

# INFUSED SMOOTHIES

MEDICAL MARIJUANA & CBD OIL



MARY CLIFTON MD  
EXPERT ON MEDICAL MARIJUANA & CBD OIL



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"Learning to accurately dose your edibles, cook with concentrates, and add marijuana to your favorite recipes is an easy beginning for those facing illness, injury, or anxiety.

These smoothie recipes are for anyone who uses cannabis or CBD oil as medicine."

Mary Clifton, MD

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[www.drmarymd.com](http://www.drmarymd.com)



# HOW TO USE THIS BOOK

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Exact dosing is not possible unless a lab analyzes your infused ingredients. Use the recipes included in this book and information on THC and CBD as a guideline, not gospel. Consult your physician or healthcare team first for proper dosing.

As with any drug, such as alcohol or nicotine, exercise good judgment and use cannabis responsibly.

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*This book contains information about the plant cannabis sativa and its derivative products. Cannabis is a controlled substance in North America and throughout much of the world. Laws regarding the cultivation and use of cannabis vary significantly from one jurisdiction to another. The information contained in this book is intended for use only in jurisdictions where the activities involved are legal. The author does not in any way advocate or condone breaking the law. Readers should be aware that laws regarding cannabis frequently change and that readers are responsible for their own actions.*

*The author makes no claim of accuracy, safety, or legality of following instructions in this book. Nothing contained in this book should be construed to be legal or medical advice. This book is intended for informational and educational purposes only.*

*Always ask your physician before using cannabis or CBD oil.*





# TROPICAL BLAST

*Serves 4*

## INGREDIENTS

4 cups honeydew melon, peeled, chunks  
4 kiwis, peeled, sliced  
2 cups fresh spinach  
4 Tbsp freshly squeezed lime juice  
4 Tbsp infused coconut oil  
4 Tbsp agave  
4 Tbsp fresh mint leaves  
2 cups ice

## PREPARATION

In a blender, add all ingredients. Blend on high for 30-45 seconds or until desired smoothness.



# THE REFRESHER

*Serves 4*

## INGREDIENTS

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- 1 cup raspberries
- 1 cup blueberries
- 2 cups almond milk, unsweetened
- 4 medium bananas, peeled, frozen, chunks
- 16 ice cubes
- 4 inches cucumber
- 3 cups spinach
- 3-4 Tbsp freshly squeezed lemon juice
- 4 Tbsp infused olive oil

## PREPARATION

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In a blender, add all ingredients.

Blend on high for 30-45 seconds or until desired smoothness.





The image shows two glass jars filled with a thick, pink strawberry smoothie. Each jar has a purple straw and is garnished with a fresh mint leaf. A single strawberry with a green leaf is placed on a white cloth in the foreground. The background is a blurred wooden surface.

# STRAWBERRY DELIGHT

*Serves 4*

## INGREDIENTS

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3 cups unsweetened almond milk  
5 cups strawberries, ripe, sliced  
2 cups strawberry Greek yogurt  
4 Tbsp infused coconut oil  
2 Tbsp raw honey  
2 cups ice

## PREPARATION

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In a blender, add all ingredients.

Blend on high for 30-45 seconds or until desired smoothness.





# PEANUT BUTTER PROTEIN BLAST

*Serves 4*

## INGREDIENTS

- 3 cups cannamilk
- 6 scoops chocolate protein powder
- 1 1/2 Tbsp smooth peanut butter
- 3 Tbsp oats
- 1 1/2 bananas, peeled, frozen
- 3/4 cup spinach, washed

## PREPARATION

In a blender, add all ingredients.  
Blend on high for 30-45 seconds or  
until desired smoothness.







# THE THIRST QUENCHER

*Serves 4*

## INGREDIENTS

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- 1 cup hemp milk
- 2 Tbsp hemp seeds
- 2 Tbsp hemp seed oil
- 2 Tbsp flax seeds
- 1 cup kale
- 3/4 cup cucumber, peeled, chunks
- 4 cups cantaloupe, peeled, chunks
- 2 bananas, peeled, frozen
- 1 cup fresh raw cannabis
- 4 cups ice

## PREPARATION

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In a blender, add all ingredients.

Blend on high for 30-45 seconds or until desired smoothness.



# BASE RECIPES

## Almond Cannamilk

*Makes 2 liters*

### INGREDIENTS

1/4 cup ground almonds

2 cups water

1 gram ground cannabis

### PREPARATION

In a food processor, grind almonds and water to a milky consistency.

Strain almond milk through cheesecloth.

In a medium pot over medium heat, bring mixture to a slow boil.

Add cannabis slowly and stir.

Ensure all cannabis is submerged.

Lower heat and simmer for 45-50 minutes.

Remove from heat and strain again through cheesecloth.

Store in fridge for 3-5 days or use right away.

## Cannamilk

*Makes 1 liter*

### INGREDIENTS

1 liter 3% milk

2 grams ground marijuana (depends on how strong you desire)

### PREPARATION

In a double boiler, bring milk to a boil.

Slowly add desired amount of cannabis to milk.

Stir thoroughly until cannabis is completely submerged.

Lower heat and simmer for 40-45 minutes. Stir occasionally. Milk will turn a yellow/green color.

Remove milk from heat and strain through cheesecloth.

Allow to cool and store in fridge.

Can be stored for 3-5 days.

# Cannabis Cooking Oil

## INGREDIENTS

2 cups ground cannabis flower (less for milder potency)

2 cups extra virgin olive oil or avocado oil

## PREPARATIONS

Grind cannabis but do not grind to a fine powder.

Combine oil and cannabis in slow cooker.

Heat on low for 5-6 hours. Heating causes the activation of THC. Do not allow to burn which will destroy THC.

If oil is getting too hot and may burn, add a small amount of water.

Oil should never get above 245 F.

Strain oil with cheesecloth. Do not squeeze cheesecloth.

Throw away remaining plant material.

Pour oil into airtight jars.

Oil will last for approximately 2 months on shelf and longer in fridge.

# Cannabis Infused Coconut Oil

## INGREDIENTS

2 cups organic coconut oil

2 cups ground cannabis flower (less for milder potency)

## PREPARATIONS

Grind cannabis but do not grind to a fine powder.

Combine oil and cannabis in slow cooker.

Heat on low for 5-6 hours. Heating causes the activation of THC. Do not allow to burn which will destroy THC.

If oil is getting too hot and may burn, add a small amount of water.

Oil should never get above 245 F.

Strain oil with cheesecloth. Do not squeeze cheesecloth.

Throw away remaining plant material.

Pour oil into airtight jars.

Oil will last for approximately 2 months on shelf and longer in fridge.