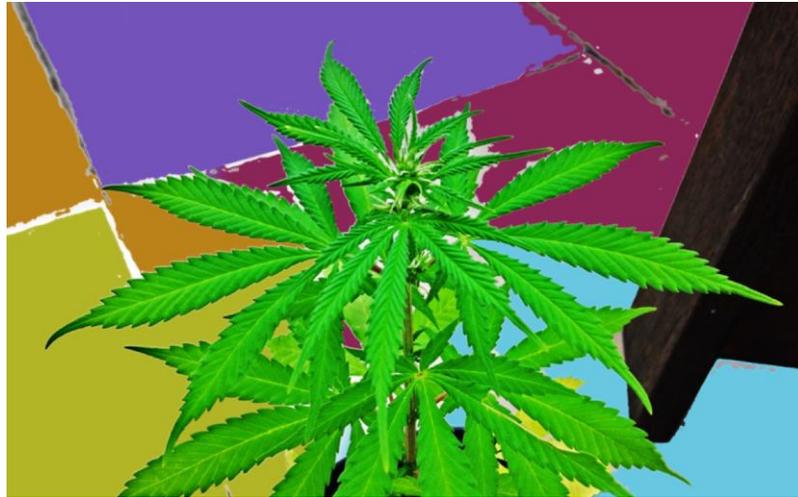


Cannabis Smoothies

Smoothie edible recipes & canna cooking tutorials with Chef 420

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COMPLETE LIST OF EDIBLE SMOOTHIE RECIPES / Marijuana infused edibles :)

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BLUEBERRY SMOOTHIES × 2



Blueberry Hempseed Smoothie (pic. on the left)

½ cup	Almond milk	1 Tbsp	Ground chia seeds
1 cup	Plain fat-free Greek yogurt	1 Tbsp	Hemp seeds
1 cup	Frozen Blueberries		

This smoothie is simple, wholesome, and satisfying for anyone trying to lose weight. The protein in the Greek yogurt helps curb your appetite and keeps you from overeating, the berries provide antioxidants, the hemp and the chia seeds contribute omega-3 and -6 fatty acids and fiber to help you fight inflammation, helps with digestion, and also excellent for your skin.

Into your blender start with Almond milk, add the chia and hemp seeds. Give it a good blend on low speed for about 5 seconds. Add the frozen Blueberries, and give it another spin. Lastly add the yogurt to thicken into a smooth creamy texture.

Blueberry Muffin Batter (pic. on the right)

¼ cup	Infused coconut milk	1 ½ tbsp.	Cashew butter
½ cup	Unsweetened nut milk	1 tsp	Vanilla extract
½ cup	Frozen blueberries	1 scoop	Vanilla protein powder
2 tbsp	Oats		

The protein powder helps you feel satisfied and keeps your energy going, while the cashew butter provides good-for-you fats, keeping you fuller longer. Blueberries are also a smart choice, as they're an excellent source of antioxidants to fight inflammation, which helps keep your weight loss goals in action.

Into your blender add the milks and oats; give it a quick spin on low speed. Add the Blueberries, and the rest. Mix starting on slow speed then increases power slowly until well mixed. If it is not thick enough for you, add a little more nut butter until desired thickness is achieved.



HEMP – BANANA – CINNAMON



1 cup	Unsweetened Almond milk	1 tbsp	Peanut butter
2 tbsp	Hemp Oil	½ tsp	Cinnamon
½ cup	Oats		
1	Banana		Drizzle of Honey (optional)

Oats are full of fiber and are slow-burning to keep you full longer, Hemp oil for fatty acids Omega 3 and Omega-6.

Bananas are an excellent source of potassium, vitamin B6, vitamin C, and fiber, and cinnamon contains polyphenols (powerful antioxidants) that boost metabolism and help regulate blood sugar.

NB! Do not forget to check out the Chef 420's general tips and tricks for making the best smoothies. It fits for all kinds of smoothies and shall master your skills to the highest.

Grab your Blender and add the Almond milk, and Banana. Give it a quick spin on low. Next add the hemp oil, and peanut butter. Start blending on slow, add the Cinnamon and slowly increase blender speed to medium. Stop when well mixed, and enjoy. I like to add a little Honey after it is all done, very tasty.



MANGORITA CANNA SMOOTHIE



2 cups	Fresh cannabis leaves	1 cup	Chopped pineapple (frozen)
1 cup	Unsweetened coconut water		+ Juice of half a lime, more to taste,
1	Orange (peeled)		+ 2 lime slices for garnish, and
2 cups	Chopped mango (frozen)		+ A pinch of salt

A blend of cannabis, mango, pineapple, coconut water, and Lime juice is light and refreshing.

You could even blend in a shot of something strong for a healthy cocktail.

Original recipe yields 2 smoothies.

NB! And just do not forget to see the Chef 420's tips and tricks for the best smoothies, they work for any smoothies and shall master your smoothie making skills.

Into your trusty blender add the cannabis, coconut water and orange. Blend starting slowly until smooth.

Add the mango, pineapple, juice of Lime and salt and blend again. Taste, and add more lime juice if desired.

Pour the smoothie into two glasses and garnish each with a slice of lime.



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RASPBERRY CANNA CHIA SMOOTHIE



¾ cup	Unsweetened almond milk	½	Avocado
1 cup	Frozen Raspberries	1	Small handful of cannabis leaves
1	Frozen banana (sliced)	1	Small handful of spinach
1 tbsp	Chia seeds		

The iron-rich spinach in this smoothie, paired with the Vitamin C-rich raspberries, will ensure optimal iron absorption. Iron helps your body create energy by carrying oxygen to your muscles, which in turn helps them burn fat.

This smoothie also has raw cannabis and avocado, great sources of healthy fat, fiber, and vitamins, particularly B6, which counteracts cortisol, a stress hormone that contributes to weight gain via belly fat stores.

Add to your blender the almond milk, cannabis and spinach. Mix for 10 seconds or so, and then add the frozen fruit and avocado.

Mix on slow speed for 5 seconds then slowly increase the speed to medium/high until smooth.

If it needs more liquid add a little more almond milk until you have a good consistency.

Top with the Chia seeds and enjoy.



CREAMY ZUCCHINI BLUEBERRY



1 cup	Zucchini (diced)	1 cup	Fresh cannabis leaves
½ cup	Celery (chopped)	2 tbsp	Hemp seeds
1	Banana (frozen, chopped)	1+ cups	Coconut milk
1 cup	Blueberries (frozen)		

Zucchini, celery, and cannabis in a smoothie, I know it sounds odd. They are completely hidden and they add so much nutrition to this tasty smoothie:

Frozen banana and blueberries packed with nutrients, next come the celery to reduce inflammation and boost hydration, cannabis for digestion and Omega 3 and Omega 6, and zucchini which is what makes this smoothie ultra creamy, and adds plenty of fiber and antioxidants, Vitamin B and Vitamin C.

Hemp seeds for healthy fats and anti-inflammatory benefits, and coconut milk for creaminess and antibacterial benefits.

NB! Mind to check out the Chef 420s tips and tricks to best your smoothies.

Grab your trusty blender, make sure you have a lid for this one, it can be messy.

First add your coconut milk and get the blender spinning on low, slowly add the veggies a little at a time. Next the cannabis leaves, then throw in the hemp seeds. Blend until smooth.

Add your fruit next and continue blending. At this point, if it is looking too thick, add a little coconut milk to thin it out a bit.



SUMMER BERRY HEMP SMOOTHIE



1 cup	Plain Greek yogurt	1 tbsp	Ground chia seeds
1 cup	Frozen organic berries	1 tbsp	Hemp seeds
1 tbsp	Vanilla extract	½ cup	Almond milk

This Excellent summer berry smoothie (which can be made in any season) helps to target stubborn belly fat and promote weight loss thanks to its high level of antioxidants and protein.

The Greek yogurt also provides a dairy boost, which can help provide CLA, a fatty acid found in dairy, meats, and vegetable oils that have been shown to accelerate body fat loss.

Along with the Chia and Hemp seeds, which are packed with Omega 3 and Omega 6 will help with digestion and inflammation.

Into your blender place the almond milk, Chia and Hemp seeds. Blend on low to medium speed for about 5 seconds.

Add the Frozen Berries and blend on medium until smooth. Lastly add the yogurt and give it a quick spin until well mixed and creamy.

Enjoy!



BANANA ALMOND SMOOTHIE



- | | |
|-------------------------------------|------------------------------|
| 1 Medium to large frozen banana | 2 Tablespoons flax seed |
| 1 Heaping spoonful of almond butter | ½ cup of Infused almond milk |

+ Have a Drizzle of honey, agave nectar or maple syrup!

+ Add a tiny drop of almond extract or vanilla extract.

Loaded with lots of good stuff, vitamins, minerals and Omega 3 and Omega 6, this is a very tasty and effective breakfast smoothie.

It is made with frozen banana, almond butter; cannabis infused almond milk, and flax seeds.

The almond extract lightens up the flavor and makes it taste like a treat.

Into your trusty blender, add the Infused almond milk and flax seed. Give it a little blend to break down the flax seed, just a moment will do.

Next add the (chopped up) frozen banana, a bit at a time while on slow speed.

Careful of splashes.

Add the almond extract. Last of all add half the almond butter, and then the rest.

Drizzle some honey on top for a sweetness!

And if you like a little crunch garnish with some sliced almonds and flax seed.

You will Love it.



CHOCOLATE COVERED CHERRY



½ cup	Nut milk	2 tsp	Cocoa powder
¼	Ripe banana (in chunks)	¼ tsp	Almond extract
½ cup	Frozen dark sweet cherries	2 tsp	Chia seeds

+ A handful of fresh cannabis leaves

Raw Cannabis contains protein also adds fiber, along with anti-inflammation, and raw nutrients,

Banana is also a solid source of vitamin B6, which your body needs to better absorb nutrients.

The dark cherries and cocoa powder have antioxidants that fight inflammation, and the chia seeds are full of satiating Omega 3 fats.

To your Blender add the nut milk, Chia seeds and cannabis leaves;

Give it a quick spin on low speed.

Add the fruit and blend again. Lastly add the rest of the ingredients and blend starting low then increase the speed to medium until well blended.

And enjoy!



10 ESSENTIAL TIPS AND TRICKS

For the perfect smoothies with Chef 420



www.chef-420.com

Even the most delicious smoothie can lose its appeal if you find that what comes out of the blender is too thick or too thin for you. A smoothie full of chunks that didn't blend properly is not a favorite. Fortunately, with the right know-how, you can make ultra-smooth smoothies every time.

Whether you see smoothies as breakfast, an energy booster or a hangover cure necessity, do not buy those pre-made concoctions, with dubious ingredients, just make your own.

Sit back, relax and discover all the best tricks in this Ultimate Guide about how to gain the best experiences out of your smoothies.

1. My blender should do the trick? A blender is best for smoothies, but if you are serious about juicing, you will need to have a juicing machine. The best juices are smooth and homogeneous, a consistency achieved only with a juicing machine. I like a juicer that includes the healthy pulp and fiber in the finished product. Make sure to shop around and get the right one for you.

2. Your juice will only be as good as the fruits and veggies you use. The important thing is that they produce the whole taste to be good and flavorful, not too ripe or past its prime, so eat a bite before juicing. If it's bland, bitter or "off", don't use it.

3. Veggies and fruits are healthy, so sure, it's tempting to load as much produce in there as possible. But beforehand consider, not only that you will be packing in extra calories, also you will over-complicate the flavor, and adding lots different fruits and veggies will make it a ugly, un-appealing brown color. As a general rule I like to choose a variety of textures and ingredients, while keeping flavors complementary. Don't forget- Not all produce is created equal.

4. Are you "jonesin" for an icy-cold smoothie? Sorry Bud. I'm not a fan of adding ice to a smoothie. It will be slushy, watery, and, icy, not smooth and creamy. Freeze the fruit itself, Mango, Papaya, and Pineapple are staples that you can cut up and freeze for use later, that way your ready for those hot summer days.



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5. If you don't like it on its own, don't put it in a juice, if you don't like kale, trying to cover it with mango won't help. Instead, choose produce you enjoy eating. Baby spinach is good for beginner juicers. Is anything off-limits? Technically no, but I wouldn't add mustard greens. Spicy greens. I think, should be used sparingly. For green smoothies in particular, it's important to get the balance right with your ingredients. Being too enthusiastic with leafy greens will make it tough to get a well-blended smoothie, but one cup or a handful is usually enough for one serving.

6. Try adding some quinoa or oatmeal for a thicker smoothie without using frozen fruit. This gives you a boost of fiber and protein, and gives your smoothie a great consistency.

7. A great option for thicker smoothies is to add some nut butter, such as peanut or almond butter. These give a yummy nutty taste and blend well into the average smoothie. They do contain higher levels of oils and sugars, if you use pre-made nut butters, keep aware of sugar overload. If you own a higher-performance blender or food processor you can make your own nut butter. **Yogurt is another great way to help** to thicken and add a creamy texture to smoothies. Greek yogurt in particular is full of protein and helps to fill you up.

8. If you blend on a lower setting to start with and work up, rather than blasting it on a high from the start, will make for a much better smoothie experience. This will help the blender to process the ingredients more efficiently and quickly.

9. Blend your ingredients in Stages. Using leafy greens or nuts in your smoothie? Their health benefits are great, but you don't want them to ruin your smoothie. The trick is to blend your ingredients in stages. Do the greens first with the liquid base, then nuts, then the rest. there will be less chance of those off-putting chunks!

10. Is your smoothie too thick? Water is the obvious choice, but you'll get more nutrients if you use milk, (dairy, soya, coconut or nut milk), or fruit juice. Use ingredients that contain Water instead. Watermelon and cucumber are great examples of ingredients that contain water naturally, so they're fantastic for "watering down" your smoothie and still providing more nutrients.

AND THE IMPORTANT IS:

If you are serious about smoothies invest in a good blender!

There isn't a lot you can do if your blender is weak and leaves chunks behind or incapable to crush cannabis leaves, especially when half way cured. This is where a high-performance and high-quality blender can get you eventually higher, and be a great investment to produce the perfect tasty homogeneous mass. Besides, it will give a wider speed selection delivering a great opportunity to play with various settings for a smoother blending result, and it will ultimately last longer than a lower quality machine.



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PINEAPPLE MINT SMOOTHIE



This Pineapple Mint Smoothie is perfect for a fast and easy breakfast, or even an afternoon snack! If you're into Meal Prep, you could also blend everything ahead of time and make Smoothie "Ice Cubes" for an even faster meal. Whatever you decide, I hope you enjoy

This Pineapple Mint Smoothie is refreshing and tasty, but made with only 9 healthy ingredients! Perfect for a fast and easy breakfast or afternoon snack.

2 cups	Frozen Pineapple	¼ cup	Fresh Mint Leaves, loosely packed
1 cup	Frozen Zucchini	3 tbsp	Hemp Hearts
½	Green Apple	1 cup	Coconut Water
½ cup	Cucumber, sliced	½ cup	Filtered Water
2	leaves of Curly Kale		

+ Juice of 1 Lime

+ Protein Powder of Choice (Optional)

Combine all ingredients in a high-speed blender and process until smooth, about 45-60 seconds. Serve as desired!

I used Frozen Zucchini in this recipe to add volume, but you can also use Frozen Cauliflower or ice in its place. You can also replace it with more frozen fruit!

This recipe serves two, but can easily be cut in half. I like to add in a scoop of my favorite Vegan Protein Powder to make it more of a well-rounded meal

If you'd like to lower the sugar content of this recipe, you can substitute the Coconut Water for Non-Dairy Milk of choice.

<https://frommybowl.com/pineapple-mint-smoothie/> (written by Caitlin Shoemaker)



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PIÑA COLADA HEMP SMOOTHIE



While spending the day on the beaches of Orange County, I started to daydream that I was in Hawaii. With that in mind I started singing:

“If you like Piña Colada’s...”

The kids got a kick out of me singing the song while splashing in the waves at the beach so I had to give them a hint of what a piña colada tastes like by making them a smoothie when we got home.

By Shelby Barone @ ocmomblog.com

1 ½ cups of coconut water
2 cups of fresh pineapple
1 banana

¼ cup of shredded coconut
¼ cup of hemp seeds
2 cups of ice cubes

Instructions are simple: Blend it all, and don't forget to read those 10 essential tips for making the best in the world perfect smoothie every time.



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