

# Recipes

## Explore your own version of Bliss



### Our Suggested Oil Range

Our Nutritional Cannabis Concentrates are formulated using organic and wildcrafted plants containing hundreds of active compounds that work together to produce stronger therapeutic effects than they would on their own. This is known as the 'Entourage Effect' and it's why we will never, ever use isolated extracts. Our full spectrum extraction method preserves the cannabinoids, terpenes and flavonoids in the perfect balance, just as Mother Nature intended! The perfect accompaniment for your optimum nutrition

#### Our "High Concentrate" formulas - a little goes a long way!

- 8/1 High Concentrate – CBD dominant strain non psychotropic; Calm, Happy, Energetic and Uplifting. Beneficial for easing pain, anxiety and creating a clear focus for tasks and activities.
- 1/1 High Concentrate – Two unique CBD and THC Sativa Dominant strains. This is the formula we use in our Yellow Dot edible range. Uplifting, Creative, Inspired, Focused and Energised. Assists with pain management, gut health issues and lowering stress levels.
- 1/7 High Concentrate – THC Indica-dominant strain known for dreamy, euphoric, relaxing effects with strong citrus, sweet & creamy aromas and flavours. Beneficial for brain health, as a muscle relaxant, metabolic regulator and can be motivating for some for daytime use.

# ORGASMACHOC RECIPE

Using your choice of our 25ml Whole Plant Cannabis High Concentrate oil

- Each chocolate weighs 13gms and generally 1/4 to 1/2 is a standard dose.
- We use oval shaped mould trays for our Orgasmachocs, which of course you can experiment with.
- This recipe makes approximately 40 Chocolates
- A great alternative to alcohol!

## INGREDIENTS:

- 200g Cacao Butter
- 100g Cocoa Powder
- 25ml of your choice High Concentrate Cannabis Oil
- 85ml Agave / Maple Syrup (Organic versions)
- 2 tablespoons Goji berries (blended)
- 1 heaped Tbsp Maca Powder (or choice of Medicinal Mushroom powder)
- 1/4 tsp Spirulina

You will need to  $\frac{3}{4}$  fill a large pot of water and bring to boil to melt Cacao Butter as per below.

## METHOD:

- Prepare chocolate moulds onto flat trays for stability
- Combine 1/2 measurement of Cocoa powder in a blender with the Goji berries and blend until berries & cocoa are powdered. Then mix together with the dry ingredients including remaining Cocoa Powder
- Place Cacao Butter in a separate bowl (metal or glass) which can easily sit on the pot with enough of the base immersed in the hot water to heat the bowl from the outside and melt the butter. Continuously stir until melted (**DON'T LET GO ABOVE 35°C** to ensure chocolates remain in the raw state)
- When completely melted, gradually add in dry mix until all combined evenly. Whilst bowl is still over hot water, add agave syrup and High concentrate oil and mix well.  
Pour as quickly as possible into moulds before ingredients cool and harden
- Place filled moulds into refrigerator or freezer to harden



ENJOY with a cup of our stunning hand-blended Natural Lore Wellness Tea – either hot or as an Iced tea. **BLISS** is perfect for a calm and relaxed evening or choose **VITALITY** for uplifting energy for a night out.

# BLISS BALLS

## INGREDIENTS:

- 510g Dates
- 110g Walnuts
- 2 Tbsp Vanilla bean paste
- 5 drops peppermint oil ( or your favourite flavour )
- ½ cup hemp seeds
- 1 heaps tbs Cocoa Powdered
- 25mls your choice of our High Concentrate oils



For dusting the Bliss Balls, place your choice of desiccated coconut / hemp seeds / dusting cacao or other option ready for coating.

## METHOD:

- Put all ingredient into blender and mix well
- Weigh each ball at EXACTLY 26g
- Roll Into a ball with hands and roll on tray to coat the outside
  - Place trays in the fridge for at least 20 minutes to cool and harden prior to serving.

Start with 1/4 Bliss ball for the first time to gauge response.

ENJOY with a cup of our stunning hand-blended Natural Lore Wellness Tea – either hot or as an Iced tea.

**UNITY** is perfect for a sensual evening or choose **FLOW** for the extra peppermint flavours and calming the digestive.

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