



CBD Infused

GOLDEN MILK

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INGREDIENTS

- 1 1/2 cups light coconut milk
- 1 1/2 cups unsweetened plain almond milk
- 1 1/2 tsp ground turmeric
- 1/4 tsp ground ginger
- 1 whole cinnamon stick
- 1 Tbsp coconut oil
- 1 pinch ground black pepper
- 1 Tbsp honey or maple syrup or to taste.
- 2 droppers (30mg) of natural flavor CBD Drops

PREP TIME: 1MIN

COOK TIME: 4MINS

TOTAL TIME: 5MINS

DIRECTIONS

1. To a small saucepan, add coconut milk, almond milk, ground turmeric, ground ginger, cinnamon stick, coconut oil, black pepper, and sweetener of choice.
2. Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling - about 4 minutes - whisking frequently.
3. Turn off heat and taste to adjust flavor. Add more sweetener to taste or more turmeric or ginger for intense spice + flavor.
4. Serve immediately, dividing between two glasses and leaving the cinnamon stick behind.
5. Best when fresh, though leftovers can be stored covered in the refrigerator for 2-3 days. Reheat on the stovetop or until hot.

Serves 2

Nutrition Per Serving (1 of 2 glasses)

Calories: 205 Fat: 19.5g Saturated fat: 15.1g

Sodium: 161 mg Carbohydrates: 8.9g Fiber: 1.1g

Protein: 3.2g.





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LONDON FOG

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INGREDIENTS

- 1 cup unsweetened milk
- 1/8 tsp ground cinnamon
- 1/4 tsp vanilla extract
- 1 bag Earl Gray Tea
- 1/2 tsp honey
- Pinch of nutmeg, for garnish
- 1 dropper (15mg) of natural flavor CBD Drops

PREP TIME: 1MIN

COOK TIME: 9MINS

TOTAL TIME: 10MINS

DIRECTIONS

1. To a small saucepan, add milk, vanilla, cinnamon, ground ginger.
2. Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling - about 4 minutes - whisking frequently.
3. Turn off heat and steep the tea in the sauce pan with the lid on for about 5 minutes.
4. Remove tea bag and empty pan into blender adding honey and CBD oil. Blend on high until frothy.
5. Pour into mug and add a pinch of nutmeg. Serve immediately.

Serves 1





CBD Infused **MOJITO**

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INGREDIENTS

- 1 1/2 ounces white rum
- 6 ounces club soda
- Juice of 1/2 lime
- 3 Tbsp honey
- 1 dropper (15mg) of peppermint flavor
CBD Drops
- Fresh mint for garnish

PREP TIME: 1MIN
COOK TIME: 0MIN
TOTAL TIME: 1MIN

DIRECTIONS

1. Stir rum, honey, lime juice, and CBD together in bottom of glass until well mixed.
2. Muddle mixture with two lime slices.
3. Pour club soda over mixture.
4. Garnish with mint leaves.
5. Enjoy!

Serves 1

