

Relaxing CBD Drinks You Can Make at Home

An eGuide With 10 Easy Recipes



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“Sit back and pour yourself a drink.”

Whether it's a mid-morning cup of tea, a cocktail to unwind after a hard day, a glass of warm milk or a hot toddy to cap off bedtime, most of us already reach instinctively for a drink when we need to relax. And, when you add a little CBD to your drinks, you've got an easy, natural way to unwind! In this quick guide, you'll learn about how CBD drinks can fit into your daily self-care, and how to make them work best for you—with 10+ easy recipes to help you get started.





Why All the Interest in CBD?

These days, people are looking for more natural approaches to wellness—and for many, CBD is becoming a key part of that strategy. They're making CBD part of their regular self-care, and are turning to CBD for support of stress, exercise recovery, and general well-being.

Unless you've been hiding under a rock for the past three years or so, you already know that CBD is a natural, non-intoxicating compound extracted from the hemp plant. While more research is needed to fully understand how CBD works in the body, it's been shown to have **anti-inflammatory properties**, and **may have promise in managing other conditions** where inflammation plays a role. Studies have also shown it to be well tolerated, with **very low or no side effects** reported by the great majority of those who take it.

CBD's popularity has been growing by leaps and bounds: According to a recent **Consumer Reports study**, some 26% of American adults—an estimated 64 million of us—have tried CBD in the past 2 years. In the survey, the most common reason people gave for using CBD was to “reduce stress or anxiety or help you relax,” followed by “help with joint pain.”

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Why Drink Your CBD?

There are many ways to take CBD, from tinctures to gummies, capsules and powders—but one of the easiest and most effective methods is to enjoy your CBD in a drink. By adding CBD to something you're doing already, you'll easily build a daily wellness habit—without having to do anything out of the ordinary (such as putting a tincture dropper under your tongue). And CBD drinks can help you stay hydrated and keep your body working at its best.

With a few soothing sips of a CBD drink, you can help turn down stress and turn up your inner calm, quieting your mind and letting everyday stresses take a back seat. Consider what adding a little CBD might do for a breakfast smoothie, mocktail or nightcap!

The Case for Making Your Own CBD Drinks

These days, you can find CBD-infused drinks in CBD stores—and, depending on your state, in your local drugstore, natural foods store, or even gas station. But making your own CBD drinks is surprisingly easy, and saves you money too.

Best of all, DIY'ing your CBD drinks lets you be in charge: You can control the quality and the amount of the CBD you add. You choose the flavorings and just the right amount of sweetener, if any, and know they'll be at their freshest. You can customize the health benefits and flavors by adding your own ingredients, such as adaptogens, healthy botanicals, or fragrant aromatics.



The Best CBD for Drinks

Making a CBD drink is more than just mixing CBD extract with a liquid. In most cases, you'll get an oily mess! On its own, CBD extract doesn't dissolve well in water and other non-oily liquids, and can have "hempy" off-flavors that can overwhelm the flavors of whatever you're drinking.

The best CBD choice for making CBD drinks is water-soluble CBD powder: CBD that has been processed into fine particles that can dissolve in water. With high-quality water-soluble CBD powder, the CBD blends in smoothly, evenly disperses throughout the beverage, and remains stable—so you'll get the same amount of CBD in each sip, from the first drop to the last.

The Caliper CBD Difference

When it comes to choosing a CBD powder for CBD drinks, Caliper CBD dissolvable powder is tailor-made for the task. Caliper is formulated with a process that makes it especially water soluble, so it can dissolve quickly and cleanly into any liquid, in seconds. The single-serving 20 mg packets are even smaller than a sugar packet, so they're easy to take anywhere. Instead of dealing with measuring scoops or droppers, you can just tear and sprinkle, for a precise 20 mg dose of CBD every time.

Caliper CBD powder is also tasteless and calorie-free, so you don't have to mask off-flavors with sweeteners or flavorings, and there's no need to worry about added calories. Caliper CBD powder doesn't leave an oily residue or "floaties" on the surface of a beverage, and it doesn't need to be placed under your tongue like a tincture does. And, because it's super-dissolvable, Caliper CBD is better absorbed by your body.

So, Drink Up! Making your own CBD-based drinks is a refreshing way to get more CBD in your life, and build daily wellness habits. With a high-quality dissolvable CBD powder like Caliper, it couldn't be easier. Turn the page for some deliciously simple recipes to inspire you!



Recipes

CBD Smoothies & Shakes

Cool and creamy ways to enjoy your CBD and make your drink a meal



Blueberry-Oat CBD Smoothie

Serves 1 (20mg of CBD per serving)

Need a healthy breakfast that will stay with you till lunch? Berries and oats are a great way to get some heart-healthy, filling fiber. Feel free to switch out with other berries, too.

- ½ medium banana
- ½ cup fresh or frozen blueberries (additional as topping)
- ¼ cup rolled oats (additional as topping)
- 1 cup plain or vanilla dairy or nondairy yogurt
- **1 (20 mg) packet Caliper CBD dissolvable powder**
- 2-4 ice cubes

Place all ingredients into a blender and puree until smooth; sprinkle with blueberries and oats as desired.



Avocado-Matcha CBD Smoothie

Serves 1 (20mg of CBD per serving)

Start your day with some healthy fats and antioxidants! Matcha (powdered green tea) is especially high in **EGCG (epigallocatechin gallate)** and other catechins, which are believed to have cancer-fighting properties.

- 1 cup plain almond or oat milk
- 1 teaspoon matcha powder
- ½ teaspoon pure vanilla extract
- ½ small ripe avocado, diced
- **1 (20 mg) packet Caliper CBD dissolvable powder**
- 2-4 ice cubes

Place all ingredients into a blender and puree until smooth.



Golden CBD Milkshake

Serves 1 (20mg of CBD per serving)

Turmeric-rich **Golden Milk** is well known for its anti-inflammatory, healing properties; adding a little CBD just makes a good thing even better! The carrot juice adds color and natural sweetness, and your eyes and skin will love it too.

- ½ medium banana, sliced
- ¾ cup coconut milk
- ¼ cup fresh carrot juice
- 1 tablespoon chopped fresh ginger
- 1-2 teaspoons honey
- ½ teaspoon ground turmeric
- Pinch each black pepper and cinnamon
- **1 (20 mg) packet Caliper CBD dissolvable powder**
- 2-4 ice cubes

Place all ingredients into a blender and puree until smooth.



Supergreens Smoothie

Serves 1 (20mg of CBD per serving)

Powered by leafy greens, this antioxidant-packed cooler makes a perfect post-workout drink. Use the smaller amount of water if you like your smoothie thicker.

- 1 cup kale, spinach and/or chard leaves (or any “supergreens” blend), coarsely chopped
- 1 medium green apple, cored and cubed
- ½ cup fresh pineapple chunks
- ¼ - ½ cup water
- 1 teaspoon chopped fresh ginger
- **1 (20 mg) packet Caliper CBD dissolvable powder**
- 2-4 ice cubes

Place all ingredients into a blender and puree until smooth.

A clear glass filled with water, a slice of lime, and fresh mint leaves. Water is being poured into the glass from above, creating bubbles. The glass sits on a wooden surface with more mint and lime slices around it.

Recipes

CBD Infused Waters & Teas

Hot or cold, still or sparkling: Delicious ways to soothe and refresh



Master Recipe: CBD-Infused Water

CBD water is so easy, it almost isn't a recipe. Just start with your favorite type of water (filtered, spring or tap), and stir in a packet or two of Caliper CBD dissolvable powder. Then, if desired, add a splash of any flavoring or sweetener you like, from citrus zest and fruit juices to fresh herb sprigs or berries, and maybe a splash of maple syrup or agave, or stevia. It's just that simple!

Sparkling CBD Water

For sparkling CBD water, add about a ¼ cup of plain water to a glass and stir in Caliper CBD dissolvable powder (it will dissolve cleanly in a few seconds). Top off with your favorite sparkling water, and add flavorings and/or sweeteners as desired.





Master Recipe: CBD-Infused Tea

Just brew your favorite type of tea—herbal, black, green, oolong, or iced—and, when it's fully steeped, stir in a packet or two of Caliper CBD dissolvable powder. Add flavorings and/or sweeteners as desired.





Grapefruit-Basil CBD Infused Water

Makes 1 Quart, Serves 4 (10-20mg of CBD per serving)

One of those meant-to-be flavor combinations that's more than just delicious: Grapefruit is **rich in healing antioxidants** like vitamin C and phenols, and fragrant basil adds plenty of its own (and some **bone-friendly vitamin K**, too). Add the pepper if you like, to help rev up your metabolism a little.

- 1 quart chilled spring water
- 1 small grapefruit, thinly sliced
- ¼ cup fresh basil leaves
- ¼ jalapeno pepper, sliced, or ½ teaspoon hot pepper flakes (optional)
- **2-4 (20 mg) packets Caliper CBD dissolvable powder**

Combine the water, grapefruit, basil and pepper, if using, in a medium pitcher; cover and refrigerate at least 2 hours to allow the flavors to blend (if using the jalapeno or pepper, the water will get spicier the longer it stands). Stir in the Caliper and enjoy over ice or straight up.



CBD Cold and Flu Soother

Serves 1 (20mg of CBD per serving)

Soothing hot liquid and the warming heat of ginger and pepper help loosen congestion, while vitamin C from citrus works its antioxidant magic. Omit the pepper if you have a sore throat—and, if you like, add a shot of whiskey at the end for a little extra kick!

- 1 cup spring water
- 1 thumb-size piece fresh ginger (or more to taste), coarsely chopped
- 1 teaspoon honey, or to taste
- Pinch hot pepper flakes (optional)
- 1 bag black tea (regular or decaffeinated)
- Juice from ½ lemon
- **1 (20 mg) packet Caliper CBD dissolvable powder**

In a small saucepan, combine water, ginger, honey and pepper flakes, if using; bring to just below a boil; reduce heat and keep at a low simmer 10 minutes to steep. Remove from heat and add teabag; steep 5 minutes more. Stir in the lemon juice and Caliper; strain into a mug and enjoy.



Cucumber-Citrus-Mint CBD Water

Makes 1 Quart, Serves 4 (10-20mg of CBD per serving)

Cool cucumber, refreshing mint, and the pucker of fresh citrus fruit: It all adds up to a great way to hydrate your body with healing antioxidants and zero calories. **Cucumbers** also provide vitamin K—important for bone health, as well as inflammation-fighting caffeic acid. *Drink up and be well!* For best results and freshest flavors, drink within 1 day.

- 1 quart chilled spring water
- ½ medium cucumber, thinly sliced
- ½ medium lemon, thinly sliced
- ½ lime, thinly sliced
- ½ medium orange, thinly sliced
- 2-3 fresh mint sprigs
- **2-4 (20 mg) packets Caliper CBD dissolvable powder**

Combine the water, cucumber, lemon, lime, and orange slices with the mint sprigs in a medium pitcher; cover and refrigerate at least 4 hours to allow the flavors to blend. Stir in the Caliper and enjoy over ice or straight up.



Recipes

CBD Cocktails & Mocktails

With or without alcohol, these sophisticated drinks will make any cocktail hour better



CBD Mojito (+ Virgin Variation)

Serves 1 (20mg of CBD per serving)

Fresh ingredients are essential in this refreshing classic. Muddling the mint releases flavors best, but if you prefer, you can skip this step and shake the first 6 ingredients together in a cocktail shaker instead, then strain into an ice-filled glass and top with the seltzer.

- 12 fresh mint leaves
- 2 ounces white rum (optional)
- 2 tablespoons freshly squeezed lime juice
- 1½ tablespoons simple syrup or agave nectar
- **1 (20 mg) packet Caliper CBD dissolvable powder**
- Ice, as needed
- Seltzer or ginger ale, to fill
- Lime slices, to garnish

Place the mint leaves in the bottom of an old-fashioned glass, then pour in the rum if using, the lime juice, and the simple syrup or agave nectar. With a muddler or the edge of a spoon, gently muddle the mint a few times to release its flavor. Sprinkle with the Caliper, add ice to fill, then top off with the seltzer or ginger ale. Garnish with lime slices and enjoy.



Elderflower CBD Sparkler (+ Virgin Variation)

Serves 1 (20mg of CBD per serving)

The lightly floral, aromatic touch of elderflower liqueur makes this cocktail irresistible, but thanks to alcohol-free elderflower syrup, you can make an equally refreshing virgin version.

- 2 ounces elderflower liqueur (such as St. Germain) or elderflower syrup (such as Monin)
- **1 (20 mg) packet Caliper CBD dissolvable powder**
- ¼ cup champagne, cava, prosecco, or other sparkling dry white wine (or ginger ale or seltzer)
- Lemon twist

Pour the liqueur or syrup into a collins glass and stir in the Caliper. Top with the sparkling wine, ginger ale, or seltzer; garnish with a lemon twist.



Bloody Marys, Your Way

Serves 4 (20mg of CBD per serving)

Everybody's got an opinion about what a Bloody Mary should be—so we're not going to take sides! Vodka, Gin, or Mocktail? Pickle juice or no? Lots of horseradish or just a touch? This classic formula gives you a solid base to work from, then make it your own.

- Your favorite rim salt (optional)
- 4 cups tomato juice
- 1½ cups vodka or gin (optional)
- ¼ cup freshly squeezed lemon juice
- ¼ cup pickle juice (optional)
- 2-4 tablespoons prepared horseradish
- 1-2 tablespoons Worcestershire sauce
- 1 teaspoon celery seed
- Hot sauce, to taste
- **4 (20 mg) packets Caliper CBD dissolvable powder**
- Freshly ground pepper, to taste
- Lemon wedges (to garnish)
- Celery spears (to garnish)
- Dill pickles (to garnish)

Optional Garnishes:

- Other Pickles (pepperoncini, okra, radishes, green beans, asparagus, carrots)
- Olives
- Bacon (preferably candied)
- Mini sliders
- Quartered grilled cheese sandwiches
- Rolled Cold Cuts

Dip 4 tall glasses in rim salt if desired. In a large pitcher, stir together the tomato juice, vodka or gin, lemon juice, pickle juice, horseradish, Worcestershire sauce, celery seed, hot sauce, Caliper, and pepper; add ice as desired. Pour into glasses and garnish each with (at least) a lemon wedge, celery spear, and dill pickle. Then go crazy (or not) with the other garnishes!