blend until the mixture is smooth. Garnish the mixture with mint and lime.





CITRUS-SUNRISE SMOOTHIE

INGREDIENTS:

- 1 med. frozen banana, chopped
- ½ med. peeled grapefruit, chopped
- 1 lg. handful kale and spinach
- 1 in. of ginger root
- ½ cup of orange juice
- 1 tablespoon honey (Optional)
- 1-2 tablespoons of hemp cbd powder

DIRECTIONS:

- Gather all of the listed ingredients and combine in your juicer then blend the mixture until it is even. Enjoy!



MAUI-WOWIE SMOOTHIE

INGREDIENTS:

- 1 cup of de-stemmed kale
- ½ cup of frozen pineapple
- ½ of a fresh squeezed lemon, or 1 tsp. of lemon juice
- 1 cup of orange juice
- 5 frozen Strawberries
- Ginger
- Ice (optional)
- Tblspoon honey
- 1-2 tablespoons of hemp cbd powder

DIRECTIONS:

- Gather all of the ingredients and add them into your blender.

BLUE-DREAMS SMOOTHIE

INGREDIENTS:

- 1 cup frozen blueberries
- 10 blackberries
- 1 med banana
- 1 cup (Coconut water) or apple juice
- 250g frozen mango (or a mix works too)
- 1 tsp ground turmeric or 1cm cube of fresh turmeric, peeled
- 1/2 tsp ground cinnamon to garnish
- Small cube, about 1cm (or more, depending on your taste) of fresh ginger, peeled, or 1/2 tsp ground ginger
- 1 cup Orange juice
- 1 carrot, Ice
- 1-2 tablespoons of hemp cbd powder

DIRECTIONS:

- Put all the ingredients into a blender(I use a Vitamix) and blend until smooth.
- You can add a couple of ice cubes to make it really cold, if you wish. Serve



THE-ULTIMATE TURMERIC SMOOTHIE

INGREDIENTS:

- 1 cup water
- 1 small apple (red, crunchy – cut into small pieces)
- 1/3 fresh or frozen banana
- 5 fresh or frozen blackberries
- 2 fresh or frozen strawberries
- 1/3 cup blueberries
- 5 almonds (preferably soaked and dehydrated)
- 1 tablespoon hemp seed oil
- 1 teaspoon turmeric (work up to 1 tablespoon or more if taste is not an issue)
- 1/4 inch ginger, peeled and minced or 1/2 teaspoon powdered ginger
- 1/2 teaspoon cinnamon
- 1-2 tablespoons of hemp cbd powder

DIRECTIONS:

- Blend ingredients in a nutrabullet





CHOCOLATE-CHUNKY-MONKEY SMOOTHIE

INGREDIENTS:

- 1 cup hemp milk
- 1 frozen medium banana
- 1 tablespoon almond butter (substitute your preferred nut butter)
- 1 tablespoon cacao powder
- A little honey, maple syrup, or stevia to sweeten (optional)
- 1-2 tablespoons of hemp cbd powder

THE ADD-ONS:

- 1/3 cup plain vanilla yogurt
- 1 tablespoon maca powder
- 1 tablespoon coconut flakes or shreds



CHOCOLATE COCONUT SMOOTHIE

INGREDIENTS:

- 1 cup coconut water (or whatever your young coconut bears)
- 1/2 cup coconut meat (or whatever your young coconut bears)
- 1/3 avocado
- 1/2 cup raspberries (substitute berry of choice)
- 1 tablespoon cacao powder
- 1-2 tablespoons of hemp cbd powder

THE ADD-ONS:

- 1/2 teaspoon vanilla extract or powder
- 1/2 tablespoon cacao nibs
- 1 cup baby spinach or kale

SHOW TIME:

- Place all of the ingredients into your blender and blend for around 30-45 seconds or until nice and smooth.





PEACH-PIE SMOOTHIE

INGREDIENTS:

- 1 cup yogurt
- 1 cup fresh or frozen peach slices
- 1 teaspoon ghee (substitute coconut oil) infused
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice
- A little honey, maple syrup, or stevia to sweeten (optional)
- 1-2 tablespoons of hemp cbd powder

DIRECTIONS:

- Gather all of the listed ingredients and combine in your juicer then blend the mixture until it is even. Enjoy!



BANANA-GINGER SMOOTHIE

Soothe digestion, heartburn, nausea, and other stomach trouble with the fresh ginger in this natural remedy smoothie recipe.

INGREDIENTS:

- 1 banana, sliced
- 3/4 c (6 oz) vanilla yogurt
- 1 Tbsp honey
- 1/2 tsp freshly grated ginger
- 1-2 tablespoons of hemp cbd powder

DIRECTIONS:

- COMBINE the banana, yogurt, honey, and ginger. Blend until smooth.

SERVINGS: 2



BERRY-GOOD-WORKOUT SMOOTHIE

INGREDIENTS:

- 1½ c chopped strawberries
- 1 c blueberries
- ½ c raspberries
- 2 Tbsp honey
- 1 tsp fresh lemon juice
- ½ c ice cubes
- 1-2 tablespoons of hemp cbd powder

DIRECTIONS:

- Gather all of the listed ingredients and combine in your juicer then blend the mixture until it is even. Enjoy!

SERVINGS: 1



WORLD'S-BEST SMOOTHIE

Slurp down this smoothie recipe at breakfast, and you'll feel satisfied until lunchtime.

INGREDIENTS:

- 1 c plain nonfat yogurt
- 1 banana
- ½ c orange juice
- 6 frozen strawberries
- 1-2 tablespoons of hemp cbd powder

DIRECTIONS:

- COMBINE the yogurt, banana, juice, and strawberries for 20 seconds. Scrape down the sides and blend for an additional 15 seconds.

SERVINGS: 2



TUTTI-FRUTTI SMOOTHIE

A splash of orange juice infuses summer citrus into this healthy and refreshing snack.

INGREDIENTS:

- $\frac{1}{2}$ c loose-pack mixed frozen berries or strawberries
- $\frac{1}{2}$ c crushed pineapple in juice
- $\frac{1}{2}$ c plain yogurt
- $\frac{1}{2}$ c sliced ripe banana
- $\frac{1}{2}$ c orange juice
- 1-2 tablespoons of hemp cbd powder

SERVING: 2

DIRECTIONS:

- *COMBINE* the berries, pineapple (with juice), yogurt, banana, and orange juice in a food processor fitted with the metal blade, in a blender, or in a large measuring cup with an immersion blender. Process for about 2 minutes, or until smooth.





STRAWBERRY-KIWI SMOOTHIE

Stay full and fight disease. This high-fiber smoothie recipe becomes even healthier when you use organic kiwis, which contain higher levels of heart-healthy polyphenols and vitamin C.

INGREDIENTS:

- 1¼ c cold apple juice
- 1 ripe banana, sliced
- 1 kiwifruit, sliced
- 5 frozen strawberries, 1½ tsp honey
- 1-2 tablespoons of hemp cbd powder

DIRECTIONS:

- COMBINE the juice, banana, kiwifruit, strawberries, and honey. Blend until smooth.

SERVING: 4



BERRY-VANILLA SENSATION SMOOTHIE

Fat-free vanilla yogurt sweetens this tangy fruit healthy smoothie recipe.

INGREDIENTS:

- ½ c frozen unsweetened raspberries
- ½ c frozen unsweetened strawberries
- ¾ c unsweetened pineapple juice
- 1 c (8 oz) fat-free vanilla yogurt
- 1-2 tablespoons of hemp cbd powder

DIRECTIONS:

- COMBINE the raspberries, strawberries, and pineapple juice. Add the yogurt. Blend until smooth

SERVING: 2

VERY-BERRY BREAKFAST SMOOTHIE

Start your day off with a bang with this fruit-packed smoothie recipe.

INGREDIENTS:

- 1 c frozen unsweetened raspberries
- $\frac{3}{4}$ c chilled unsweetened hemp milk
- $\frac{1}{4}$ c frozen pitted unsweetened cherries or raspberries
- 1½ Tbsp honey
- 2 tsp finely grated fresh ginger
- 1 tsp ground flaxseed
- 2 tsp fresh lemon juice
- 1-2 tablespoons of hemp cbd powder

DIRECTIONS:

- COMBINE the banana, yogurt, honey, and ginger. Blend until smooth.

SERVING: 2





MANGO-MADNESS SMOOTHIE

Take advantage ripe mangoes disease-fighting ability with this delicious smoothie recipe.

INGREDIENTS:

- 1 can (8 oz) juice-packed pineapple chunks
- 1 c fat-free frozen vanilla yogurt
- 1 lg ripe mango, peeled and chopped
- 1 ripe banana, sliced
- Crushed or cracked ice
- 1-2 tablespoons of hemp cbd powder

SERVING: 2

DIRECTIONS:

- *COMBINE* the pineapple (with juice), frozen yogurt, mango, and banana. Blend until smooth.
- *WITH* the blender running. gradually drop in enough ice to bring the level up to 4 cups. Blend until the ice is pureed.



THE-SUPER-GREEN SMOOTHIE

Powerful detox action masquerades as another delicious shake. The celery and parsley that contribute to its bright green color are diuretics that help rinse toxins from your system. Kale and mango are superfoods bursting with nutrition

PREP TIME: 15 minutes

INGREDIENTS:

- *1¼ cups chopped kale leaves (stems and tough rib removed), preferably Lacinato (also known as dinosaur)*
- *1¼ cups frozen cubed mango*
- *2 medium ribs celery, chopped*
- *1 cup chilled fresh tangerine or orange juice*
- *¼ cup chopped flat-leaf parsley*
- *¼ cup chopped fresh mint*
- *1-2 tablespoons of hemp cbd powder*

DIRECTION:

- *COMBINE all ingredients in blender.*
- *PUREE until smooth.*
- *POUR into 2 chilled glasses.*

SERVING: 2



LUSCIOUS SMOOTHIE

INGREDIENTS:

- 1 c hemp milk
- 1 c frozen, unsweetened strawberries
- 1 Tbsp cold-pressed organic hempseed oil
- 1 Tbsp sunflower or pumpkin seeds (optional)
- 1-2 tablespoons of hemp cbd powder

DIRECTIONS:

- MIX milk and frozen strawberries in a blender for 1 minute.
- TRANSFER to a glass and stir in the tablespoon of flaxseed oil, or serve with a tablespoon of sunflower or pumpkin seeds instead.

SERVING: 2

