

# CREATING BEAUTIFUL DISHES



*Curated Recipes*

FOR COOKING WITH CBD



voyager









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Written and edited by Joseph Hood  
Foreword by Nick Tulloch



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# FOREWORD

*CBD is for life.*

This is a phrase I have used since I founded Voyager in 2020. What I mean by this is that it doesn't matter how old you are or what your gender or your lifestyle is- I believe that there is a place for CBD in all of our health and wellness routines. Don't wait until you feel you need it; take it often and you may find that you won't need other remedies. Research by CBD-Intel has shown that statistically, people are less likely to need over-the-counter or prescription medicines if they regularly take CBD. This shouldn't be so surprising. We are taught from a young age that taking vitamin C, for example, is also important for our health. We may choose to take vitamin C in tablet form or we may choose to ensure that this vitamin and the other nutrients and supplements we believe we need are incorporated into our diet. This is where the idea for this book came from. You may decide to take CBD in oil form or perhaps you prefer CBD gummies but taking CBD doesn't need to be like taking a daily dose of medicine. Instead, you may decide to include it in your diet by adding it to your food and drinks.

The first time I had CBD this way was in the state of Colorado. A coffee shop I visited would add CBD to the coffee as an option. Not the most imaginative way to start my journey into CBD cuisine but it was how the idea began. If we can put CBD in coffee then why not other foods? If a barista can add CBD to a coffee at a local cafe, why shouldn't we do so at home as a matter of routine?





Prepared CBD drinks are especially common now but there is also a growing range of CBD foods. However, if, like me, you prefer home cooking to pre-packaged meals and if, like me, you want to decide yourself how much CBD you need– and remember each of us is different in this respect– then why not include it as one of your staple cooking ingredients?

There are a few simple rules to follow on heat and combinations (which are explained on the following pages) but cooking with CBD is easy, it can be a fun talking point but, most of all, it's a great way to include CBD in your daily routine. I navigated most of my adulthood without truly believing, or understanding, the benefits of natural plant-based remedies and supplements. A friend in America first introduced me to CBD and recommended that I take it for sleep (or, more precisely, jet lag). I was confident that it wouldn't work but I tried it anyway out of respect for him. That was around five years ago. Not only did CBD help with my sleep but I have since used it for a number of other reasons, as have many members of my family and now I have built a career and a business around it. If you're not sure about CBD, give it a try. It might surprise you too.

I hope you enjoy our selection of recipes but, most of all, at Voyager we want to inspire our customers and friends to try CBD in different ways. Don't just hide your CBD oil in the bathroom cupboard. Think about bringing it to the kitchen too.

After all, *CBD is for life.*

Nick Tulloch  
Founder and CEO of Voyager







“Healthy eating is a way of life,  
so it’s important to establish  
routines that are simple,  
realistically, and ultimately  
livable.”

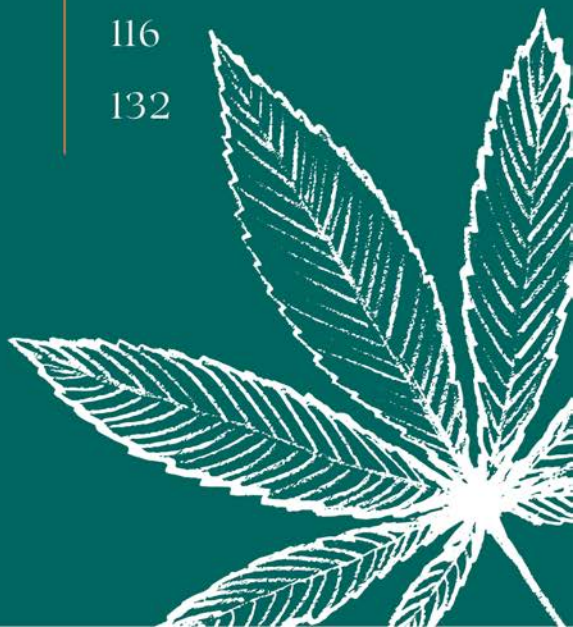
- HORACE





# Table of CONTENTS

Introduction	8
The Endocannabinoid System	12
Cooking with CBD	14
Dosage Guidelines	17
About Voyager	18
Breakfast	20
Light Dishes	32
Main Dishes	54
Condiments	76
Desserts	92
Beverages	116
Acknowledgements	132







# INTRODUCTION

To adequately explain what CBD is it's pertinent to first look back in time in order to understand our relationship with hemp, the plant which produces it. The first record of hemp's utilisation dates all the way back to 8000 BC during the Neolithic era. The evidence of hemp's inception as a staple of industry was unearthed near the Yuanshan township of Taiwan in the form of pottery fragments from a prehistoric ceramic piece that had used hemp in its production. Dating from the same era, a piece of hemp fabric belonging to Mesopotamian culture was also discovered by archeologists in Iraq. Hemp is native to the steppes of Central Asia, so its presence in fabrics and ceramics in the Middle and Far East during this time makes it reasonable to surmise that humans started spreading hemp seed shortly after the Agricultural Revolution began almost 12,000 years ago. That's a fair indicator of its long-standing popularity and inherent benefit to humanity.

Since the time of its original cultivation, civilisations all around the world have had a diverse range of functions for hemp. From food, clothing, building materials, and canvas (a word which is derived from "cannabis"), to ship sails, oils, medicine and ceremonial materials, the plant has had over fifty thousand known uses over its long history of innovation and experimentation.



On the subject of cannabis, a modern misconception of the hemp plant (fuelled largely by historical government policy and hemp's relation to recreational marijuana use) has led people, by and large, to assume that anything related to the hemp plant must therefore be psychoactive, but this is simply not the case. As a counterpoint, the overwhelming number of possible applications for hemp and its chemical and material components bluntly disproves this widespread and wholly inaccurate notion. The literature on the subject holds the consensus that the compound found in hemp known as THC, which is responsible for the feeling of "high", is also the only part of the plant that has a psychoactive effect. In other words, the recreational use of cannabis as a drug is only one of the multitude of uses for the plant and is far from being its defining feature.

Of the fifty thousand possibilities for hemp, this book has a singular focus: the compound within the plant known as CBD (short for *cannabidiol*) and its function as a food supplement to be incorporated into wholesome, balanced meals and a health conscious lifestyle.



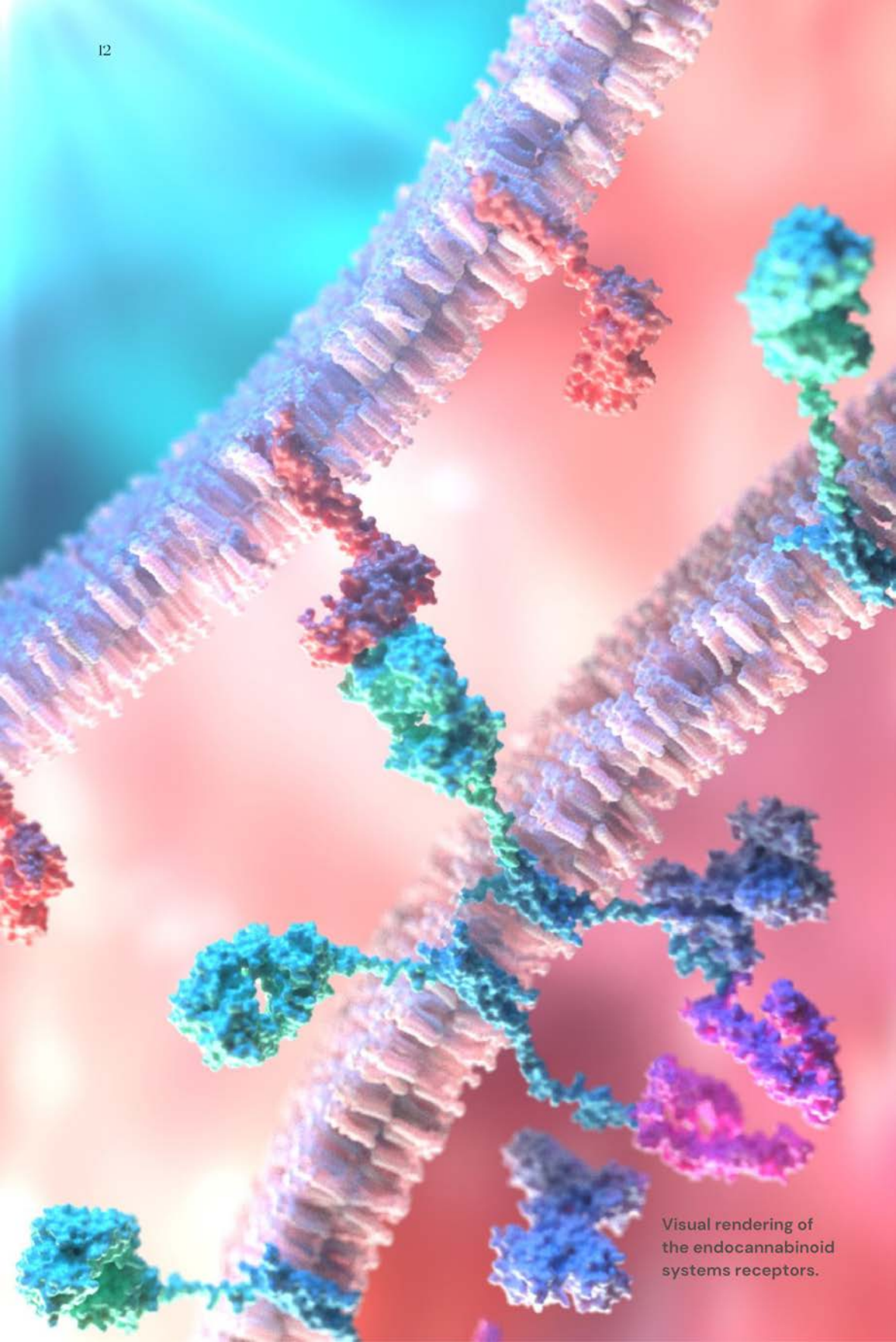


Good CBD starts with the growing process. Hemp plants that are suitable for producing the compound are carefully cultivated for their high CBD content and low THC content. Strains like Charlotte's Web and AC/DC are prized for yielding up to 30% CBD while containing as little as 0.2% THC. CBD can be extracted from these specially grown plants in a variety of ways but, at Voyager, we use CBD isolate to make our products, one of the purest forms of CBD available on the market, extracted by a combination of solvents and multi-stage distillation.

Once the extraction and purification processes are complete the CBD isolate is sent for testing and a Certificate of Analysis is provided to accompany every batch to verify its purity. Voyager is proud to reveal that the latest received batch of product was not only THC free but also over 99.8% pure which is as good as naturally derived CBD can get.

The following page delves a little deeper into how the compound interacts with the body but, briefly, CBD is a health and wellness remedy that can be effortlessly slotted into our daily routines to reap a multitude of potential health benefits.





Visual rendering of  
the endocannabinoid  
systems receptors.

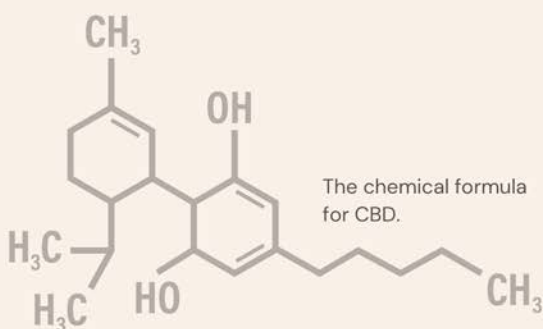


# THE ENDOCANNABINOID SYSTEM

Newcomers to CBD often have a misconception that the compound is something out of the ordinary for human biology but actually this is far from the truth.

The Endocannabinoid System (ECS) is a complex network of receptors discovered in the late 1980s during extensive research into all forms of cannabinoid compounds.

In abridged terms, the ECS is thought to be responsible for influencing various passive functions in the body such as the nervous, cardiovascular and immune systems. A detail which may be unknown to the vast majority of people is that their own bodies (and indeed, the bodies of every mammal on earth) produce small amounts of endocannabinoids naturally. Ultimately, cannabinoids have always been part of our biology and by introducing a plant-derived "phytocannabinoid" into the ECS on a regular basis we can effectively reinforce those passive functions in our bodies much in the same way taking a vitamin supplement would offer a nutritional boost.





# COOKING WITH CBD

When incorporated correctly, cooking with CBD can be a wholesome and effective way of including the supplement as part of a regular diet and routine. Some people aren't all that fond of taking something that feels like medicine, and indeed, standing at the bathroom mirror with oil under the tongue or regularly taking a pill might not seem particularly appealing as a process and therefore it can be difficult to form a habit around it.

The culinary method of CBD consumption turns that habit into an arguably more pleasant process. CBD performs at its best when it's taken consistently which makes the formed habit of taking it regularly essential to its efficacy. By considering CBD oil as a staple ingredient rather than "just another vitamin to take", we can effortlessly consume it as regularly as we do, for example, milk in our morning coffee or pepper in our pasta dish.





When it comes to the practicalities of cooking with CBD, there are a few golden rules to abide by in order to ensure that the supplement remains effective. The first rule pertains to heat: CBD is stable at temperatures up to 160–180°C. Once it's exposed to higher temperatures than this, the compound begins to degrade and will therefore lose its inherent properties, rendering it somewhat useless. With that in mind, the recipes in this book have been purpose-made to call for low-heat cooking or alternative ways of incorporating the supplement, such as blending it into a dressing or infusing the finished dish after it has been cooked. On the opposite end of the heat scale, CBD doesn't fare well under extended periods of extreme cold so, while this book offers a couple of recipes that include the freezer, it's not advisable to leave any of your dishes frozen for over 24 hours.

The second golden rule pertains to storage: like the extremes of heat and cold, constant exposure to bright sunlight will also cause CBD to degrade so it's best to keep leftovers in a cool dark place until it's time to eat.

Within these guidelines, CBD can be incorporated into a vast range of recipes beyond the limits of one cookbook and we encourage our readers to experiment with their favourite recipes to bring CBD into a balanced diet.



# DOSAGE GUIDELINES

The amount of CBD one may require differs from person to person and, as such, the recipes in this book call for a "desired measurement" of the supplement rather than a specific amount.

UK Government guidelines at the time of writing this book state a maximum daily CBD intake of 70mg per person. While exceeding that amount shouldn't do anyone any harm, the human body can only process so much CBD at a time, therefore, using too much will essentially waste the supplement.

For the purpose of adding CBD to a meal, Voyager recommends an average of 25mg per serving. To help calculate this we've included a simple table below for each strength of our available 30ml CBD oil bottles:

<i>CBD Oil Strength:</i>	<i>Volume per 25mg:</i>
<i>500mg</i>	<i>1.5ml</i>
<i>1500mg</i>	<i>0.5ml</i>
<i>3000mg</i>	<i>0.25ml</i>

Once the volume per serving has been found simply multiply it by the number of servings in a recipe for the final amount and incorporate it as described for each meal.







# ABOUT VOYAGER

Voyager was established in Scotland in 2020 as a specialist CBD and hemp company providing premium plant-based health and wellness products.

With integrity at the forefront of the company plan, Voyager aims to become the trusted brand name within the CBD industry and offers newcomers and advocates of the supplement a consistent source of natural, high-quality goods. Providing a wide range of options for edibles, topicals and more across its three stores and online shop, Voyager's inherent mission is to simply offer premium products and honest guidance on living well and feeling good in a natural way.





# *Ideas for* Breakfast



"What nicer thing can you  
do for somebody than  
make them breakfast?"

- Anthony Bourdain







# OVERNIGHT OATS

Creamy and smooth, overnight oats can be ready to go first thing in the morning. Healthier than instant oatmeal and an ideal energy source to kickstart the day and keep the stomach full up until lunch.

## 1 SERVING

50g rolled oats • 50ml plant-based milk, ideally oat or coconut  
50ml water • ½ tbsp maple syrup or honey • ½ tbsp peanut butter  
natural CBD oil, desired measurement • 3 tbsp coconut yogurt  
sliced fresh bananas, berries, nuts and seeds for topping

1. Place all the ingredients apart from the yoghurt and fresh fruit in a sealable container such as a mason jar.
2. Thoroughly combine the ingredients in the container until the oats have absorbed most of the liquid.
3. If the mixture appears to be too dry, simply add an additional splash of milk or water and stir. Chill for at least 6 hours or overnight before eating.
4. Top with fresh fruit, yoghurt, nuts and seeds to serve.

### *Get Creative:*

*This recipe can be endlessly adapted and easily added to. Substitute different plant-based butters and milks, add some cinnamon or even protein powder for an added boost.*









# EASY PANCAKES

Who doesn't like pancakes? Whether covered in maple syrup, jam or lemon and sugar, people celebrate pancakes so much that there ended up being an entire holiday dedicated to them. This simple variant of the recipe is great for easy weekend mornings at home.

## 2-3 SERVINGS

300g self-raising flour • 1 tsp baking powder • 1 tbsp sugar  
1 tbsp vanilla extract • natural CBD oil, desired measurement  
400ml plant-based milk • salt • 1 tbsp vegetable oil

1. Thoroughly combine the flour, baking powder, sugar, vanilla extract and a pinch of salt in a bowl. Slowly add the milk while stirring to create a thick, smooth batter.
2. Heat the oil in a non-stick frying pan over a low-medium heat then add 2 tablespoons of batter to make a small pancake. Repeat until the pan is full.
3. Gently fry for 3-4 minutes until bubbles appear on the surface of the pancakes and the edges set then flip the pancakes over and fry for another 2-3 minutes until golden brown. Remove from the hob and keep them in the oven on low heat while this step is repeated for the rest of the mixture.
4. Combine the CBD oil with the maple syrup for drizzling and serve with stacks of fruit and toppings.

### *Tip Toppings:*

*Try these delicious pancakes with coconut chips, chia seeds, pumpkin seeds, banana slices, strawberries, blueberries, maple syrup, chocolate chips or yoghurt.*







# BLUEBERRY BREAKFAST PROTEIN MUFFINS

These on-the-go breakfast muffins are an ideal pre-gym fuel source. Spelt flour provides more essential amino acids, vitamins and minerals than regular flour while the seeds provide a great supply of protein and fibre for good health and muscle repair.

6-8 SERVINGS

180g plain flour • 160g spelt flour • 60g unflavoured soya protein  
natural CBD oil, desired measurement • 2 tsp poppy seeds  
2 tsp sunflower seeds • 3 tsp chia seeds • 3 tbsp ground flaxseed  
2 tbsp pumpkin seeds • 2 tsp baking powder  
½ tsp cinnamon • 160g frozen blueberries • 340ml plant-based milk  
230g apple sauce • 2 tsp vanilla extract

1. Line a baking tray with muffin cases and preheat the oven to 180°C, then combine the plain and spelt flour, protein powder, cinnamon and baking powder in a large mixing bowl.
2. Combine the natural CBD oil, vanilla extract, apple sauce and plant-based milk in a second mixing bowl and mix thoroughly.
3. Combine the wet ingredients slowly with the dry mixture and gently fold in the blueberries, then divide the batter between the muffin cases.
4. Rest a couple more blueberries on top of each muffin and sprinkle with seeds.
5. Place the tray of muffins on the middle shelf of the oven to bake for 25 minutes then leave to cool before serving.

*À la Française:*

*The word muffin is from the French "moufflet" which is the word for soft but only when describing bread.*







# BAKED BANANA PORRIDGE

A prominent staple food for the ages, porridge can lower cholesterol, improve blood sugar levels and it can be prepared in a variety of ways.

Baked porridge is a delicious warming breakfast treat, perfect for bringing a little spirit to a cold winter morning.

## 2 SERVINGS

2 small bananas, halved lengthways • 100g jumbo porridge oats  
 ¼ tsp cinnamon • 150ml milk of your choice, plus extra to serve  
 5 walnuts, roughly chopped • natural CBD oil, desired measurement

1. Preheat the oven to 190°C. Mash one banana half and combine with the oats, milk, cinnamon, salt and 300ml of water. Pour the mixture into a baking dish.
2. Top the mixture with the three remaining banana halves and chopped walnuts.
3. Place the baking dish in the oven for 20–25 minutes until the oats appear creamy and most of the liquid has been absorbed.
4. At the 20 minute mark, add the CBD oil evenly and gently stir until fully incorporated.

### *Old Habits:*

*People have been eating oats for a long time, so long in fact that they were enjoyed in China as far back as 7000 BC.*









# FRENCH TOAST

On the more indulgent side of the breakfast table, there's some debate as to whether this dish is indeed French or was simply created by an American colonist called Joseph French. Both claims seem beaten by evidence that people were frying egg bread back in Ancient Rome.

## 3 SERVINGS

160ml milk • 3 eggs • 1 tsp ground cinnamon • 1 tsp vanilla extract

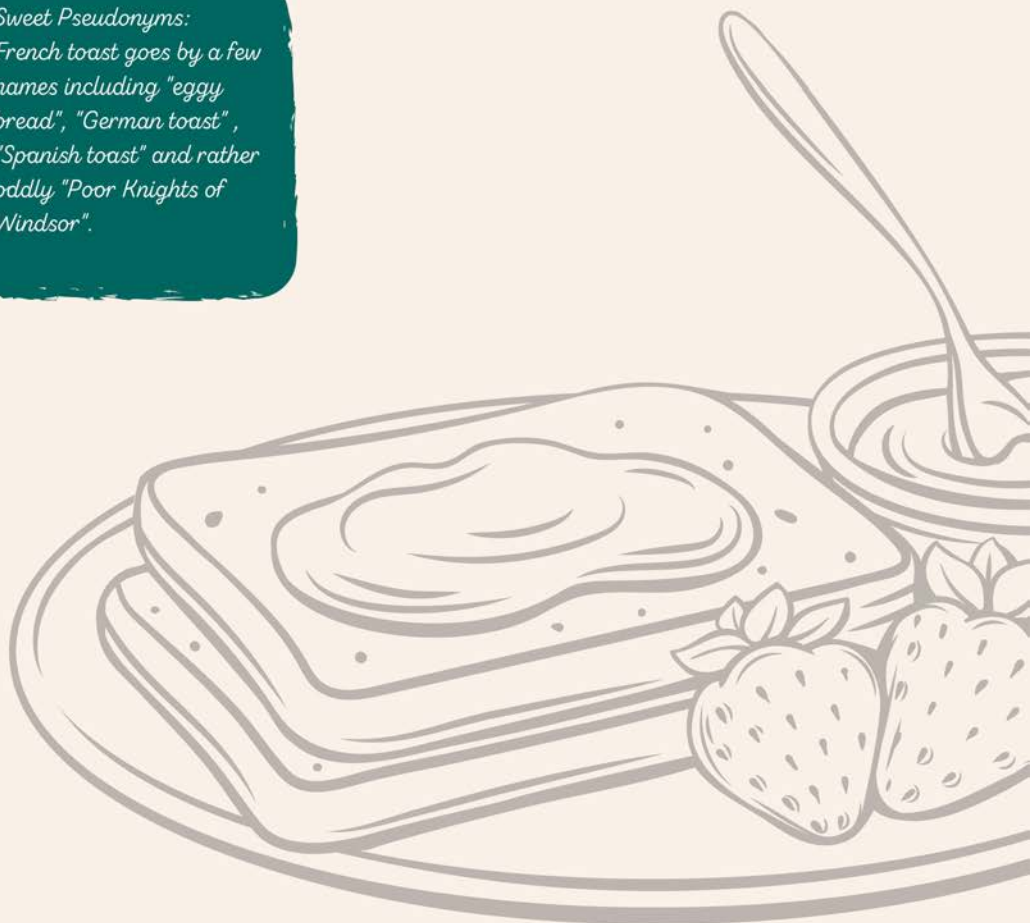
6 slices of thick bread • salt • 1 tbsp unsalted butter

2-3 slices of CBD butter (pg. 89)

1. In a medium sized bowl, combine the eggs, milk, cinnamon, vanilla and salt then mix thoroughly until smooth.
2. Butter the bottom of a large pan and place over medium-high heat.
3. Soak the bread in the egg mix until all parts of the bread are evenly coated.
4. Place the slices in the hot pan and gently fry for 3-4 minutes a side until crisp and golden. Serve hot with a slice of CBD butter to melt over the top.

### *Sweet Pseudonyms:*

*French toast goes by a few names including "eggy bread", "German toast", "Spanish toast" and rather oddly "Poor Knights of Windsor".*





# *Ideas for* Light Dishes



“Moderation. Small helpings. Sample a little bit of everything.”

- Julia Child







# BRUSCHETTA

An Italian classic. Crisp wholesome sourdough slices topped with healthy, natural ingredients. Tomatoes and basil are rich in antioxidants to help reduce cell damage from free radicals. With snacks like this, it's no wonder the average lifespan in Italy is 83 years.

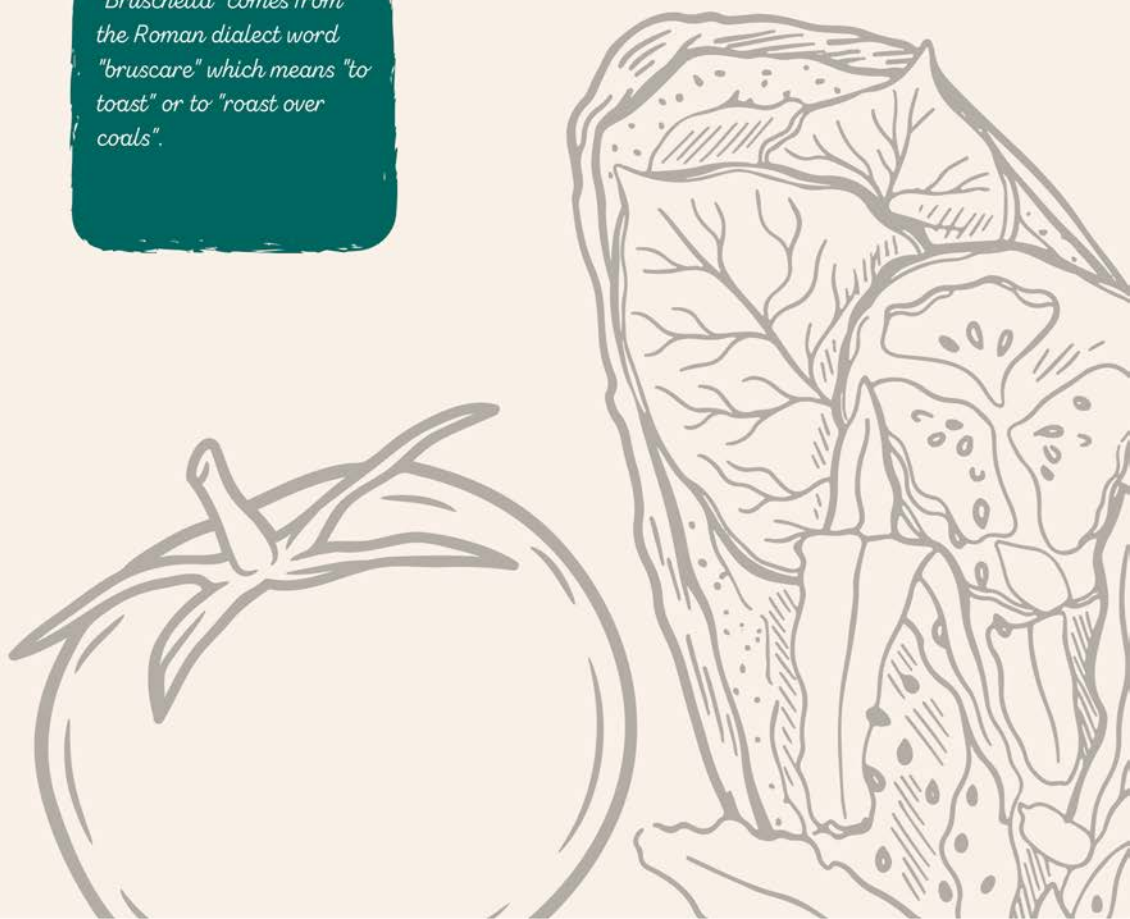
## 3-4 SERVINGS

200g tomatoes, chopped • large handful of basil, chopped  
15g red onion, diced • 1 tbs vinegar • 6-8 slices of sourdough  
½ clove garlic • salt and pepper • knob of CBD butter (pg. 89)

1. Thoroughly combine the tomatoes, red onion, basil, olive oil, salt, pepper and vinegar in a bowl.
2. Spread the CBD butter onto both sides of the sliced sourdough and gently fry on low heat until crisp. Alternatively place under the grill for 3 minutes on each side.
3. Crush the garlic into a paste using a pinch of salt and rub a small amount onto the top of each slice before adding a generous helping of the mixture to serve.

### *When in Rome:*

*"Bruschetta" comes from the Roman dialect word "bruscare" which means "to toast" or to "roast over coals".*









# BEETROOT & GRAPEFRUIT SALAD

This simple salad is packed with vitamin C and a healthy dose of other vitamins and minerals. Regularly eating grapefruit can be extremely beneficial for the immune system and the nutritional profile of beetroot helps support proper blood flow and can lower blood pressure too.

## 4 SERVINGS

6 beetroots • 3 oranges • 3 grapefruits • 2 tbsp olive oil  
1 tsp salt • 20g fresh rocket • 2 tbsp apple cider vinegar  
¼ tsp black pepper • 40g pistachios, chopped  
blood orange CBD oil, desired measurement

1. Preheat the oven to 175°C then cut the leaves from the beetroot, wash them and place them evenly in an oven-proof dish with 60ml of water. Cover and bake in the preheated oven for 1 hour until soft. Once ready, remove the skin and dice the beetroots.
2. Remove the peel from the grapefruits and oranges and separate them into segments, then reserve 20ml of orange juice and 40ml of grapefruit juice.
3. In a bowl, combine the olive oil, salt, vinegar, pepper, blood orange CBD oil and fresh juice then whisk thoroughly before pouring over the beetroot chunks and citrus segments and tossing.
4. Lay out the rocket in a bowl and top with the beetroot and citrus mix before sprinkling with chopped pistachios to serve.

### *To Dye For:*

*Beetroot juice has been used as a purple/red dye since at least the 16th century. In the Victorian era it was even used as a popular (and very eco-friendly) hair dye.*







# ORANGE & LEMON COLESLAW

This easy dish from the Netherlands makes a perfect light side to a larger meal. Cabbage is packed with nutrients and antioxidants to aid heart and artery health and the apple cider vinegar in the dressing is known to regulate blood sugar levels.

## 6 SERVINGS

For the salad: 1 small purple cabbage

1 small green cabbage • 16g fresh coriander

For the dressing: 2 tbsp lime juice • 1 tbsp apple cider vinegar

3 tbsp orange juice • 1 tbsp olive oil • ¼ tsp salt

⅛ tsp pepper • pinch of cayenne pepper

blood orange CBD oil, desired measurement

1. Shred the cabbages into thin slices and combine them in a large serving bowl with the coriander.
2. In a side bowl, thoroughly whisk together all of the dressing ingredients until a smooth consistent dressing is achieved.
3. Evenly pour the dressing over the top of the coleslaw before lightly tossing and serving immediately.

### *Going Dutch:*

The word coleslaw is an anglicisation of the Dutch "koolsla" which simply means "cabbage salad".

The root word cole derives from the Latin for cabbage: "colis".







# MASHED CAULIFLOWER & KALE

This mashed potato alternative brings a bright green burst of colour to the table and provides a powerhouse of vitamins. Easy to throw together on a slow week night or as a sharer plate for a get together.

## 4 SERVINGS

1 cauliflower • 400g of kale • 4 garlic cloves, minced  
1 tbsp coconut oil • ¼ tsp salt • 3 tbsp coconut cream • black pepper  
2 tbsp chives • natural CBD oil, desired measurement

1. In a large pot bring salted water to a boil over medium heat. Cut the cauliflower into small florets and cut the stem off, then roughly chop the kale.
2. Transfer the cauliflower and minced garlic to the pot and allow to boil for 8 minutes before adding the kale and boiling for another 5 minutes. Stir evenly and allow the excess liquid to drain away.
3. In a food processor or large bowl, mash and blend the cauliflower, garlic and kale with the rest of the ingredients until a creamy consistency is achieved. Season to taste and serve.

### *Eat Your Greens:*

*Kale can be coated in oil and baked in the oven for 15 minutes at 200°C to create delicious homemade crisps. Season to taste and serve up with dips.*









# HALLOUMI STUFFED PEPPERS

Step aside, oranges. A single medium-sized red bell pepper accounts for 169% of our recommended daily intake of vitamin C. Stuff them with all kinds of healthy ingredients and you have a convenient, light meal jam-packed with essential nutrients.

2-4 SERVINGS

4 large red peppers • 290g antipasti marinated mushrooms

50g couscous • mixed salad leaves

100ml hot vegetable stock • 250g halloumi cheese, cut into cubes

2 tsp chopped fresh parsley • natural CBD oil, desired measurement  
garlic bread, to serve

1. Preheat the oven to 200°C. Halve the peppers lengthways, removing the stocks and scoop out the seeds.
2. Place the hollowed peppers on a baking sheet then drain the marinated mushrooms and drizzle a tablespoon of the marinade over the peppers before sprinkling them with salt and pepper.
3. Bake the peppers in the oven for 20–25 minutes until the peppers start to turn tender. In a bowl, combine the couscous and hot vegetable stock and leave to soak for 5 minutes before fluffing with a fork and stirring in the mushrooms, halloumi and parsley.
4. Season the couscous mix with salt and pepper before adding it evenly to each pepper. Bake the peppers for a further 15 minutes until the cheese turns golden brown.
5. Add the CBD oil to the top of each pepper for the last 5 minutes and lower the heat to 160°C to ensure it doesn't degrade. Serve the peppers warm with a side of mixed salad and garlic bread.

*International Favourite:  
Stuffed bell pepper recipes  
exist in many countries  
across the world, all with  
their own unique spin on  
the dish and method of  
preparation.*







# BUTTERNUT SQUASH SOUP

A sweet, nutty soup ideal for autumn months. Butternut squashes are low in calories, high in fiber and rich in flavour. The leftover skin and seeds can also be roasted in the oven and enjoyed as a light snack. The perfect no-waste ingredient.

## 4 SERVINGS

3 tbsp olive oil • 1 small onion • 140g raw cashews • 1 clove garlic  
 1 medium butternut squash • 950ml vegetable stock  
 2 tbsp minced fresh ginger • 1 ½ tsp ground cumin  
 1 ½ tsp ground coriander • 1 tbsp maple syrup  
 1 tsp curry powder • 1 tsp ground turmeric  
 salt and freshly ground black pepper to taste • 350ml coconut milk  
 natural CBD oil, desired measurement

1. In a large pot, add olive oil and set over medium heat. Once the oil is properly heated, add the diced onions and cook them while stirring for 2 minutes until they begin to soften. Add the cashews to the pot and lightly cook them for 3 minutes until they start to brown.
2. Mince the garlic and add it to the pot, cooking for around 30 seconds before adding the peeled and chopped butternut squash, ginger, coriander, cumin, curry powder, salt, pepper and turmeric. Cook for 2 minutes while stirring until the mixture is fragrant.
3. Add the stock and maple syrup to the pot and bring to the boil. Lower the heat and cover to simmer for 15–20 minutes until the squash can be easily pierced with a fork.
4. Add most of the coconut milk and use an immersion blender to purée or alternatively leave it as it is for a chunkier soup.
5. Divide the soup into bowls for serving then whisk the CBD oil into the rest of the coconut milk for drizzling over each bowl.

*The Perfect Squash:*  
 When selecting a squash  
 it's worth knowing that the  
 deeper the orange, the  
 sweeter and richer the  
 flavour will be.







# MASHED POTATOES

The humble potato dish, a staple of the time-honoured barbecue. This creamy, cheesy mash can be enjoyed by itself or as a side to a larger meal. A certified crowd-pleaser and true feel-good food for a pot-luck supper evening or park picnic.

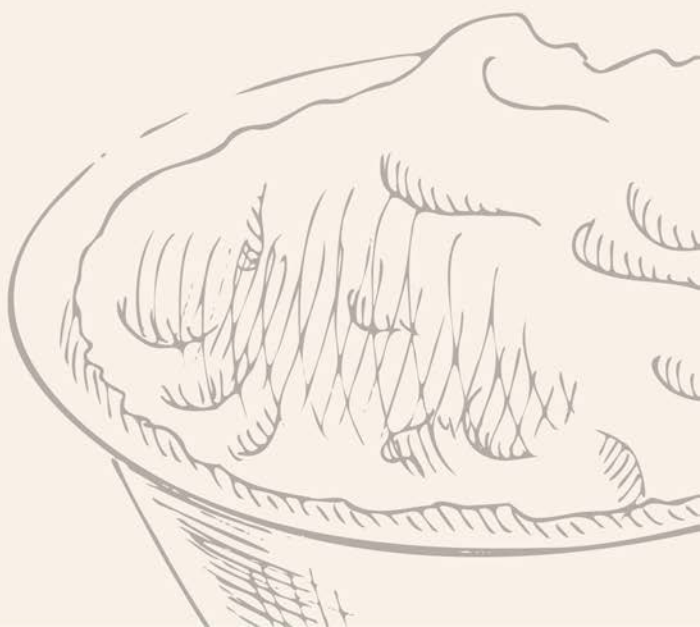
4-6 SERVINGS

500g potatoes • 45g room temperature butter  
natural CBD oil, desired measurement • 2 tsp of cream or whole milk  
50g grated parmesan, optional

1. Peel and halve the potatoes then place them in a large pot of water over high heat. Add a pinch of salt and then bring them to the boil.
2. Boil the potatoes until they can be easily pierced with a fork then remove them from the heat and drain.
3. Allow the potatoes to dry for 3-4 minutes, the resulting mash will be fluffy and light instead of watery. Mash the potatoes in a large bowl until the desired consistency is achieved.
4. With a smooth mash achieved add the CBD oil and small cubes of the butter to the pot. Continue to mash the potatoes to fully incorporate the butter and oil.
5. Gradually add the cream or milk once the butter is fully melted. Do this until the preferred taste and texture is reached then season with salt and pepper.
6. Mix the optional parmesan through the mash as a final step. Alternatively, put the mash in an oven proof dish and sprinkle the parmesan over the top to bake on low heat until melted then serve warm.

*Boil 'Em, Mash 'Em:*

*The leftover potato skins can also be coated in oil and herbs and roasted in the oven until crisp for a delicious party snack.*









# CARAMELISED CARROTS WITH CHIMICHURRI

While they won't make you see in the dark, carrots are packed with vitamin A which is vital for healthy eyes. This punchy, vibrant dish of sweet and spicy carrots is a perfect side to a roast meal or a wonderful sharer plate.

## 4 SERVINGS

500g carrots, peeled and dried • 2 tbsp olive oil • sea salt  
2 tbsp brown sugar • black pepper • chilli flakes • 25g fresh parsley  
16g coriander • 2-6 garlic cloves • 80ml extra virgin olive oil  
natural CBD oil, desired measurement • 2 tbsp red wine vinegar  
half a lemon, juiced • 40g crumbled feta • 20g toasted pine nuts

1. Preheat the oven to 170°C. Slice the carrots into thin strips and place them evenly in a roasting tin then drizzle them with olive oil and sprinkle with sugar.
2. Season the carrots well with sea salt and black pepper then roast them in the oven for 30-45 minutes, turning them regularly until the carrots are soft and the sugar has caramelised.
3. Mince the garlic then finely chop the coriander and parsley and combine.
4. Add the olive oil, lemon juice, vinegar and stir the mixture thoroughly to make the chimichurri. Season well with chilli flakes and salt to taste.
5. Finally, drizzle the chimichurri mixture over the roast carrots then garnish them with crumbled feta cheese and toasted pine nuts and serve.

### *Rabbit Food:*

*The root of the carrot isn't the only edible part. Carrot leaves are delicious too and can be used to make a fantastic pesto. Try incorporating it into the recipe on page 77.*







# MEXICAN RICE

Known as *Arroz Mexicano* within Mexico, this spicy rice is a staple food packed with healthy, natural ingredients. The smoky, dried chipotle peppers used to make the paste is nutrient-rich and has been positively linked to a reduction in cholesterol.

## 4-6 SERVINGS

1 tbsp sunflower oil • 1 onion, finely chopped • 2 garlic cloves, minced  
250g long grain rice • 1 tsp chipotle paste

1 tbsp tomato purée • 400g chopped tomatoes • 750ml vegetable stock  
small bunch of coriander, finely chopped  
natural CBD oil, desired measurement

1. Heat the sunflower oil in a saucepan over medium-high heat and fry the onions for 5 minutes until they begin to soften. Finely slice the garlic and add it to the pan to cook for 1 minute then stir in the chipotle paste and the tomato purée and cook for another 1 minute to allow the flavours to blend.
2. Add the tomatoes to the pan and bring the heat down to a simmer for a few minutes before adding the washed rice. Stir thoroughly to ensure the rice is coated in the mixture.
3. Pour the hot stock over the mixture and season well with salt and pepper before giving it another stir, then turn the heat back up and bring it to a boil. Cover the pan and set the hob to the lowest heat.
4. Allow the dish to simmer for 15-20 minutes until the stock has been fully absorbed and the rice has cooked through. Let the rice stand for a few minutes off the heat and finally stir through the CBD oil and coriander before serving.

### Local Legend:

*Mexican Rice originates from the coastal region of Veracruz and is traditionally served along with a side of fish or beans.*







# BOMBAY POTATOES

The second potato dish on the menu has its origins in India where it's known as *Jeera Aloo*. Crispy, spice encrusted and hearty, this sideplate pairs beautifully with the dhansak recipe later in the book.

## 4 SERVINGS

1 thumb-sized piece of ginger, grated • 2 large garlic cloves

6 large vine tomatoes, halved, deseeded and chopped

800g new potatoes, halved • 3 tbsp sunflower oil

1 large onion, thinly sliced

2 green chillies, halved, deseeded and thinly sliced

natural CBD oil, desired measurement • 1 tsp black mustard seeds

2 tsp ground coriander • ½ tsp turmeric • 1 tsp ground cumin

2 tsp garam masala • small bunch coriander, chopped

1. Combine the ginger, garlic and most of the tomatoes in a food processor and blend until smooth. Alternatively, this step can be achieved manually with a large mortar and pestle. Set the mixture aside once blended.
2. Put the potatoes in a large saucepan and cover with water, then bring to a boil and simmer over medium heat until tender. Drain and dry the potatoes.
3. While the potatoes dry, heat the sunflower oil in a large non-stick pan over medium heat. Add the onion slices and a large pinch of salt then gently fry for 15 minutes until the onions are golden. Add the chillies, ground coriander, cumin, turmeric, garam masala and mustard seeds to the pan and fry for another 2 minutes while stirring.
4. Add the tomatoes, garlic and ginger then bring the pan to a gentle simmer on the lowest heat before adding the CBD oil and stirring the mixture thoroughly. Add the potatoes and remaining tomatoes and season to taste, then gently simmer the dish for a few minutes to allow everything to warm through. Garnish with coriander and serve.

*Globe Trotter Tater:*  
Though this recipe is Indian, the humble potato is actually a new world crop originating in the Andes mountain range of South America.





*Ideas for*  
**Main Dishes**





"If you keep good food in  
your fridge, you will eat  
good food."

- Errick McAdams







# WEEKNIGHT PASTA

A hearty, filling meal ready to go in no time at all. This pasta dish is a no-brainer for anyone with a busy schedule. Load up the stomach then load up the fridge with leftovers to be enjoyed throughout the week.

## 4 SERVINGS

1 tbsp olive oil • 4 crushed garlic cloves

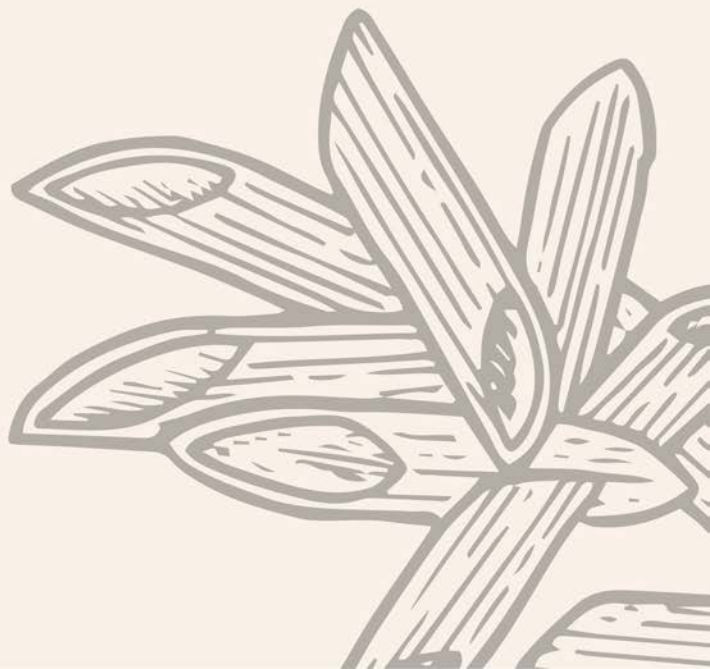
100g baby chestnut mushrooms, diced • 500g tomato passata  
chilli flakes • 4 handfuls of baby spinach

450g wholewheat penne pasta • 85g plain Greek yoghurt  
natural CBD oil, desired measurement

1. Put the pasta in a pot and cover with water then add a pinch of salt and bring to a boil. While the pasta is boiling heat the olive oil in a pan over low-medium heat and add the garlic to cook gently for 2 minutes until it begins to soften. Add in the mushrooms and stir.
2. When the mushrooms have softened, add the tomato passata and bring to a gentle simmer before adding the spinach and bringing the pan to the lowest heat setting. Stir well and allow the spinach to wilt and incorporate with the other ingredients then add salt, pepper and chilli flakes to taste.
3. While the tomato sauce simmers, combine the CBD oil and Greek yoghurt thoroughly so that it's fully incorporated.
4. Take the tomato sauce from the heat and allow it to cool, then add the CBD-infused Greek yoghurt to the pot. The resulting sauce should have a light rosy colour.
5. Combine the tomato sauce with the drained pasta and serve with a garnish of choice.

### *Penne-manship:*

*The direct translation of "penne" in Italian is, quite unsurprisingly, "pen". The popular pasta type was named due to its shape which was inspired by that of a quill.*









# SUMMER SALAD WITH FRESH DRESSING

Nothing goes together like a warm summer day and a fresh crisp salad.

Ideal for feeding groups of green-loving friends or as an easily assembled and impeccably healthy lunch.

## 4 SERVINGS

For the salad: head of Romaine lettuce • 2 cobs of sweetcorn  
300g cooked chicken or plant-based alternative • 1 ripe avocado  
100g goats cheese • two handfuls of cherry tomatoes

For the dressing: 3 tbsp olive oil • 2 tbsp Dijon mustard  
the juice and zest of ½ a lemon • 1 garlic clove, finely chopped  
natural CBD oil, desired measurement

1. Roughly chop the lettuce and arrange it as the base of the salad bowl, then halve the tomatoes and arrange them on top of the lettuce.
2. Slice the cooked chicken into bite-sized strips and layer them over the top of the salad with the fresh tomatoes.
3. With a sharp knife, remove the fresh, raw sweetcorn from the cob. Canned sweetcorn can be used as an alternative but raw sweetcorn has a more complete nutritional profile. Slice the avocado into cubes or slices and add them together with the sweetcorn to the next layer of the salad.
4. Take the chilled goats cheese straight from the fridge and crumble it over the top layer of the salad. The more chilled the cheese the better it will crumble.
5. For the dressing, combine the olive oil, Dijon mustard, lemon juice, zest, chopped garlic and CBD oil in a small jug and stir well then add salt and pepper to taste. Sample the dressing before pouring to ensure it doesn't need any adjustment.
6. Finally, drizzle the dressing over the salad bowl and serve as a side to a summer dish or as a main dish with a side of crusty fresh bread.

### *With a Grain of Salt:*

*The word for salad comes from the Latin for salt as the original dish consisted of nothing more than salted vegetables mixed with oil and vinegar.*







# PUMPKIN & CASHEW BUTTER CHICKPEA CURRY

Chickpeas are a powerhouse source of vitamins, minerals and fiber and they're potentially beneficial for the regulation of weight and digestive functions. This perfectly seasoned curry will have guests reaching for second and third portions.

## 4 SERVINGS

15g unflavoured pea protein • ½ tsp ground ginger • ½ tsp ground cumin  
 ½ tsp chilli powder • ½ tsp garam masala • ½ tsp ground coriander  
 ½ tsp turmeric • ½ tsp cinnamon  
 ½ - ¾ can of chickpeas, drained and rinsed well  
 200g pumpkin purée • natural CBD oil, desired measurement  
 1 tsp maple syrup • 40g smooth roast cashew butter  
 300ml unsweetened oat or almond milk

1. In a food processor or large bowl, blend together all of the ingredients aside from the chickpeas. Pour the resulting mixture into a pot and bring to the boil then allow to simmer on low heat for 10 minutes.
2. If the sauce appears too thick, thin it by adding a little hot water or more plant-based milk. Once the desired consistency is reached add the chickpeas and CBD oil and heat through for another 5 minutes on low heat.
3. Once the chickpeas have softened, the dish is ready to be served with a garnish of fresh coriander, roasted cashews and coconut flakes. Rice or quinoa and organic corn chips for scooping serve as ideal sides to this meal.

### Health Food:

*Not only are chickpeas good for the body, they're good for other crops too, providing a natural and organic method of stopping the disease cycle of wheat and barley crops when grown in close proximity.*







# MUSHROOM OAT RISOTTO

A highlander version of the classic risotto, this meal switches out rice for rolled oats to create a wholesome, nutty and warming dish to fill bellies and lift spirits on those cold winter evenings.

## 2 SERVINGS

50g chestnut mushrooms, chopped • ¼ tsp of vegetable bouillon  
 40g rolled oats • 60ml unsweetened almond milk  
 pink Himalayan salt and black pepper to taste • 250ml boiling water  
 ½ tsp coconut oil or ghee, melted  
 natural CBD oil, desired measurement  
 1-2 tbsp roast hazelnuts, skins removed, roughly chopped  
 sprig of thyme to garnish

1. In a large pot combine the oats and vegetable bouillon then bring to the boil over medium heat. Stir regularly and allow to simmer on low heat for 5 minutes.
2. Heat the coconut oil or ghee in a large pan over medium heat then gently fry the mushrooms for 5 minutes until they begin to brown. Remove the mushrooms from the heat and drain the excess liquid by placing them on some kitchen roll.
3. Add the cooked mushrooms and CBD oil to the pot of oats and stock and stir to combine over the lowest heat. Season to taste with salt and pepper.
4. Serve in a bowl topped with chopped hazelnuts and a sprig of thyme as an aromatic garnish.

*Room for Mushrooms:  
 Mushrooms are native to  
 grasslands but can be  
 easily cultivated at home  
 by using sawdust blocks  
 and the correct lighting  
 and moisture levels.*







# FITNESS STIR FRIED RICE

A cauliflower rice dish to keep gourmands fighting fit. Filling, natural and protein-rich ingredients are combined to create an ideal post-workout meal to recharge tired muscles.

## 4 SERVINGS

1 head cauliflower • 2 teaspoons olive oil • 4 green onions, chopped  
 ½ red bell pepper, thinly sliced • ½ can of sweetcorn  
 ½ can of garden peas • fresh tuna • 2 eggs • soy sauce  
 sea salt and black pepper • natural CBD oil, desired measurement

1. Grate all of the cauliflower using a food processor with a grating blade or manually with the large side of a grater.
2. Slice the fresh tuna into small chunks then heat the olive oil in a large pan or wok over medium heat and gently fry the tuna until lightly browned. Add the sliced onions and bell pepper to sauté for 3 minutes before adding the peas and sweetcorn.
3. Once the vegetables are tender, make a hollow in the middle of the wok or pan and add the eggs to scramble before combining with the other ingredients. When the eggs have set, add the bowl of grated cauliflower and thoroughly combine.
4. Season the dish to taste with salt, pepper or light soy sauce then add the CBD oil and reduce the heat to the lowest setting and cover to warm through for a further 2–5 minutes. Serve warm in a bowl with a light garnish of choice.

### *Economy Cooking:*

*Fried rice was originally created as a way to use leftover ingredients and can be made with just about anything kept in the fridge. A delicious meal good for the stomach and the wallet.*







# THAI GREEN CURRY

Created during the reign of King Rama VI, the long celebrated Thai Green Curry is an ever-shifting recipe revolving around authentic Thai spices and the smooth taste of coconut milk.

## 6 SERVINGS

200g baby potatoes, halved • 100g green beans, trimmed and halved

1 tbsp rapeseed oil • 1 garlic clove, finely sliced

1 tbsp Thai green curry paste • 400g can light coconut milk

1 lime, zest pared in thick strips • 150g halved cherry tomatoes

80g sugar snap peas, halved lengthways

100g firm tofu, chopped into small cubes • 200g jasmine rice

small bunch coriander, chopped • desired amount of red chilli, chopped  
natural CBD oil, desired measurement

1. In a pot of boiling water, cook the potatoes for 8 minutes until they begin to soften, then add the green beans and continue to boil for another 3 minutes before draining.
2. In a large pan or wok, heat the rapeseed oil and gently fry the garlic for 1 minute until it begins to soften, then add the curry paste and continue to cook for a minute more until the garlic and paste begin to darken.
3. Pour in the coconut milk and then gently simmer before adding the lime zest. Continue to simmer for another 5 minutes until the sauce begins to thicken.
4. Add the dried potatoes and green beans to the pan along with the sugar snap peas and continue to cook for 1 minute before adding the cherry tomatoes, red chilli, tofu and CBD oil. Cook for a further 5 minutes over low heat.
5. Halve the lime and squeeze the fresh juice into the pan before stirring in the fresh coriander. Serve warm over a portion of sticky rice.

### *The Correct Utensils:*

*Contrary to popular belief, Thai food is not generally eaten with chopsticks but with a spoon and fork. The spoon is used to scoop rice up and the fork to add meat and vegetables to the bite.*









# MAC & CHEESE

Another barbecue classic, this dish originates from a 13th Century Italian cookbook called the "Liber de Coquina" or, rather unimaginatively, the "Book of Cooking". While it's not the healthiest item on the menu, Mac & Cheese remains a staple of comfort.

## 2-4 SERVINGS

150g butternut squash, cut into chunks • 300g wholemeal penne

40g butter • 1 small leek, finely sliced • 25g flour

600ml milk • 80g broccoli • 175g mature cheddar cheese

1 slice of day-old brown bread, blitzed into crumbs

natural CBD oil, desired measurement

1. Preheat the oven to 200°C then place the butternut squash in a steamer over a pot of boiling water. Steam the squash for 15–20 minutes until it's tender before transferring to a food processor or bowl to blend until smooth.
2. In two separate pots, bring the penne and broccoli to a rolling boil. Cook thoroughly and drain before setting to one side.
3. In a medium pan, melt the butter over medium heat and add the leek to cook for 2 minutes before adding the flour to cook for a further 1–2 minutes. Remove the pan from the heat and slowly whisk in the milk then return the pan to the hob and bring to the boil while constantly stirring. Simmer the resulting mixture on low heat for 5 minutes.
4. Take the boiled broccoli and stir it into the sauce and allow to simmer for a moment before taking the pan off of the heat again and adding the butternut squash and 125g of the cheese.
5. Add the pasta to the sauce and transfer the whole mixture over to an ovenproof dish, then sprinkle the top with breadcrumbs and the remaining cheese. Finally, bake for 20 minutes in the preheated oven until golden brown and bubbling. Add the CBD oil 5 minutes before removing the dish from the oven and reduce the heat to below 160°C.

### *Dinner for Breakfast:*

*In Hong Kong macaroni is considered a breakfast food and is often enjoyed with eggs, chicken stock, ham, seasoning and a healthy portion of vegetables.*







# SPINACH & PINE NUT LASAGNE

Originating in the Italian region of Emilia-Romagna this layered pasta dish is an ideal crowd-pleaser. Regular intake of spinach can boost hydration, cut the risk of iron deficiency and bolster the immune system. "Let food be thy medicine" indeed.

## 4 SERVINGS

85g parmesan, finely grated • 250-300g dried lasagne sheets  
 50g pine nut • natural CBD oil, desired measurement • 1.5l milk  
 For the white sauce: 85g butter • 85g plain flour • 4 bay leaves  
 For the spinach layer: 2 onions, finely chopped • 1 tbsp olive oil  
 700g fresh spinach leaves • 250g ricotta • nutmeg, well grated

1. For the white sauce, take a large saucepan over medium heat and melt the flour and butter together into a paste before cooking for 2 minutes. Add bay leaves to the pan and slowly whisk in the milk until a smooth sauce is achieved. Let it bubble gently for 2-3 minutes before seasoning with salt, pepper and nutmeg then remove the bay leaves and decant the mixture into a bowl. Cover the bowl and let the mixture stand.
2. In another pan, put the olive oil over low-medium heat and gently fry the onions until soft. Place the spinach in a colander and cover with boiling water to wilt the leaves before draining the excess liquid and allowing the spinach to cool. Roughly chop the drained spinach and add them to the onions with a small ladle of the white sauce, the ricotta cheese and most of the parmesan. Season well with salt and pepper to taste.
3. Preheat the oven to 200°C then spread a quarter of the white sauce around the inside of a baking dish. Spoon around a third of the spinach filling over the top of the sauce and then add the lasagne sheet layer. Repeat this step with sauce first, then spinach mixture then lasagne layer, topping the final lasagne sheet with the remaining sauce and most of the parmesan cheese. Bake for 40-50 minutes until the dish is cooked through and the top appears golden brown with crisp edges. In the last 10 minutes, scatter pine nuts over the top and drizzle with CBD oil before returning to the oven and lowering the heat to below 160°C.

### *Wrong. Pot:*

*The word lasagne originally didn't refer to the meal but rather the pot that it was cooked in. Oddly, it's believed that this word was derived from the Greek for "chamber pot".*







# COURGETTE NOODLES

A fantastic low-carb version of a beloved spaghetti dish. Courgettes are a rich source of potassium which helps to keep muscles functioning properly. It can also contribute to a healthy heart which is more than can be said for a standard noodle.

## 2-4 SERVINGS

1 tbsp olive oil • 6 cloves garlic, minced • 1 yellow onion, chopped  
 1 fennel bulb, chopped • 4 carrots, sliced • 95g of mushrooms, sliced  
 45g of chopped olives • 800g diced tomatoes  
 400g tomato sauce • 2 tbsp tomato paste  
 120ml dry red wine such as Cabernet  
 2 tbsp Italian seasoning • ¼ tsp sweet paprika  
 ½ tsp sea salt • ¼ tsp black pepper  
 6 courgettes • 15g fresh Italian parsley, chopped  
 natural CBD oil, desired measurement

1. Pour the oil into a large pan over medium heat and add the onions, garlic and fennel. Gently fry for 5 minutes until soft, then add the carrots before covering and cooking for another 5 minutes. Remove the pan from the heat.
2. Coat the inside of a slow cooker with olive oil then add the cooked vegetables, mushrooms, tomatoes, tomato sauce, tomato paste, olives, seasoning and wine. Mix well and add any meat or meat substitutes then cover and cook on low heat for 7 hours.
3. Wash the courgettes and use a peeler to create long flat noodles, avoiding the seeded middle section. Plate the courgette noodles and add a generous amount of slow-cooked tomato sauce mixed with the CBD oil. Add chopped parsley to garnish and serve.

### Remy's Signature:

*Though originally snubbed by the French, courgette went on to become a staple of one of France's most popular dishes: the famous ratatouille.*







# COCONUT & SQUASH DHANSAK

This colourful recipe was introduced to India by a Zoroastrian sect hailing from Persia. The flavours of the original dish were supposedly quite subtle compared to today's version but later gained its full-bodied flavour with the incorporation of Indian spices.

## 4 SERVINGS

500g butternut squash, peeled and chopped into bite-sized chunks

1 tbsp vegetable oil • 100g frozen chopped onions

4 heaped tbsp mild curry paste • 400g can chopped tomatoes

400g can light coconut milk • 400g can lentils, drained

200g bag baby spinach • 150ml coconut yogurt plus extra to serve

natural CBD oil, desired measurement

mini naan bread, to serve

1. Place the squash in a bowl with a small measure of water then cover and microwave on high for 10 minutes until tender. Meanwhile, heat the vegetable oil in a large pan and add the onions to gently fry until they begin to soften.
2. Add the curry paste, tomatoes and coconut milk to the pan and simmer gently for 10 minutes until the mixture has thickened to a rich sauce.
3. Set the oven to low heat and warm the naan bread, then drain the liquid from the squash and add it to the sauce along with lentils, spinach and seasoning.
4. Allow the mixture to simmer for a further 2-3 minutes to wilt the spinach, then add the coconut yoghurt and natural CBD oil and stir thoroughly. Serve with warm naan bread and a generous dollop of extra yoghurt.

### *Side Salad:*

*Dhansak is traditionally served with a side of "kachumber" which is freshly chopped tomatoes, onions and cucumber combined with lemon juice and chilli peppers.*





# *Ideas for* Condiments





"The key to a good meal is simplicity and the right seasoning."

- Buddy Valastro







# PESTO

*Pesto alla Genovese* can serve a lot of functions in the kitchen. Spread it onto bruschetta or stir it into soups and side dishes for a burst of Mediterranean flavour. It can also be infused along with CBD into butter to incorporate into other recipes.

80g fresh basil • 50g of parmesan • 145ml olive oil  
2-3 cloves of garlic • 50g of pine nuts  
natural CBD oil, desired measurement • salt and pepper

1. Toast the pine nuts over low-medium heat until golden.
2. Add all of the ingredients into a food processor or mortar.
3. Blend thoroughly until smooth then add seasoning to taste.
4. Serve fresh or store in the fridge in a sealed container for up to 3 days.

## *Friendly Rivalry:*

*The French equivalent of pesto is called "pistou" and is typically from Marseille. For years pistou was claimed as the original until 1910 when a French chef admitted that the Italian version came first.*







# HUMMUS

This classic of the Middle East is thought to have originated in Ancient Egypt. Perfect for small gatherings or as a light snack with some pitta bread and sliced vegetables, this delicious dip can also be topped with seeds, nuts and an additional drizzle of olive oil.

400g chickpeas, drained • 80ml virgin olive oil • 1-2 garlic cloves  
1 lemon • 3 tbsps tahini • natural CBD oil, desired measurement  
salt and pepper

1. Put the chickpeas in a food processor or mortar and blend with 60ml of olive oil until almost smooth.
2. Add crushed garlic, lemon juice, CBD oil, tahini and 30ml of water and blend again until completely smooth.
3. If the mixture is too thick, gradually add more water while stirring to achieve the desired consistency. Season well and transfer to a bowl then drizzle with the remaining olive oil and serve.

## *A Light Snack:*

*Lebanon and Israel once competed to create the largest dish of hummus in human history. The result was a Lebanese victory with a shaver plate weighing approximately 22,000 lbs.*







# TZATZIKI

Traditionally known as a Greek recipe, the origins of this dip may be slightly further afield. Regularly eating tzatziki is thought to help regulate hunger hormones and increase the body's rate of metabolism making this recipe a health-kick essential.

3-4 tbsp of Greek yoghurt • ½ a cucumber, grated  
2-3 garlic cloves, crushed • 2 tbsp extra virgin olive oil  
natural CBD oil, desired measurement • salt and pepper

1. In a thin cloth, drain the grated cucumber of any excess liquid.
2. Put the dried cucumber in a bowl and add the yoghurt and crushed garlic before mixing well.
3. Combine the olive oil and CBD oil and add them to the mixture.
4. Season to taste with salt and pepper and allow the tzatziki to marinate for 2 hours or more for the best results.

*Over the Aegean:  
Greek tzatziki is almost  
identical to Turkish cacık.  
It is believed the word was  
borrowed from the Turkish  
word for "chutney".*







# GUACAMOLE

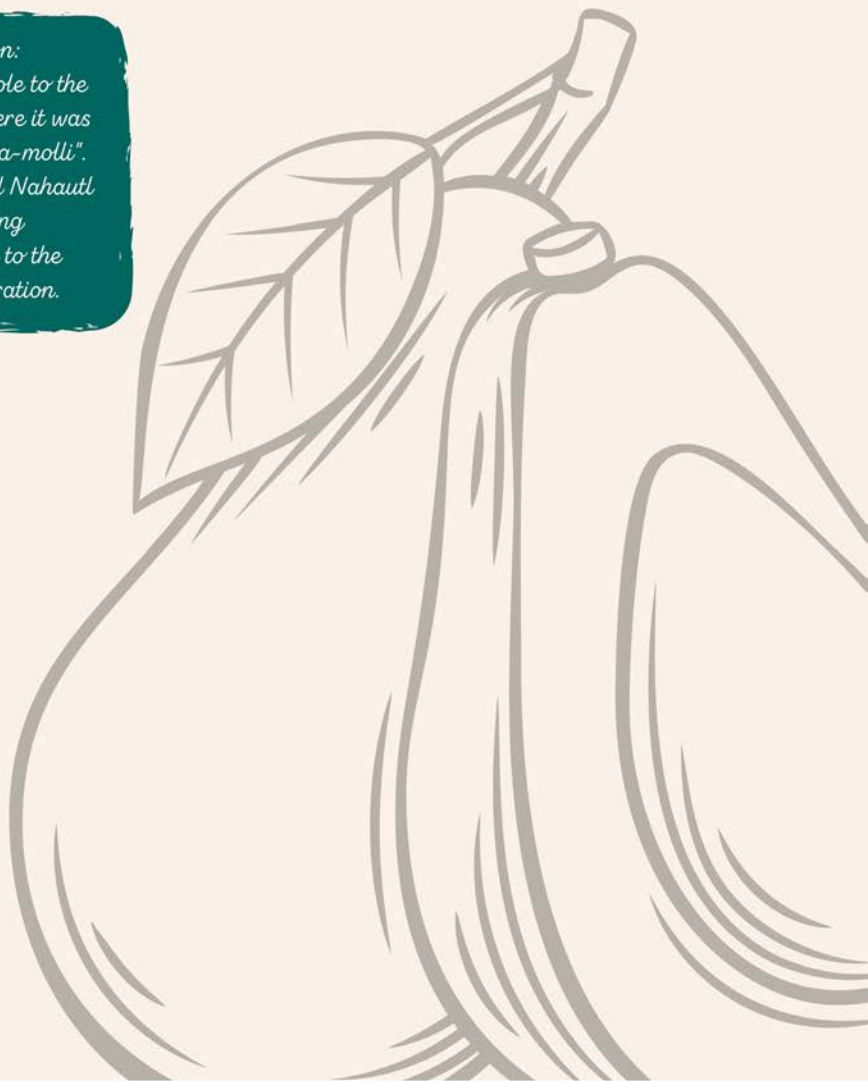
A staple of Mexican cuisine, this guacamole recipe makes for a beautifully seasoned taco-filler, nacho dip, or a breakfast toast topping. Avocado is an excellent source of vitamins as well as magnesium and potassium and can promote good digestion.

2 avocados • ½ onion • small handful of jalapeños or 1 red chili  
handful of coriander • 1 large tomato • ½ lime, juiced  
natural CBD oil, desired measurement • salt and pepper

1. Finely dice the onions, jalapeños, tomatoes, chilli and coriander then halve and stone the avocados and scoop the flesh into a bowl.
2. Thoroughly mash the avocado and add the CBD oil followed by the onions, tomatoes, chilli, coriander and lime juice. Combine the mixture well and season to taste before serving.

## *Ancient Innovation:*

*We owe guacamole to the Aztec culture where it was known as "ahuaca-molli". Molli was the old Nahuatl word for something mashed, relating to the method of preparation.*







# MANGO CHUTNEY

Originating from the Indian subcontinent, this sweet and savoury dip is the perfect companion to a shared plate of papadams. Mangos are packed with vitamin A which boosts eye health and immune system functions making this sweet-treat a fairly healthy sauce alternative.

400g mango, peeled and diced • 1 onion, finely diced  
2 cloves fresh garlic, finely minced or crushed • ½ teaspoon sea salt  
½ teaspoon coriander seeds • 1 teaspoon cumin seeds  
175ml white wine vinegar • 60g sugar • pinch of chili flakes  
natural CBD oil, desired measurement

1. Place a medium saucepan over low-medium heat and add all of the spices, toasting them gently for around 30 seconds until the seeds begin to burst.
2. Add the onions, garlic and salt then give the pan a stir before adding the vinegar. Bring the mixture to a boil and reduce the heat to a simmer for 5 minutes until the moisture has mostly evaporated.
3. Add the mango and continue cooking for a further 2 minutes until the mango begins to soften. Lastly, add the sugar and CBD oil then cook for a further 5 minutes on low heat while stirring constantly.
4. While it's still hot, decant the chutney into a jar and screw the lid shut and allow it to cool fully before serving.

*Sound of Savouring:  
"Chutney" is derived from  
the North Indian dialect  
word "chatna" which means  
the smacking sound lips  
make when eating a  
delicious meal.*







# INFUSED BUTTER

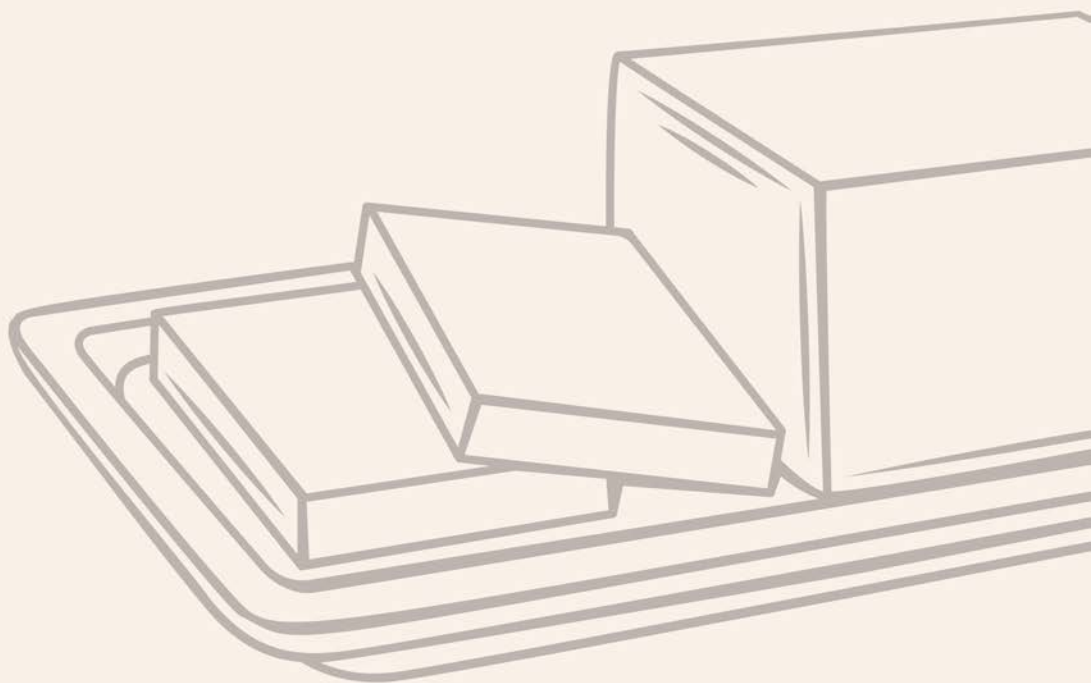
A simple process for a staple ingredient, great for incorporating into many different recipes both within this book and without. As an added twist, herbs and spices can be mixed in with the butter once it's melted to cater to specific dishes.

455g organic butter • 240ml water  
natural CBD oil, desired measurement

1. Cut the butter into little chunks and put them in a small pot.
2. Add the water and CBD oil and heat over the lowest possible temperature setting for 2 hours while occasionally stirring and monitoring the heat to ensure it doesn't rise above 160°C.
3. Allow the butter to cool before pouring it into an airtight container.
4. Store in the fridge and allow it to solidify again before using as normal.

## *Bridal Butter:*

*In Elizabethan England it was common practice to gift a pot of butter to newlyweds as a symbol of wealth and fertility. Bread was not included.*







# INFUSED DRESSING

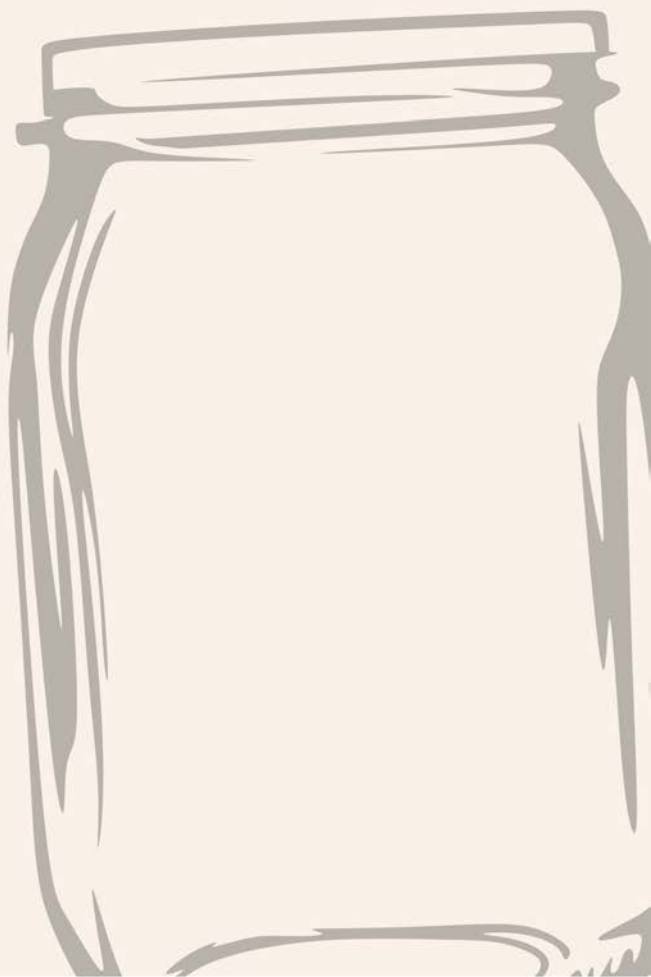
A versatile dressing to enjoy on side salads or to soak bread in with a little balsamic vinegar. Containing a healthy amount of lemon juice, this dressing is high in vitamin C, calcium, potassium and folate to help the formation of red blood cells.

2 tsp dijon mustard • juice of half a lemon • 1 tsp sea salt • 2 tsp honey  
3 tbsp extra virgin olive oil • natural CBD oil, desired measurement

1. Put all of the ingredients in a jar with a sealable lid.
2. Shake the jar thoroughly until all of the ingredients have combined to make a thick emulsion.
3. Keep the jar sealed in the fridge and pour over fresh salad to serve.

## *The Original:*

*One of the first recorded instances of salad dressing was from Ancient Babylon where a simple version was made from oil mixed with vinegar for pouring over salad greens.*





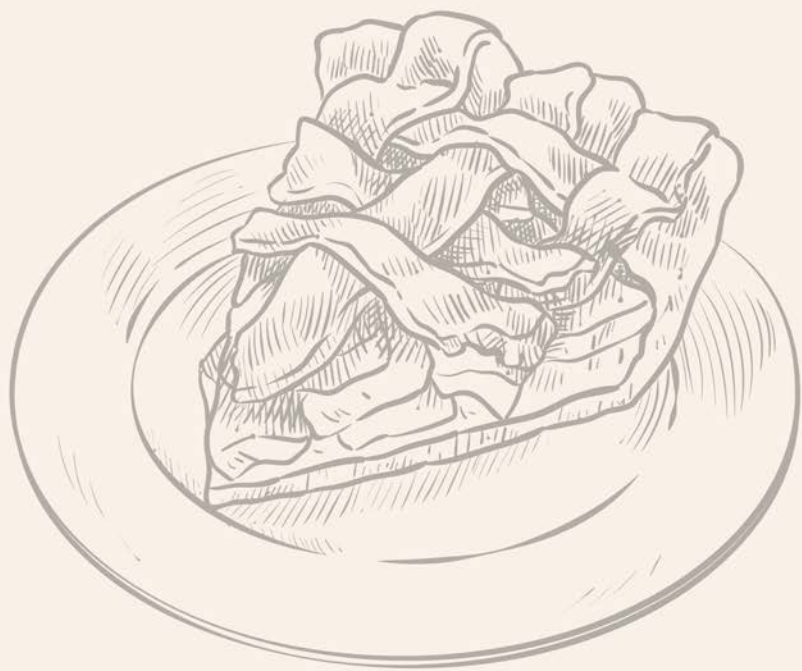
# *Ideas for* Desserts





"Dessert is an opportunity to make something beautiful as well as delicious."

- Roland Mesnier







# LEMON DRIZZLE LOAF

Everyone needs to treat themselves from time to time and what better way to do that than to enjoy this traditional British lemon loaf in the company of good friends? Pairs beautifully with light herbal teas for a civilised afternoon snack.

## 4-6 SERVINGS

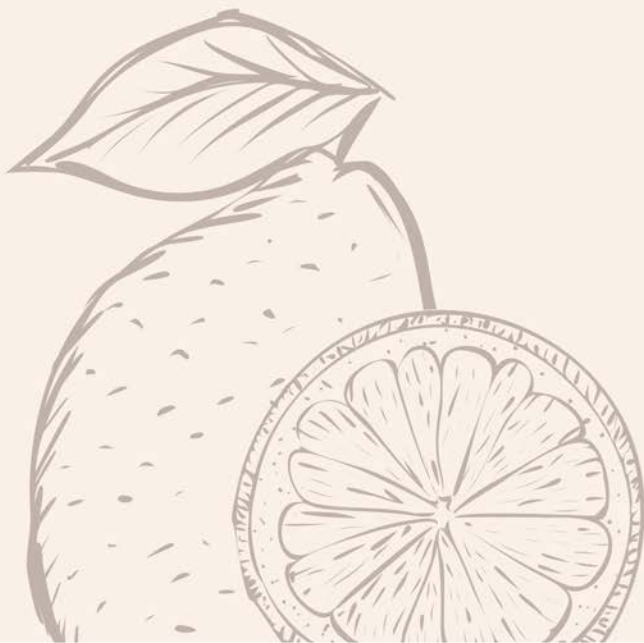
For the cake: 115g self-raising flour • 115g caster sugar • 115g of butter  
2 eggs • 1 tsp vanilla essence • zest of 1 lemon

For the syrup: 2 lemons • natural CBD oil, desired measurement  
55g icing sugar

1. Preheat the oven to 180°C and line a loaf tin with baking paper. Combine all the cake ingredients in a large mixing bowl, being careful not to overmix, then add the zest of one lemon and mix again.
2. Pour the batter into the prepared loaf tin and bake for approximately 30 minutes until a skewer can be removed cleanly from the centre after being pushed in. Once ready, remove the tin from the oven and set it to one side to cool.
3. For the lemon syrup, add the sugar and juice of two lemons to a large pan over low-medium heat until the sugar has dissolved. Leave to cool slightly before adding the CBD oil.
4. With a skewer, pierce the top of the cake loaf then pour the syrup over in an even coat while the cake is still warm. Once coated, allow the cake to cool in the tin.
5. Remove the cake from the tin and dust with icing sugar and lemon zest before serving.

### *Mystery History:*

*Not much is known about the origin of the fabled lemon drizzle cake, other than that it was first made in 1967 by a woman named Evelyn Rose.*







# ICE-LOLLIES

Though freezing CBD for a long time can impact its efficacy, timing this recipe just right will result in a tasty summertime treat for after lunch.

The fresh fruit content and natural ingredients make this recipe leagues above a store bought lolly in terms of health.

## 6 SERVINGS

420g chopped fresh pineapple • 2 oranges, peeled

2 tbsp fresh lime juice • 2 tbsp honey or syrup

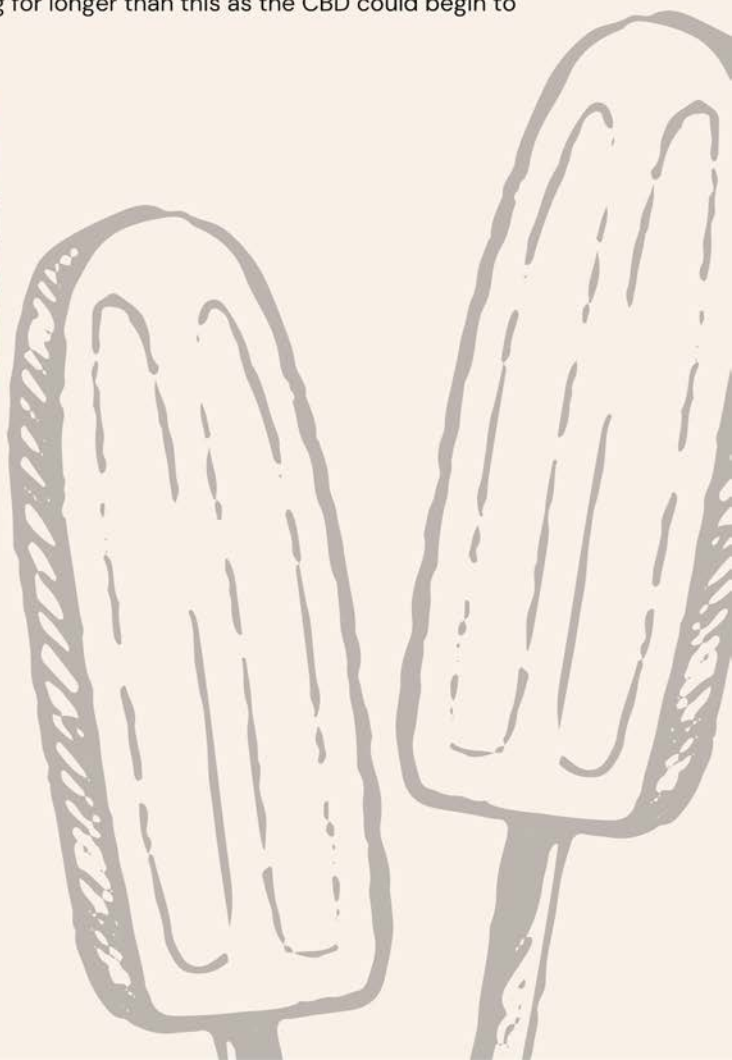
120ml of coconut milk • natural CBD oil, desired measurement

1. Place all of the ingredients in a blender and mix thoroughly until completely smooth.
2. Pour the mixture evenly into six ice lolly moulds.
3. Place the moulds in the freezer for 12–24 hours until frozen solids but take care not to leave them freezing for longer than this as the CBD could begin to degrade.

### *The Right Stuff:*

*CBD easily binds to fat content in food, like the coconut milk in this recipe.*

*This can make it easier for the body to process the CBD to reap the full benefit of the supplement.*







# GRANOLA PROTEIN PEANUT BUTTER FILLED JAM TARTS

These sweet and crunchy tarts make for perfect party nibbles for all occasions. As granola is made with whole oats, seeds, nuts and dried fruit this recipe is relatively healthy for a sweet. Eating granola can also contribute to a healthy gut biome.

## 6 SERVINGS

For the granola shell: 200g oats • 1 tbsp milled flaxseed  
60ml maple syrup • 60g coconut oil or clarified butter, melted  
60g smooth peanut butter

For the filling: 60g smooth peanut butter  
30g natural vanilla whey protein  
20g coconut oil or clarified butter melted  
natural CBD oil, desired measurement

For the topping: fruit conserve • coconut flakes • cacao nibs

1. Preheat the oven to 180°C and grease a cupcake tray with oil then mix together the granola cup ingredients in a large bowl.
2. Divide the granola cup mixture evenly between the spaces in the cupcake tray and press it up against the sides to form each cup.
3. Bake in the oven for 12-15 minutes until golden brown, then allow them to cool fully before removing them from the trays.
4. In a large bowl, combine the ingredients for the filling and spoon them inside each cup before topping them with fruit preserves and a sprinkle of cacao nibs and coconut flakes.
5. Serve instantly or store in the fridge for up to five days.

### *Food Doctor:*

*Granola dates back to 1863 and was first created by Dr. James Caleb Jackson out of Dansville, New York.*







# CHOCOLATE TIFFIN

Tiffin was invented in the town of Troon, South Ayrshire in the early 1900s. Requiring no baking whatsoever this “fridge cake” sets when chilled to make a quick and convenient dessert for chocolate lovers.

6 SERVINGS

225g butter • 3 tbsp golden syrup

50g cocoa powder, sieved • 80g of raisins

300g digestive biscuits, crushed into uneven pieces

400g dark chocolate, broken

natural or peppermint CBD oil, desired measurement

1. In a large pan, melt the butter over low-medium heat and add the golden syrup and cocoa powder until fully incorporated. Remove from the heat and allow to cool briefly before stirring in the CBD oil, crushed biscuits and raisins.
2. Line a baking tin with paper then evenly pour in the mixture. Smooth out the top and place it in the fridge to chill for 20 minutes.
3. In a bowl over simmering water, melt the chocolate thoroughly while making sure the bottom of the bowl doesn't touch the water.
4. Once the chocolate has completely melted, remove it from the heat and pour it evenly over the cooled biscuit mix before smoothing it out.
5. Leave the mixture in the fridge until it's completely set, then cut evenly and serve chilled.

*Criss-Cross:*

*A top tip for this recipe is to score the bars with a knife before setting. This stops the tiffin from cracking when cutting it up into smaller pieces.*







# COOKIES & CREAM CHEESECAKE BITES

What could be better than cookies? The correct answer is cookies that have been transformed into delicious cheesecake treats. This simple recipe makes a rich, filling dessert best enjoyed chilled.

## 6 SERVINGS

For the cookie base: 60g plain flour

1 tbsp coconut oil • 1 tsp baking power • 1 egg beaten

½ tsp vanilla extract • 4 tbsp cocoa powder

For the cream cheese filling: 120g of almond butter

½ tsp of vanilla extract • pinch of vanilla paste

120g of cream cheese • natural CBD oil, desired measurement

1. To make the dough, preheat the oven to 150°C then line a baking tray with parchment paper. Combine the almond flour, vanilla extract, baking powder and cocoa in a medium-sized bowl then add the beaten egg with the coconut oil and stir until thoroughly combined.
2. Remove the dough from the bowl and place it on the parchment paper, then use a rolling pin to flatten out the dough until it's about 3mm in thickness. Bake in the preheated oven for 12-15 minutes while checking regularly.
3. Remove the dough from the oven and allow it to crisp up while it cools down to room temperature. Once completely cooled, roughly break the cookie into a crumble and set it aside.
4. Combine all of the filling ingredients in a bowl and mix until completely smooth then fold in half of the crumbled cookie mixture and stir thoroughly until fully incorporated. With a spoon or ice cream scoop, remove one ball of the cheesecake filling and place it in the bowl with the remaining cookie crumbles.
5. Roll the ball of filling evenly over the top of the crumbles, coating every side thoroughly in the mixture. Repeat this step until all of the cheesecake filling has been used then move the coated bites into the fridge to firm up over a few hours and serve chilled.

### *Big Batch:*

*The world record for number of cookies baked in a single hour is held by Hassett's Bakery in County Cork, Ireland. The number of cookies to beat is a whopping 4,695.*







# PEPPERMINT BARK

Our festive treat for the holiday season, peppermint bark is a brittle, crunchy and minty snack. Great for sharing with friends and family or leaving next to the fireplace for old St. Nick himself.

6-8 SERVINGS

350g white chocolate • 350g milk or dark chocolate  
crushed peppermint sweets or candy canes  
peppermint CBD oil, desired measurement

1. Line a baking tray with parchment paper, then fill a large pot with water and bring to a boil. Crush the peppermint sweets or candy canes into small pieces and set to one side.
2. When the water has reached a boil, place the milk or dark chocolate into the bowl to melt. Stir occasionally until the chocolate is melted then spread it evenly onto the parchment paper and place in the fridge to chill for 20 minutes.
3. In a fresh bowl, add the white chocolate and melt it over the boiling water. Once the chocolate is fully melted, remove the bowl from the heat and allow it to cool for a moment before adding the peppermint CBD oil then stir it thoroughly. Spread the mixture over the top of the set chocolate.
4. Immediately sprinkle the crushed peppermint sweets or candy canes over the top of the setting white chocolate then return the tray to the fridge for a final 20 minutes. Cut into squares once completely set and serve chilled.

## Choir Practice:

Candy canes were supposedly first made in 1670 by a choirmaster in Cologne Cathedral, Germany when he bent sugar sticks into the shape of a shepherd's crook as a treat for his singers.







# CHOCOLATE MINI BREAD

A variation on the classic brownie, this chocolate mini bread is made with a hint of apple, maple and almond. Another perfect dessert for sharing and an ideal sweet bite to enjoy with a cup of tea or coffee.

## 4 SERVINGS

115g of softened butter • 85g apple sauce • 80ml maple syrup

1 tbsp cocoa powder • natural CBD oil, desired measurement

3 tbsp almond milk • 1 tbsp vanilla

1 tbsp baking soda • 100g cassava flour/almond flour

1. Preheat the oven to 160°C then thoroughly combine the wet ingredients in a bowl before adding the dry ingredients and mixing until a batter is formed.
2. Spray coconut oil into a brownie pan and evenly distribute the matter to make 12 pieces.
3. Sprinkle a generous amount of dark chocolate chips over the top and then bake in the preheated oven for 30 minutes or until baked through. Remove from the oven and allow them to firm up for a moment before serving.

### *Go Nuts:*

*A popular addition to try with mini bread is walnuts.*

*Providing more crunch than chocolate chips, walnuts are a much healthier alternative and are known for lowering cholesterol.*







# AVOCADO PROTEIN TRUFFLES

You read that correctly, this recipe turns avocado into a delicately sweet yet relatively healthy protein truffle. Great for a post-workout top up snack or memorable dinner party dessert.

2 SERVINGS

400g of ripe avocado

65g nut butter • 30g hemp protein powder

natural CBD oil, desired measurement • 125ml maple syrup

40g cocoa or raw cacao powder

3 tbs coconut oil, melted at room temperature

½ tsp pink Himalayan rock salt • 40g shelled pistachios

1. In a food processor, blend all ingredients apart from the pistachio nuts together until smooth and creamy. Pour the resulting mixture into a sealed container and store in the freezer for 1-2 hours, stirring halfway through.
2. Roll the truffle mixture into balls and place them in the fridge on a plate lined with baking paper.
3. Crush all of the pistachio nuts in a mortar or food processor and roll the truffle balls over the pieces until nicely coated.
4. Return them to the fridge and store them for up to five days or for up to one month in the freezer. To serve, remove them from the fridge 5 to 10 minutes beforehand and eat while they remain chilled.

## Lookalikes:

*The original French delicacy of 1895 was made of chocolate ganache dusted with cocoa powder. Their apparent resemblance to naturally occurring fungi truffles provided their name.*







# CHOCOLATE MOUSSE

Enjoyed as early as 1768, mousse is French for “foam” relating to the fluffy airy texture specific to this dessert. Many different recipes exist for mousse but this rich chocolate version is a world favourite.

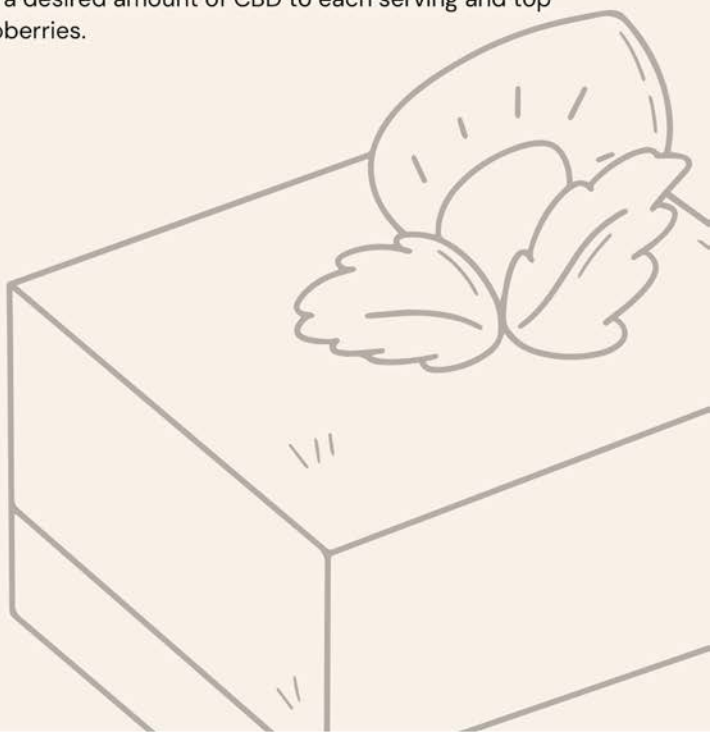
## 2-4 SERVINGS

2 large eggs • 50g caster sugar • 230g of heavy whipping cream  
170g dark chocolate chips • natural CBD oil, desired measurement  
a handful of raspberries

1. In a large bowl combine the eggs and sugar, mix thoroughly by hand or with an electric whisk for 3-4 minutes until fluffy and thick.
2. Gently warm half of the whipping cream in a medium pan over low heat to around 55°C, being careful not to heat it too much lest they scramble the eggs in the next step.
3. Gradually pour the warmed cream over the whipped eggs, slowly using the whisk to combine them as the cream is poured. Once the cream has been fully incorporated put the mixture back onto low heat.
4. Stir the mixture continuously over heat until it thickens, removing any lumps of egg that may form. Add the chocolate chips and continue to stir the mixture until they're fully melted before removing the pan from the heat and refrigerating for 3-4 hours.
5. Once the mixture has chilled, whip the rest of the heavy cream until it forms soft peaks, then fold it through the chilled chocolate part until fully combined to make a light, velvety texture. Return the finished mousse to the fridge until ready to serve. Finally, add a desired amount of CBD to each serving and top with a handful of fresh raspberries.

### *Sweet or Savoury:*

*Mousse isn't just a dessert food, it can be made with meat, fish, shellfish, cheese and many different kinds of vegetables. Savoury mousse is a delicious side dish for light bites with crackers and crispbreads.*







# NO-BAKE COOKIES

This all natural, low-carb cookie recipe can be ready to eat in only 20 minutes or so and can be customised with lots of different kinds of delicious toppings.

## 4 SERVINGS

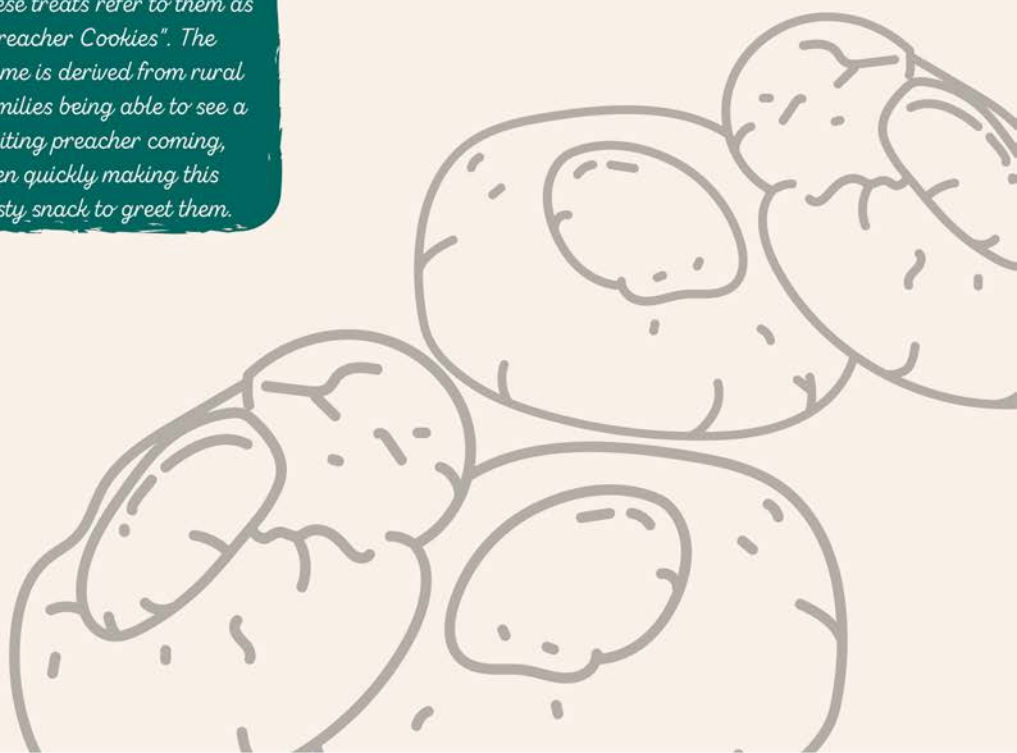
190g shredded unsweetened coconut • 115g raw honey, melted  
55g coconut oil, softened • 2 tsp vanilla extract  
¼ tsp sea salt • natural CBD oil, desired measurement

Toppings: dark chocolate • fresh raspberries • fresh strawberries,  
almond butter • large coconut flakes • chopped nuts

1. Combine the shredded coconut, raw honey, coconut oil, vanilla extract, sea salt and CBD oil together in a medium-sized bowl. Place the bowl in the freezer to chill for 5 minutes in order to harden the coconut oil and allow the cookie to stay together.
2. Shape the newly chilled dough into tablespoon-sized balls then press each ball into a cookie shape with an indentation in the middle. If the dough falls apart, melt another 55g of coconut oil and pour it into the centre of each cookie then place them back in the freezer for another 10 minutes.
3. Remove from the freezer and fill the indentations with toppings to serve.

### *Door to Door:*

*The anecdotal history of these treats refer to them as "Preacher Cookies". The name is derived from rural families being able to see a visiting preacher coming, then quickly making this tasty snack to greet them.*







# NO-BAKE ORANGE CHEESECAKE

Somewhat surprisingly, cheesecake has its origins set all the way back in Ancient Greece when the physician Aegimus wrote an entire book on the art of making the dish in the 5th Century BCE.

This recipe creates a delicate and filling citrus variation of the dessert.

## 6 SERVINGS

15 digestive biscuits • 6 tbsp butter, melted • 400g cream cheese  
grated zest of 3 oranges, save the segments for the decoration

200g mascarpone cheese • 100g caster sugar

3 tbsp milk • 185ml double cream

blood orange CBD oil, desired measurement

1. Place the biscuits in a sandwich bag and crush roughly with a wooden spoon or rolling pin.
2. In a bowl, thoroughly combine the crushed biscuits and melted butter and transfer the resulting mixture into a 23cm cheesecake tin. Use a spoon to spread the biscuit evenly and press it down into the tin to form the base. Place the cheesecake tin in the fridge for 30 minutes until set.
3. Combine the cream cheese, orange zest, mascarpone, sugar and milk in a bowl and mix it well. Pour the cream into a clean bowl and whisk thoroughly until it reaches the consistency of thick custard, then combine with the orange zest mixture and blood orange CBD oil.
4. Remove the biscuit base from the fridge and pour the filling evenly over the top. Decorate the cheesecake with orange segments and return it to the fridge for at least 4 hours until completely chilled.

### *Transatlantic:*

*No-bake cheesecake is really just European cheesecake. The American version is baked in an oven and was discovered quite by accident when a US cheesemaker was trying to recreate French cheese.*





# *Ideas for* Beverages





"Drinking freshly made  
juices and eating enough  
whole foods is a sensible  
approach to a healthful  
diet."

- Jay Kordich







# GOLDEN MILK

Also known as *haldi doodhi* in Hindi, golden milk has been a staple of Indian culture for centuries. A comforting, warm drink that has been reported to potentially prevent ailments including the common cold, inflammation, and stomach ache.

## 1 SERVING

240ml of plant-based milk • ¼ tsp of coconut oil

1 tsp of turmeric

1 tsp of maple syrup or honey • ½ tsp of cinnamon

¼ tsp of ginger powder

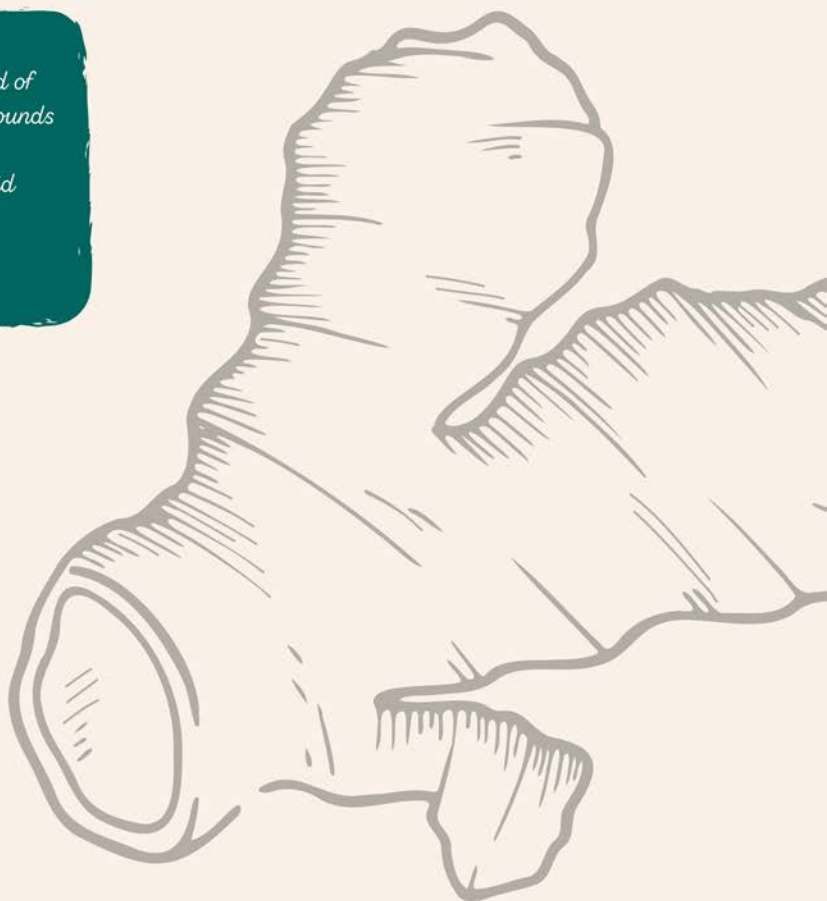
1 tsp of vanilla extract • natural CBD oil, desired measurement

Optional: pinch of ground pepper or nutmeg

1. Combine the milk, vanilla extract, coconut oil, syrup and spices in a medium pot on low heat and simmer for 10 minutes.
2. Remove the mixture from the heat and add the natural CBD oil. Stir well and pour into a mug to serve.

### *Rich Roots:*

*Turmeric is composed of three-hundred compounds including iron, zinc, calcium, ascorbic acid (rich in vitamin C), flavinoids, fiber and potassium.*







# PROTEIN SHAKE

Containing 20 grams of protein without using artificial powders and remaining completely vegan, this delicious shake is our all-time favourite for before and after gym sessions, home workouts, or as a well-rounded meal replacement.

## 1 SERVING

240ml almond milk • 1 banana • 1 tbsp chia seeds • 1 tbsp oats

1 tbsp peanut butter • 1 tsp unsweetened cocoa powder

1 tbsp of peanut butter • 1-2 handfuls of spinach

natural CBD oil, desired measurement

1. Place all of the ingredients in a blender and blend until completely smooth.
2. Pour into a glass or shake bottle and serve.

### *Growing Strong:*

*Protein is absolutely essential to all life and it's impossible to grow or heal without it. Present in every cell in the body, protein makes up about 18-20% of our biology.*







# DRAGONFRUIT & BERRY BLAST

This vibrant smoothie mix is bursting with colour, flavour and nutrients. Dragon fruit is high in antioxidants and natural fibre which is great for overall health and digestive functions. An ideal cold drink for hot summer days in the shade.

## 2 SERVINGS

340g dragon fruit chunks • 475ml coconut milk • 72g blackberries  
245g vanilla yoghurt • 1 lime • 125g raspberries • 2 tsp hemp hearts  
handful of mint leaves • natural CBD oil, desired measurement

1. Place all of the ingredients in a blender and blend until completely smooth.
2. Pour into a chilled glass then garnish with mint leaves and hemp hearts to serve.

*High Hanging Fruit:  
Dragon fruit grows on  
large cactus plants native  
to Central and South  
America which can reach  
up to 15-20 feet in height  
and are equipped to resist  
severe drought conditions.*







# APPLE & WATERCRESS DETOX JUICE

The jury is out as to whether juice cleanses are good for the body or if they're just a fad diet but the fact remains that freshly blended fruit juice is an excellent way to supercharge our nutrient intake and ensure we're getting our five-a-day.

## 2 SERVINGS

250g chopped apples • 35g watercress • 250ml coconut water  
2 tsp acai berry powder • 2 slices of peeled ginger  
natural CBD oil, desired measurement

1. Place all of the ingredients in a blender and blend until completely smooth.
2. Pour into a chilled glass and serve fresh.

### *An Apple a Day:*

*This saying first appeared in a Welsh publication in 1866 reading "Eat an apple on going to bed and you'll keep the doctor from earning his bread."*







# OAT & BANANA ENERGY SHAKE

This simple recipe creates a powerhouse drink, ideal for early morning starts and sustained energy throughout the day. Bananas also support gut health and contribute to a prebiotic effect, supporting gut bacteria and producing short-chain fatty acids which can reduce inflammation.

## 1 SERVING

¼ tsp cinnamon • 1 tsp honey • 1 banana • 125g Greek yoghurt  
25g rolled oats • natural CBD oil, desired measurement • 125ml oat milk

1. Place all of the ingredients in a blender and blend until completely smooth.
2. Pour into a chilled glass and serve fresh.

### *Fuel Source:*

*Bananas are actually radioactive, containing small amounts of isotope potassium-40. Luckily, it would only be harmful if a person ate 700 bananas a day over 80 years.*







# MIGHTY MANGO SMOOTHIE

A refreshing tropical treat, this smoothie is an ideal choice for a boost to the immune system. Not only are mangos rich in vitamin A, they're also high in potassium and magnesium which contribute to healthy blood flow and a reduction in cholesterol.

## 1 SERVING

1 mango, peeled and diced • 1 banana, sliced

1 small piece of ginger, grated • 120ml coconut water • ½ tsp turmeric salt • natural CBD oil, desired measurement

1. Place all of the ingredients in a blender and blend until completely smooth.
2. Pour into a chilled glass and serve fresh.

### *Old Timer:*

*The oldest mango tree in the world is roughly 300 years old. Located in the East Khandesh region of Central India, the tree still produces mango fruit to this day.*







# DELIGHTFUL DARK CHOCOLATE SHAKE

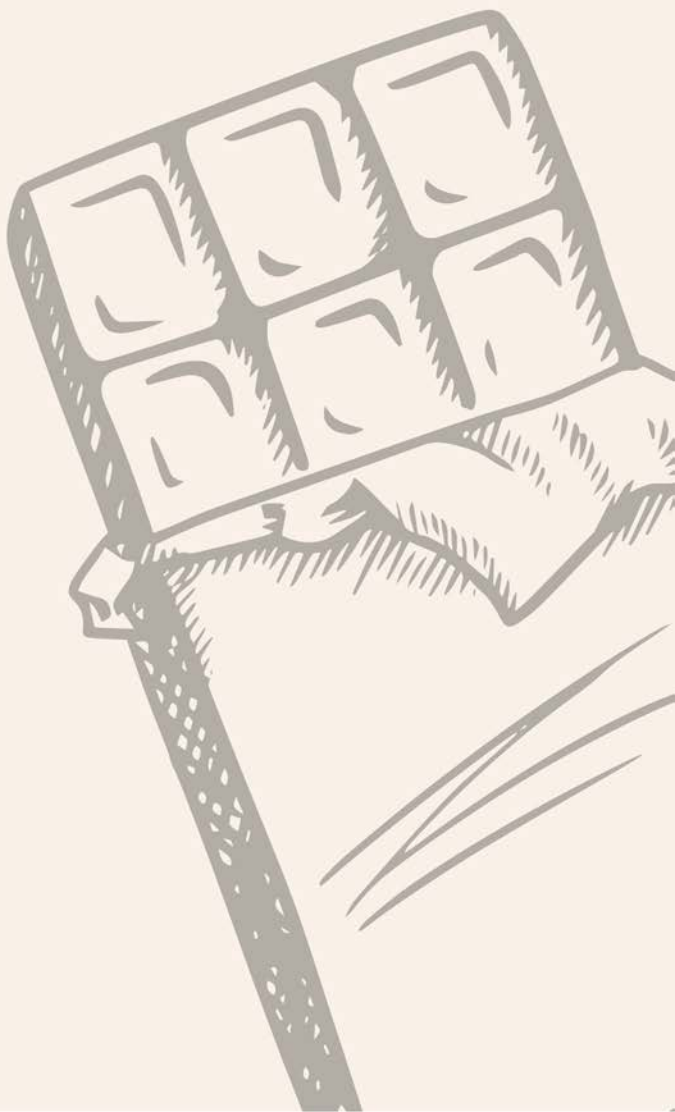
Most people like at least a little bit of chocolate every now and again. This weekend treat is dark, rich and comforting. Dark chocolate is loaded with zinc to boost the immune system, phosphorus to keep bones and teeth healthy and magnesium to aid sleep.

## 1-2 SERVINGS

200ml of chocolate milk • 200g dark chocolate • 50g grated coconut  
2 tbsp coconut milk • natural CBD oil, desired measurement

1. Place all of the ingredients in a blender and blend until completely smooth.
2. Pour into a chilled glass and serve fresh.

*Original Chocolatiers:  
The Olmec civilisation of  
Mexico were the first to  
consume chocolate, using a  
liquid version in important  
rituals. The word derives  
from "xocolatl" which means  
"bitter water".*







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# voyager





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*Of the fifty thousand possibilities for hemp, this book has a singular focus: the compound within the plant known as CBD and its function as a food supplement to be incorporated into wholesome, balanced meals and a health conscious lifestyle.*



*happy eating*

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