

ZHP CBD

THE
ULTIMATE
LIST OF
NANO CBD
RECIPES

Z e p h y r H e a l t h
P r o d u c t s



Health Products

CBD For Humans + Pets

Zephyr Health Products



@ z h p c b d

Get ready to tantalize your taste buds and soothe your senses with a cookbook that's sure to take you higher than a hot air balloon ride - we're talking about a collection of recipes that infuse nano CBD! From delicious edibles to rejuvenating topicals, this cookbook is packed with mouth-watering and soul-soothing concoctions that are sure to make your taste buds dance with joy. So come on, join the CBD craze and let's cook up a storm with some of the most innovative and inspired recipes you've ever seen!

Thank you for your interest in Zephyr Health Products!

www.zhpcbd.com

Introduction

So, you're curious about nano CBD, eh? Well, hold on to your taste buds because we're about to take you on a wild ride through the world of nano CBD and why it's got the traditional CBD oil crowd shaking in their boots.

First of all, let's talk about what exactly nano CBD is. Essentially, it's just like your average CBD oil, except it's been emulsified into teeny tiny particles, making it water-soluble and more easily absorbed by the body. Think of it like blending up a smoothie - the smaller the bits, the easier it is to slurp up all that delicious goodness.

And that's not all, folks. The benefits of nano CBD are truly something to behold. With traditional CBD oil, you're limited by the fact that it can be difficult for your body to absorb, meaning you might not get the full effects you're looking for. But with nano CBD, those tiny particles are like little ninjas, slipping into your bloodstream and getting to work in no time.

That's why we here at Zephyr Health Products are proud to offer our very own line of nano CBD, sourced from organic hemp in Colorado and lovingly emulsified right here in New Jersey. We've experimented with countless recipes and doses to bring you the best possible collection of ingestible, topical, and other recipes using our nano CBD, all of which you'll find right here in this ebook.

So whether you're looking for a way to unwind after a long day, soothe aches and pains, or just add a little extra pep to your step, nano CBD is the way to go. And with Zephyr Health Products as your trusted manufacturer, you can rest assured that you're getting nothing but the best. So go ahead, get cooking, and let's see what kind of magic we can whip up together!

Table of Contents

00	Cover
03	Intro
05	Topical Recipes
08	Ingestible Recipes
12	Other Recipes



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TOPICAL NANO CBD RECIPES



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CBD-Infused Body Lotion

Ingredients

- 1/2 cup shea butter
- 1/4 cup coconut oil
- 1/4 cup sweet almond oil
- 1 tsp vitamin E oil
- 100mg of nano-emulsified CBD
- 10 drops of lavender essential oil
- 10 drops of peppermint essential oil

Instructions

In a double boiler, melt the shea butter and coconut oil. Add the sweet almond oil and vitamin E oil and stir. Remove from heat and let it cool for 10 minutes. Add the CBD and essential oils and mix well. Pour into a jar and store in a cool, dark place.



Prepare Time
5 Minutes



Cook Time
20 Minutes

CBD-Infused Bath Bomb

Ingredients

- 1 cup baking soda
- 1/2 cup citric acid
- 1/2 cup epsom salt
- 1/2 cup cornstarch
- 2 tbsp coconut oil
- 100mg of nano-emulsified CBD
- 10-15 drops of essential oil (lavender, peppermint, or eucalyptus)

Instructions

In a bowl, mix together the baking soda, citric acid, epsom salt, and cornstarch. In a separate bowl, mix together the coconut oil, CBD, and essential oil. Slowly add the wet ingredients to the dry ingredients and mix well. Pack the mixture into bath bomb molds and let it dry for at least 24 hours.



Prepare Time
5 Minutes



Cook Time
10 Minutes

CBD-Infused Deodorant

Ingredients

- 1/4 cup baking soda
- 1/4 cup cornstarch
- 5 tbsp coconut oil
- 2 tbsp beeswax
- 100mg of nano-emulsified CBD
- 5 drops of tea tree essential oil

Instructions

Directions: In a double boiler, melt the coconut oil and beeswax. Remove from heat and let it cool for 10 minutes. Add the baking soda, cornstarch, CBD, and essential oil and mix well. Pour into a deodorant container and let it cool completely.



Prepare Time
5 Minutes



Cook Time
20 Minutes

CBD-Infused Bath Muscle Rub

Ingredients

- 1/4 cup beeswax
- 1/4 cup coconut oil
- 2 tbsp shea butter
- 100mg of nano-emulsified CBD
- 10 drops of peppermint essential oil
- 10 drops of eucalyptus essential oil

Instructions

In a double boiler, melt the beeswax, coconut oil, and shea butter. Remove from heat and let it cool for 10 minutes. Add the CBD and essential oils and mix well. Pour into a jar and store in a cool, dark place.



Prepare Time
5 Minutes



Cook Time
15 Minutes

CBD-Infused Lip Balm

Ingredients

- 2 tbsp beeswax
- 2 tbsp shea butter
- 2 tbsp coconut oil
- 10-15 drops peppermint essential oil
- 100mg of nano-emulsified CBD

Instructions

In a small saucepan, melt the beeswax, shea butter, and coconut oil over low heat, stirring constantly. Remove from heat and add the peppermint essential oil and nano-emulsified CBD, stirring until well combined. Pour the mixture into small lip balm containers and let cool to room temperature before using.



Prepare Time
5 Minutes



Cook Time
20 Minutes

CBD-Infused Body Butter

Ingredients

- 1/2 cup shea butter
- 1/4 cup coconut oil
- 1/4 cup almond oil
- 1 tsp vitamin E oil
- 10-15 drops lavender essential oil
- 100mg of nano-emulsified CBD

Instructions

In a double boiler or microwave-safe bowl, melt the shea butter, coconut oil, and almond oil until completely melted. Remove from heat and stir in the vitamin E oil, lavender essential oil, and nano-emulsified CBD until well combined. Pour the mixture into a clean glass jar and let cool to room temperature before using.



Prepare Time
5 Minutes



Cook Time
10 Minutes

CBD-Infused Massage Oil

Ingredients

- 1/4 cup sweet almond oil
- 1/4 cup jojoba oil
- 10-15 drops of your favorite essential oil blend (such as lavender and peppermint)
- 100mg of nano-emulsified CBD

Instructions

In a small bowl, mix together the sweet almond oil, jojoba oil, and essential oil blend until well combined. Add the nano-emulsified CBD and stir until well combined. Pour the mixture into a clean glass bottle and store in a cool, dry place. Use as a massage oil as needed.



Prepare Time
5 Minutes



Cook Time
10 Minutes

CBD-Infused Face Mask

Ingredients

- 1 tbsp bentonite clay
- 1 tsp activated charcoal powder
- 1 tsp apple cider vinegar
- 1 tsp raw honey
- 2-3 drops tea tree essential oil
- 100mg of nano-emulsified CBD

Instructions

In a small bowl, mix together the bentonite clay and activated charcoal powder. Add the apple cider vinegar, raw honey, tea tree essential oil, and nano-emulsified CBD, and stir until well combined. Apply the mask to your face and let it sit for 10-15 minutes, then rinse off with warm water.



Prepare Time
5 Minutes



Cook Time
5 Minutes

CBD-Infused Bath Salts

Ingredients

- 1 cup Epsom salt
- 1/2 cup baking soda
- 1/2 cup sea salt
- 10-15 drops of your favorite essential oil blend (such as eucalyptus and peppermint)
- 100mg of nano-emulsified CBD

Instructions

In a large bowl, mix together the Epsom salt, baking soda, and sea salt. Add the essential oil blend and nano-emulsified CBD, and stir until well combined. Store in a clean, airtight container until ready to use. Add 1/4-1/2 cup to your bath water and soak for 20-30 minutes.



Prepare Time
5 Minutes



Cook Time
5 Minutes

CBD-Infused Shaving Cream

Ingredients

- 1/4 cup shea butter
- 1/4 cup coconut oil
- 1/4 cup olive oil
- 10 drops lavender essential oil
- 100mg of nano-emulsified CBD

Instructions

In a large bowl, mix together the Epsom salt, baking soda, and sea salt. Add the essential oil blend and nano-emulsified CBD, and stir until well combined. Store in a clean, airtight container until ready to use. Add 1/4-1/2 cup to your bath water and soak for 20-30 minutes.



Prepare Time
5 Minutes



Cook Time
5 Minutes

CBD-Infused Body Scrub

Ingredients

- 1/2 cup brown sugar
- 1/4 cup coconut oil
- 1/4 cup almond oil
- 1 tsp vanilla extract
- 10-15 drops of your favorite essential oil blend (such as citrus or lavender)
- 100mg of nano-emulsified CBD

Instructions

In a small bowl, mix together the brown sugar, coconut oil, almond oil, vanilla extract, and essential oil blend until well combined. Add the nano-emulsified CBD and stir until evenly distributed. Use the scrub in the shower or bath, gently massaging onto damp skin in a circular motion before rinsing off with warm water.



Prepare Time
5 Minutes



Cook Time
5 Minutes

CBD-Infused Hair Mask

Ingredients

- 1 ripe avocado
- 1 tbsp honey
- 1 tbsp coconut oil
- 1 tbsp olive oil
- 10-15 drops of your favorite essential oil blend (such as rosemary or peppermint)
- 100mg of nano-emulsified CBD

Instructions

In a blender or food processor, puree the avocado until smooth. Add the honey, coconut oil, olive oil, and essential oil blend and blend again until well combined. Add the nano-emulsified CBD and blend briefly to incorporate. Apply the mask to clean, damp hair, focusing on the ends, and let it sit for 30 minutes before rinsing thoroughly with warm water.



Prepare Time
5 Minutes



Cook Time
5 Minutes

CBD-Infused Foot Soak

Ingredients

- 1/2 cup Epsom salt
- 1/2 cup sea salt
- 2 tbsp baking soda
- 10-15 drops peppermint essential oil
- 100mg of nano-emulsified CBD

Instructions

In a blender or food processor, puree the avocado until smooth. Add the honey, coconut oil, olive oil, and essential oil blend and blend again until well combined. Add the nano-emulsified CBD and blend briefly to incorporate. Apply the mask to clean, damp hair, focusing on the ends, and let it sit for 30 minutes before rinsing thoroughly with warm water.



Prepare Time
5 Minutes



Cook Time
5 Minutes

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**INGESTIBLE
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CBD-Infused Smoothie

Ingredients

- 1 banana
- 1 cup frozen berries
- 1/2 cup almond milk
- 1 tbsp honey
- 100mg of nano-emulsified CBD

Instructions

Combine all ingredients in a blender and blend until smooth.



Prepare Time
5 Minutes



Cook Time
1 Minute

CBD-Infused Honey

Ingredients

- 1 cup honey
- 100mg of nano-emulsified CBD

Instructions

In a small saucepan, warm the honey over low heat. Add the nano-emulsified CBD and stir until well combined. Pour into a glass jar and let it cool to room temperature. Store at room temperature for up to 1 month.



Prepare Time
5 Minutes



Cook Time
10 Minutes

CBD-Infused Salad Dressing

Ingredients

- Infused Salad Dressing
- 1/4 cup extra virgin olive oil
- 2 tbsp apple cider vinegar
- 1 tsp honey
- 1 tsp dijon mustard
- Salt and pepper, to taste
- 100mg of nano-emulsified CBD

Instructions

In a small jar, whisk together the olive oil, apple cider vinegar, honey, and dijon mustard until well combined. Season with salt and pepper to taste. Add the nano-emulsified CBD and whisk again until well combined. Drizzle over your favorite salad and enjoy.



Prepare Time
5 Minutes



Cook Time
10 Minutes

CBD-Infused Chocolate Truffles

Ingredients

- 8 oz dark chocolate, chopped
- 1/2 cup heavy cream
- 1 tbsp unsalted butter
- 100mg of nano-emulsified CBD
- Cocoa powder, for dusting

Instructions

In a small saucepan, heat the heavy cream over medium heat until it just begins to simmer. Remove from heat and add the chopped chocolate and butter. Stir until the chocolate is completely melted and the mixture is smooth. Add the nano-emulsified CBD and stir until well combined. Let the mixture cool to room temperature, then cover and refrigerate for at least 2 hours, or until firm. Use a small cookie scoop or spoon to form the truffles, then roll in cocoa powder to coat.



Prepare Time
5 Minutes



Cook Time
10 Minutes

CBD-Infused Iced Tea

Ingredients

- 8 oz dark chocolate, 2 black tea bags
- 2 cups boiling water
- 2 cups ice cubes
- 1/4 cup fresh lemon juice
- 1/4 cup honey
- 100mg of nano-emulsified CBD

Instructions

In a heat-safe pitcher, steep the tea bags in boiling water for 5 minutes. Remove the tea bags and let the tea cool to room temperature. Add the ice cubes, lemon juice, honey, and nano-emulsified CBD to the pitcher and stir until well combined. Chill in the refrigerator until cold, then serve over ice.



Prepare Time
5 Minutes



Cook Time
5 Minutes

CBD-Infused Guacamole

Ingredients

- 2 ripe avocados
- 1 small red onion, diced
- 1 small tomato, diced
- 1 garlic clove, minced
- 1 jalapeño pepper, seeded and diced
- 1/4 cup chopped fresh cilantro
- Juice of 1 lime
- Salt and pepper to taste
- 100mg of nano-emulsified CBD

Instructions

Mash the avocados in a bowl. Add the onion, tomato, garlic, jalapeño pepper, and cilantro and mix well. Add the lime juice, salt, pepper, and CBD and mix well. Serve with tortilla chips or veggies.



Prepare Time
5 Minutes



Cook Time
5 Minutes

CBD-Infused Fruit Salad

Ingredients

- 2 cups mixed fruit (such as strawberries, blueberries, pineapple, and mango)
- 1 tbsp honey
- 1 tbsp lime juice
- 100mg of nano-emulsified CBD

Instructions

In a large bowl, mix together the mixed fruit, honey, and lime juice until the fruit is coated. Add the nano-emulsified CBD and stir until well combined. Cover and refrigerate for at least 30 minutes before serving.



Prepare Time
5 Minutes



Cook Time
5 Minutes

CBD-Infused Hummus

Ingredients

- 1 can chickpeas, drained and rinsed
- 1/4 cup tahini
- 2 cloves garlic, minced
- 2 tbsp lemon juice
- 2 tbsp olive oil
- Salt and pepper, to taste
- 100mg of nano-emulsified CBD

Instructions

In a food processor, blend together the chickpeas, tahini, garlic, lemon juice, olive oil, salt, and pepper until smooth. Add the nano-emulsified CBD and blend again until well combined. Taste and adjust seasoning as needed. Serve with your favorite veggies or pita chips.



Prepare Time
5 Minutes



Cook Time
5 Minutes

CBD-Infused Granola Bars

Ingredients

- 2 cups old-fashioned rolled oats
- 1/2 cup almonds, chopped
- 1/2 cup shredded coconut
- 1/2 cup dried cranberries
- 1/4 cup honey
- 1/4 cup unsalted butter
- 1/4 cup brown sugar
- 1 tsp vanilla extract
- 1/4 tsp salt
- 100mg of nano-emulsified CBD

Instructions

Preheat your oven to 350°F (175°C) and line a 9-inch square baking pan with parchment paper. In a large bowl, mix together the oats, almonds, coconut, and cranberries. In a small saucepan, melt the honey, butter, and brown sugar over low heat, stirring constantly. Remove from heat and stir in the vanilla extract and salt. Pour the mixture over the oat mixture and stir until well combined. Spread the mixture evenly into the prepared baking pan, pressing down firmly. Bake for 20-25 minutes, or until golden brown. Let cool to room temperature, then cut into bars. Add the nano-emulsified CBD to the top of each bar and press it down slightly with the back of a spoon.



Prepare Time
5 Minutes



Cook Time
30 Minutes

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OTHER
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CBD-Infused Eye Pillow

Ingredients

- 1/2 cup flaxseed
- 1/2 cup rice
- 1-2 drops lavender essential oil
- 100mg of nano-emulsified CBD

Instructions

In a bowl, mix together the flaxseed and rice until well combined. Add the lavender essential oil and nano-emulsified CBD, and stir until evenly distributed. Spoon the mixture into a clean, cotton sock or cloth, and tie the end securely with a knot. Chill the eye pillow in the refrigerator for 30 minutes, then place over your eyes and relax for 10-15 minutes.



Prepare Time
5 Minutes



Cook Time
5 Minutes

CBD-Infused Aroma Therapy Blend

Ingredients

- 3 drops lavender essential oil
- 3 drops lemon essential oil
- 3 drops peppermint essential oil
- 100mg of nano-emulsified CBD

Instructions

In a small bowl, combine the lavender, lemon, and peppermint essential oils. Add the nano-emulsified CBD and stir until well-mixed. Add the blend to your aromatherapy diffuser and enjoy the soothing and calming effects of the scent.



Prepare Time
5 Minutes



Cook Time
10 Minutes

CBD-Infused Yoga Mat Spray

Ingredients

- 1/2 cup distilled water
- 1/2 cup witch hazel
- 10-15 drops of your favorite essential oil blend (such as tea tree or eucalyptus)
- 100mg of nano-emulsified CBD

Instructions

In a spray bottle, mix together the distilled water and witch hazel until well combined. Add the essential oil blend and nano-emulsified CBD, and shake well before each use. Spray the mixture onto your yoga mat before and after each use to clean and refresh the surface.



Prepare Time
5 Minutes



Cook Time
5 Minutes

CBD-Infused Air Freshener

Ingredients

- 1/2 cup distilled water
- 1/2 cup witch hazel
- 10-15 drops of your favorite essential oil blend (such as lavender or chamomile)
- 100mg of nano-emulsified CBD

Instructions

In a spray bottle, mix together the distilled water and witch hazel until well combined. Add the essential oil blend and nano-emulsified CBD, and shake well before each use. Spray the mixture around your room to freshen the air and promote relaxation.



Prepare Time
5 Minutes



Cook Time
5 Minutes

CBD-Infused Pillow Mist

Ingredients

- 1/2 cup distilled water
- 10-15 drops of your favorite essential oil blend (such as lavender or chamomile)
- 100mg of nano-emulsified CBD

Instructions

In a spray bottle, mix together the distilled water and witch hazel until well combined. Add the essential oil blend and nano-emulsified CBD, and shake well before each use. Spray the mixture around your room to freshen the air and promote relaxation.



Prepare Time
5 Minutes



Cook Time
5 Minutes



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