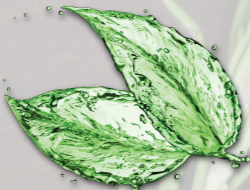


**CBD**   
BIO NATURALS

*Recipe Book*





## BioNaturals Recipe Guide

You might love how CBD with healing terpenes makes you feel, but the taste....not so much. Some people find the taste and smell overpowering, especially those who suffer from chronic conditions or are undergoing treatment.

We're excited to show you some other options for a healthy lifestyle that incorporate CBD into every-day, easy, nutritious foods.

Feel free to continue to experiment using your CBD oil in other recipes - the options are endless. However, in our test kitchen, we learned some basic rules for cooking with CBD oil:

### **CBD Oil Blends Best With Other Herbs**

Pesto, salads with herbs, and other herby flavored sauces and dips worked the best. More subtle flavors were more easily overpowered with by the strong terpenes smell and tastes of hemp.

### **Think Cool Drizzle, Versus Hot Sizzle**

Heating CBD oils can make the terpenes more pronounced and make your food taste (and your house smell) very much like hemp itself. We don't recommend high heat cooking with CBD oil.

### **Serve With Other Healthy Fats**

Coconut milk, Extra Virgin Olive Oil, ghee, and avocado oil are just a few examples. CBD is fat soluble, so pairing with another healthy fat will help your body better absorb the CBD.



## Dijon Vinaigrette

1 TBSP of MCT oil

2 tsp of avocado oil

2 tsp of dijon mustard

1/2 tsp of white wine vinegar

1/2 tsp of red wine vinegar

2-3 tap of raw honey or more depending on your preference

1 dropper full of CBD Bio Naturals CBD Hemp Oil Unflavored or Lemon

## Root Vegetable Salad

Half of a Daikon Radish diced and cut into quarters

Half of a Watermelon Radish diced and cut into quarters

2-3 Rainbow Carrots shaved

Pea shoots and Fava Bean shoots

Half of a Golden Beet diced and cut into quarters

Toppings: hemp hearts, roasted lentils, roasted buckwheat, edible flowers

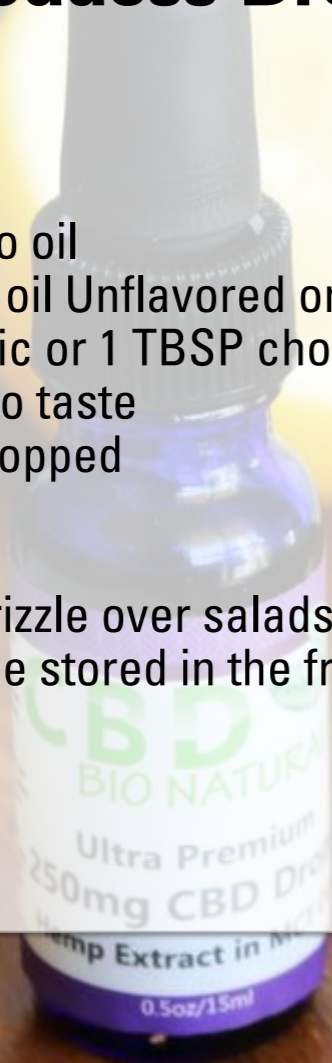
Instructions:

Dice and chop all of the veggies and add them to a bowl with the fava shoots and pea shoots. Top with toppings and drizzle with dijon mustard vinaigrette

## **Colorado Green Goddess Dressing**

Juice of 1 lemon  
2 TBSP oil or avocado oil  
1 dropper full of CBD oil Unflavored or Lemon  
1 clove chopped garlic or 1 TBSP chopped shallot  
Salt & black pepper to taste  
1 tsp of rosemary, chopped  
1 tsp of oregano

Whisk to combine, drizzle over salads, poached chicken breasts or fish. Can be stored in the fridge for 2-3 days.



## Goat Cheese Crostini

1 baguette, sliced  
4 oz goat cheese  
2 cloves garlic, chopped  
Olive oil  
Grated parmesan  
Rosemary or other fresh herbs (oregano or basil work well here)  
Salt & black pepper to taste  
CBD Oil

Brush baguette slices with olive oil and sprinkle with chopped garlic and parmesan.  
Broil for 3-5 minutes in the oven.

In a small bowl, combine olive oil, fresh herbs, salt, pepper, and CBD oil. You can also process in a blender for a smoother texture.

Top each costing with a dollop of goat cheese, and drizzle with oil and herb mixture.





## Caprese Salad

1 bunch basil  
1 heirloom tomato  
1 ball mozzarella  
Salt & black pepper to taste  
1 TBSP balsamic vinegar  
Olive oil  
CBD oil  
Ice water bath

Blanch the basil in boiling hot water for 1 minute, then plunge into ice water bath.

Combine the basil, CBD oil, and olive oil in blender.

Slice the tomato and mozzarella into 1/4 in thick slices and place on a plate. Drizzle with balsamic vinegar, and the basil sauce. Season with salt and pepper to taste.



## **CBD Magic Shell**

Drizzle over ice cream or milkshakes and watch it magically harden!

3/4 cup chopped dark chocolate  
1 TBSP of CBD oil

Melt the chocolate in a microwave safe bowl for 30 seconds and stir. Keep adding 30 seconds and stirring until melted and creamy consistency. After you're done microwaving, add CBD oil and stir.

## CBD Green Smoothie

1/4 cup Coconut Milk  
1 cup fresh baby spinach leaves  
1 tsp vanilla or almond extract  
1/2 cup frozen pineapple  
1/2 cup frozen mango  
1 serving of CBD oil (Unflavored,  
Blueberry or Lemon)

Place all ingredients into a blender and  
blend smooth. Makes 1 serving.





## **CBD Bulletproof Coffee**

1 cup Fresh Brewed Hot Coffee  
2 tsp Unsalted Grass-Fed Butter or Ghee  
1 serving of CBD oil (Unflavored or Blueberry)

Place all ingredients into a blender and blend until smooth and frothy. Makes 1 serving.



## CBD Cider Donuts

Yields 10-12

### Ingredients:

3/4 cup spiced apple cider mixed with 3 TBSP coconut sugar

1/4 cup almond milk

1 tsp CBD Hemp Oil (4 droppers full)

2/3 cup gluten-free all purpose flour

2/3 cup fine almond flour

1 tsp cinnamon

1 tsp baking powder

1/4 tsp baking soda

1/4 tsp nutmeg

1/8 tsp freshly ground black pepper

1/8 tsp sea salt

### Optional Topping:

3 TBSP coconut sugar (or sugar of choice)

1 tsp cinnamon

Dash of ginger

### Directions:

1. Preheat oven to 350 and spritz two silicone donut pans with coconut or avocado oil.
2. Whisk dry ingredients together; stir dry into wet. If mixture remains clumpy you may blend it in a blender on low.
3. Divide batter into donut pans. You'll get between 9-12 depending on how deep the mold cups are.
4. Bake for 20 minutes, then let cool 5 in the pans. De-pan and sprinkle topping mixture on or place it in a bowl to pat coating all over.