A woman with blonde hair, wearing a red apron over a striped shirt, is smiling as she chops vegetables on a white cutting board. The kitchen is bright with natural light from a window in the background. On the counter, there are several bowls containing ingredients like rice, avocado, and a fruit basket. A tablet is propped up on the counter, displaying a recipe. The title 'Hemp cookbook of Cannadorra' is overlaid on the left side of the image, with a green hemp leaf icon above the word 'Hemp'.


Hemp cookbook of Cannadorra

1st EDITION

ORIGINAL HEMP RECIPES FOR YOUR HEALTH AND COMFORT



Dear supporters of Cannadorra and a healthy lifestyle,



Take this cookbook as a gift from for not only supporting us but also supporting the nature surrounding us. We hope that this cookbook will help to keep your body and mind healthy and that the dishes you find here will be included in your everyday diet.

Inspiration, of course, knows no borders limit and if you have some interesting and proven hemp recipes that you cook at home, do not hesitate and send them to us, we will put the best ones in the next edition of the hemp cookbook.

We wish you bon appetite at the table and in the life as well!

Team of Cannadorra



Cannadorra

We are a Czech company and we grow and produce healthy hemp products of the highest quality.

Our goal is a sustainable agricultural production, 100% natural hemp products with a guarantee of quality and origin, all at reasonable prices directly from the manufacturer.

Our desire is to inform the general public about the benefits and healing effects of hemp for humans and for our beloved planet Earth.

www.cannadorra.com



Why cook from hemp?

HEMP FOOD IS THE BEST PREVENTION AND THE WAY TO THE HEALTHY BODY.

In the Czech country, they have been used since the ancient times because hemp has been often grown here. They are 100% natural, free of any chemical products or pesticides, they are processed in cold, and, thanks to their unique composition, they are ideal for the human organism.

Hemp oil

Cold pressed oil from the hemp seeds.

The oil is made from seeds of the selected THC-free varieties. With an ideal ratio of unsaturated omega 3 and omega 6 fatty acids, it is great for using in the buffet (cold meals).



Tea from the hemp blossoms

Healing herbal tea from hemp blossoms, grown in the Czech Republic. The hemp tea does not contain THC. However, due to the content of cannabinoids, it helps with insomnia, problems with digestion, migraines, respiratory problems, and asthma.



Hemp seed

Hemp seed is one of the healthiest and most nutritious foods for the human organism. The seed is collected from authorized hemp varieties approved as the food, and it does not contain THC.

It is rich in protein, it contains 20 amino acids, of which 8 are essential. That means they are the ones that the human body cannot produce itself.

The hemp seed contains many bioactive substances, such as vitamins E, B1, B2, as well as some minerals and trace elements such as calcium, magnesium, and potassium.



Nourish
Regenerate
Detoxify



1. Appetizers

Bruschetta with hemp oil

Ingredients (2 persons)

4 tomatoes

a bunch of basil

1 tbsp hemp oil

2 cloves of garlic

bread or toasts

salt

hemp seed for sprinkling

Technique

Cube the tomatoes. Season with salt, basil, pressed garlic, and hemp oil. Let the mixture to stand for 15-20 minutes. Fry the toast or slices of bread and grease it with some cannabis oil. Put the mixture on them, season with pepper and sprinkle with hemp seed.





1. Appetizers

Hemp seed and fennel pesto



Ingredients (2 persons)

130 g (1 cup) of peeled hemp seeds

130 g of young fennel with roots

2 teaspoons of soy lecithin granules

1 teaspoon of powdered young wheat

2 cloves of garlic

$\frac{1}{3}$ cup of olive oil

1 teaspoon of Himalaya pink salt

Technique

Mix everything except oil together, put it in a bowl and then add in the oil. Then pour into the glasses. Add some olive oil to the top and close. Pesto will last for about 2 months in the cold.





1. Appetizers

Avocado spread with hemp seed and crackers



Ingredients (2 persons)

1 ripe avocado

lemon juice

salt and pepper

olive oil

hemp seed

crackers or pastries for serving

Technique

Mash the avocado, add two tablespoons of lemon juice, salt, pepper, and some olive oil. Spread on the crackers or favorite pastries and sprinkle with hemp seed.





1. Appetizers

Hemp seed butter



Ingredients (2 persons)

1 cup of peeled hemp seeds

3-4 tablespoons of hemp oil

2 soft dates

2-3 tablespoons of maple syrup

Technique

Mix all ingredients thoroughly. Spread on sweet or salty crackers.





2. Main dishes and salads

Exotic carrot salad with tahini paste and hemp seed



Ingredients (2 persons)

300 grams of chopped carrots	¼ cup of lemon juice
1 cup of raisins	2 tablespoons of maple syrup
¼ cup of roasted pumpkin seeds	¼ teaspoons of freshly ground black pepper
⅓ cup of tahini	½ teaspoons of dried garlic
½ tablespoons of curry spice mixture	1 tablespoon of hemp seed

Technique

Put carrots, raisins, pumpkin and hemp seeds in a large bowl. Pour the prepared dressing and stir well, leave for 1 hour in the fridge to mature.

Dressing: Mix tahini, lemon juice, maple syrup, curry, pepper, salt and garlic powder in a small bowl.





2. Main dishes and salads

Cucumber soup with tomatoes and hemp seed



Ingredients (2 persons)

1 cup of finely chopped cucumbers

3 tablespoons peeled hemp seeds

2 small tomatoes

$\frac{3}{4}$ cup fresh pineapple

$\frac{1}{4}$ cup fresh parsley

1 tablespoon fresh chopped dill

1 tablespoon apple cider vinegar

salt and pepper for seasoning

Technique

Mix the tomatoes, pineapple, half of the cucumbers, parsley, dill and vinegar in the mixer. Just before you serve, add hemp seeds and the rest of the cucumber. You can serve both cold and hot.





2. Main dishes and salads

Risotto with avocado and hemp seed



Ingredients (2 persons)

½ cup of brown rice

1 small avocado sliced

1 clove of garlic, chopped

1 tablespoon of freshly squeezed lemon juice

1 tablespoon of water

½ teaspoon of extra virgin olive oil

2 tablespoons of hemp seeds

a couple of chopped tomatoes

black pepper and sea salt according to taste

Technique

Cook brown rice according to the instructions. Mix $\frac{3}{4}$ of the avocado, garlic, lemon juice, water, and oil. Add to the rice and stir on a medium fire. Add salt, pepper and hemp seeds. Garnish with the remaining slices of avocado and tomatoes.





2. Main dishes and salads

Hemp seed tabbouleh



Ingredients (2 persons)

1 cup hemp seeds	2 tablespoons raisins
1 cup chopped cherry tomatoes	4 tablespoons pomegranate seeds
1 chopped cucumber	2 tablespoons lemon juice
2 chopped spring onions	¼ cup extra virgin olive oil
1 cup chopped parsley	1 teaspoon spice mixture bahārāt
1 cup chopped mint	salt and pepper

Technique

Mix all the ingredients together in a large bowl.





2. Main dishes and salads

Quick and super healthy hemp seed salad



Ingredients (2 persons)

a handful of lettuce

¼ orange or red pepper

sliced, a small handful of alfalfa sprouts

a quarter of avocado peeled and sliced

5 black olives, sliced

2 tablespoons hemp seeds

Technique

Dressing: 1 teaspoon of Dijon mustard, 1 clove of garlic, 3 tablespoons of vinegar, sea salt, freshly ground black pepper and ½ cup of olive oil. Mix all the ingredients together in a large bowl.





2. Main dishes and salads

Cabbage salad with balsamic vinegar and hemp seed



Ingredients (2 persons)

lettuce

cabbage

carrots

onion

hemp oil

Technique

Dressing: balsamic vinegar, hemp oil, and pepper - mix in a small bowl.

Cut the vegetables into small pieces and then mix them in a large bowl. Add the dressing and stir well. Let the salad cool down for 20 minutes in a refrigerator.





2. Main dishes and salads

Cabbage pancakes with hemp seed



Ingredients (2 persons)

500 g of sauerkraut

250 g of softened lard (ground cracklings)

350 g of all purpose flour
(or 300 g of gluten-free flour + 1 egg)

4 tablespoons of hemp flour

1-2 teaspoons of salt

a handful of peeled hemp seeds to sprinkle

Technique

Squeeze the water from the sauerkraut and chop it. Mix all the other raw materials with the flour. The dough should be moderately stiff and it should hold the shape well. Roll the dough uniformly in a low baking sheet. Sprinkle with hemp seed and push it inside a little with a roller. Then cut the dough into any shapes. Bake in the oven, pre-heated to 180 degrees, for 30 to 40 minutes (just until golden).





3. Healthy desserts

Hemp truffles



Ingredients (2 persons)

¼ cup walnuts

6 spoons of peeled hemp seeds

¼ cup Goji berries - rinsed with water

½ cup raisins

2 tablespoons of sesame seeds



Technique

Stir all the ingredients for a few minutes until the mixture begins to stick together. Then, using spoon or hands, make small lumps or balls.





3. Healthy desserts

Fruit bars with hemp seed



Ingredients (2 persons)

½ cup chopped dried apricots

½ cup cooked dates

½ cup hemp seeds

1 tablespoon lemon juice

half a teaspoon of nutmeg

½ teaspoons vanilla extract

Technique

Mix everything in the blender, pour the mixture onto the baking paper, create a 12x12 cm square, cover and leave for several hours in cold. Cut to the desired pieces.





3. Healthy desserts

Raw banana sushi



Ingredients (2 persons)

bananas

peanut butter

hemp seeds

Technique

Peel the bananas, spread one side with peanut butter and sprinkle with hemp seed. Cut the bananas into slices and enjoy the healthy treat.





3. Healthy desserts

Healthy chocolate mousse



Ingredients (2 persons)

2 really ripe bananas

1 ripe avocado

6 dates

4 tablespoons of water

2 full teaspoons of peanut butter

2 teaspoons of cocoa powder

a spoon of hemp protein

a spoon of hemp seeds

Technique

All ingredients should be mixed to the desired consistency and allowed to cool, preferably overnight.





3. Healthy desserts

Hemp pancakes with maple syrup



Ingredients (2 persons)

500 ml flour

100 ml hemp flour

1 tablespoon baking powder

2 smaller eggs

¼ tablespoons of salt

a little milk or water if the mixture is too thick

a pinch of salt

hemp seed for garnish

Technique

Mix all dry ingredients and add eggs and yogurt. If the mixture is too dense, add a little milk or water. Let it stand for 10 minutes.

Pour the oil into the pan and let it warm up. Pour in approx. 1 ladle of the mixture. When bubbles begin to form, flip the pancake.

Finish the pancakes with maple syrup and sprinkle with hemp seed.





3. Healthy desserts

Hemp protein bars



Ingredients (2 persons)

Part 1:

1 cup of pumpkin seeds
1 cup of coconut
½ cup of peeled hemp seeds
½ cup of hemp protein
4 tablespoons of Chia seeds
2 tablespoons of honey

Part 2:

20 chopped dates
6 tablespoons of coconut oil (or butter)
4 tablespoons of cocoa powder
1 teaspoon of vanilla extract

Technique

Mix the first and second ingredients separately. Mix the parts together and stir in the oatmeal and poppy seeds. Make a pancake from the mass, leave for 30 minutes to solidify in the fridge and then cut into sticks.





3. Healthy desserts

Cocoa balls



Ingredients (2 persons)

1 cup of dates	2 tablespoons of cinnamon
$\frac{3}{4}$ cup of almonds	1 tablespoon of coconut oil
$\frac{3}{4}$ cup of walnuts	1 tablespoon of hemp protein
2 tablespoons of hemp seeds	1 tablespoon of cocoa powder
2 tablespoons of flax seed, ground	1 tablespoon of water

Technique

Start by chopping almonds, walnuts, flax seed and hemp seed in a robot for about a minute. Then add the remaining ingredients and mix for another minute. Make balls and let them solidify in the fridge.





3. Healthy desserts

Chocolate protein cookies



Ingredients (2 persons)

2 tablespoons of hemp protein

2 tablespoons of cocoa powder

1 tablespoon of Chia seed

¼ teaspoons of baking soda

15-20 drops of stevia
(can be replaced with honey or maple syrup)

1 ½ tablespoons of coconut oil

2 tablespoons of water

Technique

Mix all ingredients together in a larger bowl. Make cookies from the dough. Bake for about 10-15 minutes.

These cookies are not classically crunchy but rather soft, melting on the tongue.





3. Healthy desserts

Raw hemp seed ice cream



Ingredients

80 g cashew (soaked for 8 hours)

40 g hemp seed (15 minutes soaked)

1-2 bananas

1 avocado

2 tablespoons of honey or maple syrup

100 ml water

1 tablespoon lemon juice

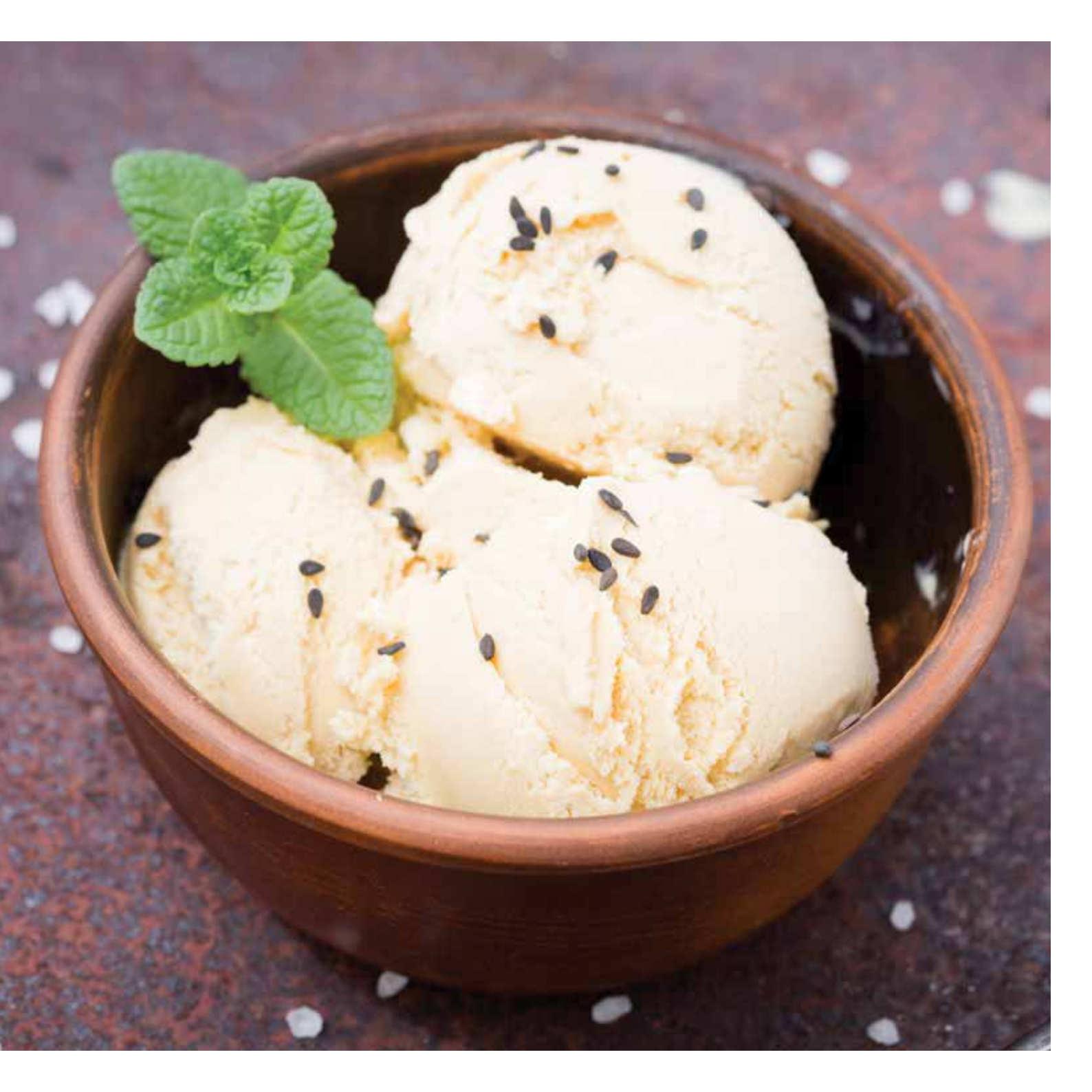
vanilla powder

hemp seeds with sugar and cinnamon for garnish

Technique

Mix all into a soft mass and freeze for 12 hours. Before serving, sprinkle with hemp seeds, sugar, and cinnamon.





4. Drinks

Hemp milk



Ingredients (1,5 l)

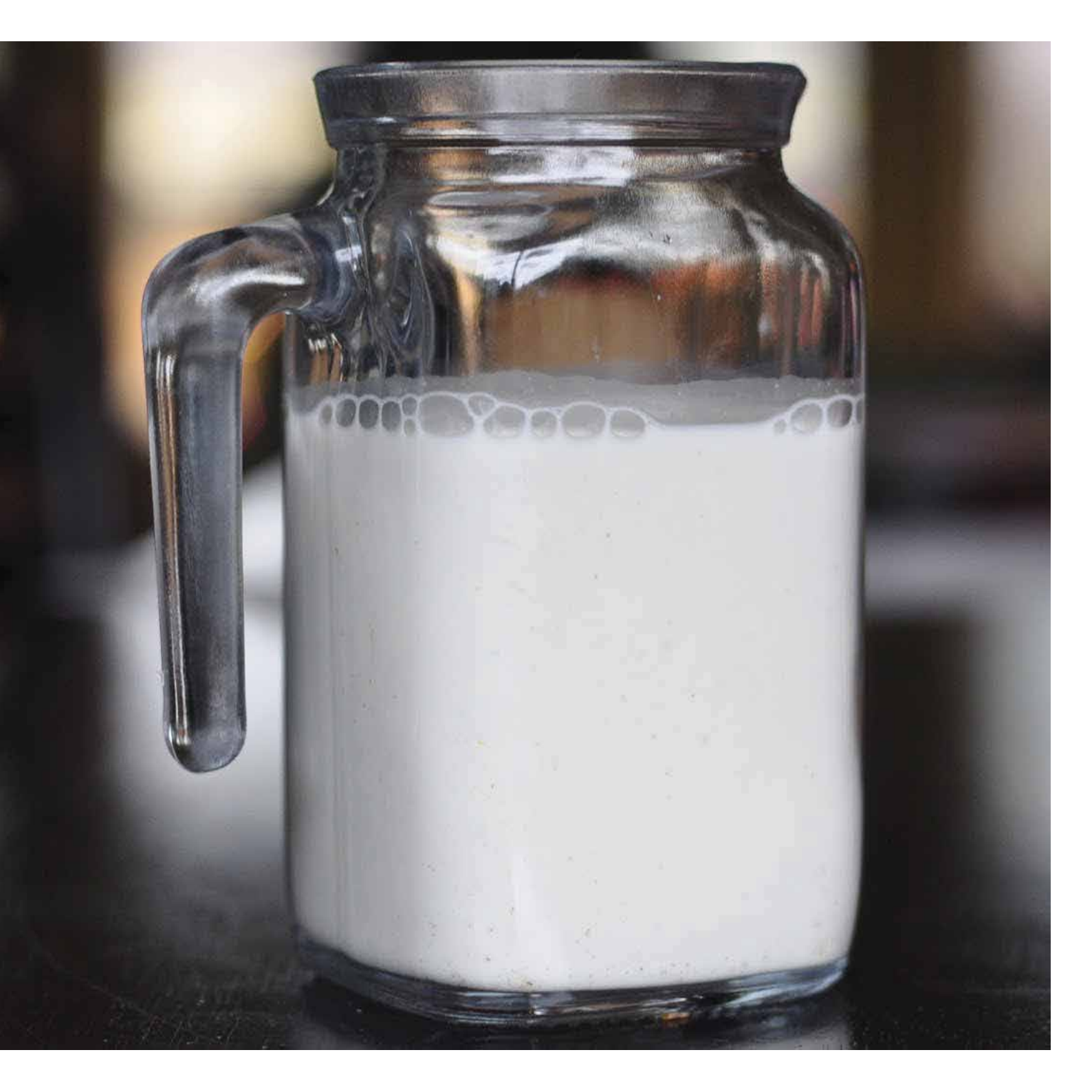
150 g peeled hemp seeds

1.5 l water

Technique

Let the hemp seed soak in the water overnight. Next day, pour out the seed, add fresh water and mix it thoroughly. Finally, strain it through a cloth.





4. Drinks

Hemp smoothie



Ingredients (1 person)

2 teaspoons of cocoa hemp protein

250 ml of milk

a couple of ice cubes

Technique

Mix two teaspoons of cocoa protein with 250 ml of milk, add a few ice cubes and mix well.





4. Drinks

Refreshing green cocktail with hemp protein



Ingredients (1 person)

1 cup of fresh salad
(field, spinach or wild nettles)

1 banana

1 peach or apple

1 tablespoon of cannabis protein

1 cup of almond, soy or rice milk
(can be replaced with a handful of almonds
or walnuts and a pot of water)


Technique

Make the home-made hemp milk that strengthens your immunity, protects the heart and dramatically improves the condition of the skin, nails, and hair in just a few minutes. It is only necessary to mix the peeled hemp seeds in the milk and add some honey.









We believe that our cook book will serve you well and that with the recipes you will not only make yourself happy but also your loved ones. You can definitely look forward to more recipes from us. There is never enough of the recipes, especially the ones with hemp.

All the hemp ingredients can be found at our e-shop:

www.cannadorra.com

We will also be happy to share your experiences and your hemp recipes. Send a recipe to *info@cannadorra.com* and win a gift.

Team of Cannadorra



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