

# Tincture Recipe Guide



Original  
HEMP

VANILLA DREAM  
TINCTURE  
Full Spectrum Hemp Extract

2000MG  
Active Cannabinoids  
Per Bottle

1.8 oz (50mL)  
Dietary Supplement 66MG/6serving

Original  
HEMP

FRESH BERRY  
TINCTURE  
Full Spectrum Hemp Extract

2000MG  
Active Cannabinoids  
Per Bottle

1.8 oz (50mL)  
Dietary Supplement 66MG/6serving

Original  
HEMP

NATURAL  
TINCTURE  
Full Spectrum Hemp Extract

2000MG  
Active Cannabinoids  
Per Bottle

1.8 oz (50mL)  
Dietary Supplement 66MG/6serving

Original  
HEMP

WATER SOLUBLE  
TINCTURE  
Full Spectrum Hemp Extract

2000MG  
Active Cannabinoids  
Per Bottle

1.8 oz (50mL)  
Dietary Supplement 66MG/6serving

# Measuring Dosage When Cooking with CBD

This Recipe E-Guide includes our unique recipes with our Vanilla Dream Tincture, Fresh Berry Tincture, Natural Tincture, and Water Soluble CBD.

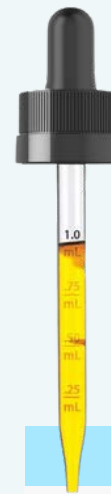
CBD dosage varies from person to person, so it is important to stick to *your personal dose*. We've put together a chart that may help you to determine what dosage works best for you.

A general rule of thumb to follow is to start small, and work your way up to a higher dose as you feel your needs increase.

## 1 Full dropper = 1 mL

1. Start with 1 serving (1mL)
2. Increase dosage based on personal needs
3. Take daily for best results

***Bon Appetit!***






**1 full dropper = 1ml**

- Start with 1 serving (1 ml)
- Increase dosage based on personal needs
- Take daily for best results

### ACTIVE CANNABINOIDS (CBD)

250mg	500mg	1000mg	2000mg
<b>8mg</b> PER ML	<b>17mg</b> PER ML	<b>33mg</b> PER ML	<b>67mg</b> PER ML

Approx. WEIGHT (lbs)	Suggested* CBD per serving (mg)		
	 MILD	 MODERATE	 STRONG
100	10 mg	30 mg	60 mg
125	13 mg	38 mg	75 mg
150	15 mg	45 mg	90 mg
175	17 mg	52 mg	105 mg
200	20 mg	60 mg	120 mg
225	22 mg	67 mg	135 mg
250	25 mg	75 mg	150 mg

\*Approximations to be used as a general guideline at your own consideration.

# MORNING MUESLI MIX

## VANILLA DREAM CBD



### Ingredients

- Plain or Vanilla yogurt
- Crumbled granola
- Your favorite dried fruits & nuts (if desired)
- Your favorite fresh fruit, cut up and scoopable
- Your personal dose of our *Original* HEMP Vanilla Dream tincture
- Honey or Agave syrup (optional)

### Instructions

1. Combine granola, dried fruit and nuts & set aside.
2. Gently mix your personal CBD tincture dose into the yogurt.
3. Top with the fresh fruit and the muesli mix.
4. Drizzle with honey or agave syrup!

***Start your day off right!***



# CHAMOMILE & CINNAMON

## VANILLA DREAM CBD TEA

### Ingredients

- Herbal Chamomile Tea
- Whole cinnamon stick
- Your personal dose of our *Original* HEMP Vanilla Dream tincture

### Instructions

1. Steep the herbal tea for 3 – 5 minutes.
2. Gently stir in your personal CBD tincture dose.
3. Add whole cinnamon stick.

***Relax & Unwind  
with Sleepy Tea...***





## Ingredients

- Your favorite Hot Cocoa mix
- Your personal dose of Vanilla Dream tincture *Original HEMP*
- Marshmallows or Whipped cream (optional)

## Instructions

1. Prepare Hot Cocoa in your preferred method
2. Add your custom dose of CBD
3. Top with marshmallows and/or whipped cream
4. Dust with cocoa powder for that final touch!

**HOT CHOCOLATE**  
**VANILLA DREAM TINCTURE**

*Enjoy the Chocolatey  
and Vanilla goodness!*

## Ingredients (Serves 10)

- 4 cups cranberry juice
- 2 cups pineapple juice
- 1/2 can frozen lemonade
- 4 cups ginger ale (or club soda)
- 3 cups ice cubes
- 10 droppers of our *Original*<sup>HEMP</sup> Fresh Berry CBD Tincture
- Lemon/Lime slices & fresh berries for garnish

## Instructions

1. Combine the cranberry juice, pineapple juice, frozen concentrate, and ginger ale in a large pitcher or punch bowl.
2. Gently add in the Fresh berry tincture and stir to mix.
3. Add the ice cubes & garnish with lemon or lime slices and fresh berries.

***Tasty & Refreshing!***

# FRUIT PUNCH

## FRESH BERRY TINCTURE



# BERRY CBD ICE TEA

## FRESH BERRY TINCTURE



### Ingredients

- Your favorite black tea blend
- 1 cup Raspberries, blueberries, strawberries, and/or blackberries.
- 1 cup sugar
- Your personal dose of our *Original*<sup>HEMP</sup> Fresh Berry tincture

### Instructions

1. Steep the black tea for 3 - 5 mins.
2. Combine the fruit and sugar and simmer on low heat to make a simple berry syrup.
3. Strain the syrup through a fine mesh sieve to remove seeds & skin.
4. Combine syrup with brewed tea and gently stir in the CBD tincture.

***Enjoy ice cold...  
anytime of the day!***

## Ingredients

- 6 cups baby spinach
- 1 cup strawberries, halved
- 1/2 cup raspberries
- 1/2 cup blueberries
- 1/3 cup crumbled goat cheese
- 1/3 cup red onion, thinly sliced
- 1/4 cup pecans, roughly chopped
- 1 cup Raspberry Vinaigrette
- 2 droppers of our *Original*<sup>HEMP</sup> Fresh Berry Tincture

## Instructions

1. Mix the dressing with the Fresh Berry tincture & set aside.
2. Add the spinach, fruit, red onion, goat cheese, and pecans to a large mixing bowl and toss together.
3. Serve salad with the dressing to taste!

***Summery Goodness!***

# BERRY SUMMER SALAD

## FRESH BERRY TINCTURE DRESSING





# CBD GUACAMOLE

## NATURAL TINCTURE



### Ingredients

- 2 very ripe Avocados
- 1/2 Red Onion
- Green Chili – keep the seeds for the heat!
- Handful of Cilantro
- 2 or 3 Vine Tomatoes
- Lime juice, to taste
- Salt and Pepper, to taste
- Your personal dose of our



*Original*  
HEMP Natural Tincture

### Instructions

1. Finely dice onion, tomatoes, green chili, and chop up the cilantro.
2. Halve the avocados, scoop out the flesh and mash it up in a bowl.
3. Add the CBD tincture, onion, tomatoes, chili, cilantro, lime juice and combine. Season with salt and pepper to taste.

***Enjoy with tortilla chips or on toast***

## Ingredients

- 1 cup of fresh mint leaves
- 2 ounces white rum
- 1 ounce lime juice
- 2-3 teaspoons simple syrup (to taste)
- Your personal dose of our *Original* HEMP Natural flavor CBD

## Instructions

1. Muddle the mint with the lime juice
2. Add the rum, simple syrup, Natural CBD tincture, ice and club soda and mix well
3. Garnish with mint leaves and lime wedge

***Sip & Enjoy!***



# HEMPITO

## NATURAL TINCTURE

# FRESH MINT & CBD TEA

## NATURAL TINCTURE



### Ingredients

- Fresh mint leaves (rinsed!)
- Filtered water
- Your personal dose of our *Original*<sup>HEMP</sup> Natural flavor CBD
- Honey, to taste

### Instructions

1. Place the fresh mint in your teapot or a tall cup and add hot water.
2. Let steep for a few minutes
3. Gently add in the Natural tincture & stir.
4. Finish with honey to taste!

***Find Calm with Fresh Herbs...***

## Ingredients

- 2 cups frozen pineapple chunks
- 1 banana
- 1 tablespoon fresh turmeric, grated (or 1 teaspoon ground turmeric)
- 1 teaspoon fresh ginger, grated (or 1/3 teaspoon ground ginger)
- Your personal dose of our

*Original*  
HEMP Water Soluble CBD

## Instructions

1. Add ingredients to blender.
2. Take care to add the Water Soluble CBD last.
3. Blend & Enjoy!

***Immune-boosting  
Smoothie!***



# PINEAPPLE & TURMERIC WATER SOLUBLE CBD SMOOTHIE





## Ingredients

- 7oz Fresh Green Apple
- 2 tbsp Fresh grated Ginger
- 1/2 tsp ground Turmeric
- 1/2 tsp pure Honey
- A pinch of Pepper
- Your personal dose of our



*Original*  
HEMP

## Instructions

1. Put first 4 ingredients in blender until smooth.
2. Pour into your shot glass and add your custom dose of CBD.
3. Add that pinch of pepper to the top!

***Healthy  
Energy Shot!***

Courtesy of [@emilykylenuitrition](https://www.instagram.com/emilykylenuitrition)

**GINGER TURMERIC SHOT**  
**WATER SOLUBLE CBD**



## Ingredients

- 1 lemon, thinly sliced
- 12 fresh basil leaves
- 4 green tea bags
- 6 cups hot water
- Your personal dose



- Water Soluble CBD *Original* HEMP
- Honey to sweeten (optional)

## Instructions

1. Place lemon slices, fresh basil leaves and tea bags in a pitcher.
2. Add hot water and steep.
3. Remove the tea bags, gently stir in Water Soluble CBD, and chill in the fridge until completely cool.

***Serve over ice  
with an umbrella***

# LEMONADE ICED TEA + BASIL

## WATER SOLUBLE CBD



# HUMMUS CBDIP

## WATER SOLUBLE CBD



### Ingredients

- 1 can of chickpeas (15oz)
- Juice of 1 large lemon
- 1/4 cup tahini
- 1 garlic clove, minced
- 2 tbsp olive oil
- 1/2 tsp ground cumin
- Your personal dose of our *Original* HEMP Water Soluble CBD
- Himalayan pink salt, to taste
- A pinch of ground smoked paprika

### Instructions

1. Drain chickpeas, save 2 - 3 tbsp of the canned water.
2. Combine tahini and lemon juice and process for 60sec in a food processor.
3. Add olive oil, garlic, cumin & salt & process for another 60sec.
4. Add the chickpeas and process, add the canned water & Water Soluble CBD until smooth.
5. Drizzle with olive oil & ground paprika to serve!

## Ingredients

- 12 eggs
- 1 tbsp mustard
- 1 tbsp sweet relish
- 4 tbsp mayonnaise
- 1 tsp cayenne pepper
- 1 tbsp Italian parsley
- Your personal dose of our  
*Original*<sub>HEMP</sub> Water Soluble CBD
- Salt, to taste
- A pinch of ground paprika

## Instructions

1. Prepare hard boiled eggs.
2. Cut eggs in half lengthwise and transfer yolks to mixing bowl.
3. Mix all ingredients with yolks until smooth and creamy.
4. Evenly fill egg whites & garnish with paprika & some parsley

***Entertain with a spin on the classics!***

# CBD DEVILED EGGS

**WATER SOLUBLE CBD**







# NO-BAKE CBD COOKIES

WATER SOLUBLE CBD

## Ingredients

- Unsweetened shredded coconut
- Chopped cashews - or any nuts
- Honey
- Coconut oil
- Cashew butter – or any nut butter
- Chocolate chips
- Sea salt
- Your personal dose of our

*Original*  
HEMP Water Soluble CBD

## Instructions

1. Combine the dry ingredients.
2. Heat up the coconut oil and honey.
3. Mix everything together, including the CBD.
4. Place cookie-sized spoonfuls onto a parchment lined baking sheet.
5. Melt the chocolate chips & drizzle the cookies. Lightly sprinkle with sea salt.
6. Set in the freezer for 1 hour.

***Guilt-free CBD sweets!***

## Ingredients

- 4 cups of fresh whipping cream
- 1/4 cup of icing sugar
- 3 tablespoons vanilla extract
- Your personal dose of our

*Original*  
HEMP Water Soluble CBD

## Instructions

1. Place a bowl in the refrigerator and allow it to cool for 25 minutes.
2. Once it is cold, use it to mix all the ingredients.
3. For the best results, make sure you use a mixer and only stop when you get a smooth mixture.
4. Serve with dessert!

***Top your desserts with style!***




# HOMEMADE CBD WHIPPED CREAM WATER SOLUBLE CBD



Take **20% off** your next Tincture order  
with **code RECIPE20**




### VANILLA DREAM TINCTURE



-  Full Spectrum Hemp Oil
-  Humulene Terpene
-  Linalool Terpene




### FRESH BERRY TINCTURE






-  Full Spectrum Hemp Oil
-  Myrcene Terpene
-  Limonene Terpene

### NATURAL TINCTURE



-  Full Spectrum Hemp Oil
-  Linalool Terpene
-  Humulene Terpene

### WATER SOLUBLE CBD

-  Full Cannabinoid profile
-  High bioavailability per dose
-  Proprietary water soluble formula

