

**LET'S GO NEWSLETTER
TIME!**

**LET'S SHOW EVERYONE
WHAT THIS MAGICAL
PLANT CAN DO**

Hemp



Magical Hemp

Why is hemp good for Skincare

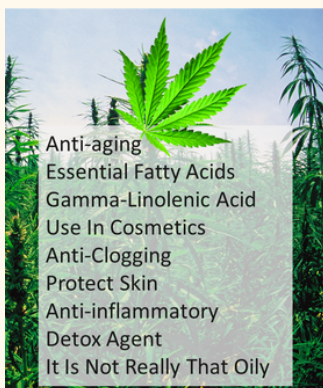
Why is Hemp Good for Your Skin?

This miraculous product is perfect for all types of skin. What makes it so ideal?

- The nutty-flavored oil doesn't clog pores.
- Its nourishing vitamins have long been known to promote healthy skin.

Let's look at the way hemp oil can improve the condition of your skin:

1. Hemp oil can help balance your skin.
2. The gamma-linolenic acid in hemp oil is an essential fatty acid that can help maintain moisture, suppleness, and smoothness.
3. Hemp has omega fatty acids to help keep your skin healthy.
4. Hemp is rich in vitamins and minerals to nourish your skin
5. And hemp oil naturally contains linoleic acid and oleic acid that your body doesn't.



Although Cannabis Sativa Seed Oil is derived from the hemp plant—hemp oil comes from the seeds, while CBD is derived from the leaves—it doesn't contain any CBD or THC compounds, but it is naturally rich in many skin-smoothing, calming, and moisturizing properties



What are you getting in the CBD market !



Disadvantages of CBD isolate

In the case of CBD, the name for the synergistic effect among various CBD constituents is called the entourage effect. Many CBD specialists worry that lack of any THC (though in traces), other cannabinoids, terpenes, flavonoids, may considerably lower the efficacy of CBD.



The drawback to distillate is that, although the CBD comes through very strongly, you don't get the same quantity of cannabinoids. As such, users are less likely to experience the entourage effect using distillate as they would using full-spectrum oil.



A full-spectrum CBD product contains multiple cannabis plant extracts, including essential oils, terpenes, and other cannabinoids, such as cannabidiol. Full-spectrum CBD products may also contain up to 0.3% of tetrahydrocannabinol (THC), the cannabinoid in the cannabis plant that produces the 'high' feeling in people

Recipe Time!

Always Start Your Day Right

Breakfast is the most important meal of the day. After a long night of sleep, the body needs energy fuel for the day. Essentially, you wake-up on empty and if you expect your body to perform, you need to feed it. Getting the day started with good fuel to burn is important and we've all been taught as much. What about getting your mental state in perfect condition to start the day as well? Should we not all aim to have mental clarity and calm feelings all day long, to get us through all the trials and challenges that lay before us on any given day of the week?

Setting yourself up for success is a much better practice than waiting for things to go wrong and then trying to clean up the ensuing situations. When we are proactive, we don't need to be reactive as much. Being reactive is when we lose our patience, yell, let our blood pressure go up, feel anxiety, and generally just lose control. By planning ahead and being proactive, we can determine how our day is going to go with more certainty. When we remove the stress, by planning and preparing, we experience less anxiety and emotional ups and downs. Those highs and lows on our personal emotional chart can take a toll. Patience wears thin and we find ourselves making bad choices because we shift into being reactive. Reactive people tend to make poor choices.



10% off

Add a little bit of 5% Full Spectrum add to your cooking and feel the cannaboids working in your body.

We've always been told to eat for our body but what do we do for our emotions when we start the day? A great way to make sure that your serotonin is locked and loaded for the day, to keep you emotionally calm all day long, is to incorporate CBD oil into your breakfast. You can even add hemp hearts to your diet by chopping it and added it over the top or mixed within your favorite breakfast foods.

Recipe Time!

Hemp seeds have amazing nutritional value. They are high in healthy fats, fiber, and proteins, and very low in carbs with only 1.4 grams of net carbs per serving of 30 grams. Hemp seeds, they are the ones with the optimal ratio of fatty acids, omega-6 to omega-3 meaning they are powerful seeds for healthy skin and reduce heart disease. If you are vegan, they will bring you the highest amount of plant-based protein.



½ cup Sunflower Seed Butter
3 tablespoons Coconut Oil
¼ cup Sugar-Free Maple Syrup
1 teaspoon Vanilla Extract

DRY INGREDIENTS

1 cup Hemp Hearts raw shelled also known as hemp seeds
1 tablespoon Chia Seeds
⅓ cup Pumpkin Seeds
¼ cup Sunflower Seeds
⅓ cup Coconut Chips
½ teaspoon Ground Cinnamon
2 tablespoons Erythritol or ⅓ stevia drops (optional, to adjust sweetness)

CHOCOLATE DRIZZLE

¼ cup Sugar-free Chocolate Chips
1 teaspoon Coconut Oil

INSTRUCTIONS

Line a 9-inch x 5-inch loaf pan with parchment paper. Set aside. In a medium mixing bowl, add all the dry ingredients, the order doesn't matter. Stir, set aside. In another mixing bowl, add sunflower seed butter, melted coconut oil, sugar-free syrup, and vanilla.

Microwave for 30 seconds, stir. Microwave again for 30 seconds if your sunflower seed butter is too hard to combine. You must obtain a thick brownish paste. If you don't have a microwave, bring it on a stove in a small saucepan, often stirring until the ingredients are combined.

Pour the seed butter mixture onto the dry ingredients and combine with a spoon until the mixture covers all the dry ingredients evenly.

- Transfer the mixture into the prepared loaf pan, press with a spatula firmly to compact the granola bar mixture as much as you can.

Freeze 20 minutes to set.

CHOCOLATE DRIZZLE

Meanwhile, melt the sugar-free chocolate chips and coconut oil in a small bowl. You can microwave by 30 seconds burst, or use a saucepan under medium heat.

Bring the bar out of the freezer. Lift the parchment paper to pull out the bar from the loaf pan and place it on a plate or chopping board.

Drizzle the melted chocolate on top of the bar and bring the bar back to the freezer for 2 minutes to set the chocolate.

Cut into 10 bars. I recommend warming the knife blade under a flame or hot water (dry the blade to avoid wetting the bar).

STORAGE AND FREEZING

Store the bars in the fridge in an airtight container for up to 3 weeks or wrap them individually into plastic wrap and freeze them for up to 3 months.

These bars must be kept in the fridge as they soften after 20 minutes out of the fridge.

Thai Hemp Noodles



Ingredients

3 tablespoons whole hemp seeds, toasted in a dry skillet
1 16 oz pkg dry pasta-linguine
6 cloves garlic, pressed
5 tablespoons sugar
4 tablespoons cooking oil
¼ cup rice vinegar
¼ cup soy sauce
2 T chili sauce
¼ cup hulled hemp seeds
2 tablespoons hemp oil
3 green onions
½ cup chopped fresh cilantro

Directions

Cook pasta according to normal. Drain. Transfer to a serving bowl.

Over Medium heat, heat cooking oil and garlic. Simmer softly for one minute. Dissolve sugar into oil. Add soy sauce, vinegar, chilli sauce. Remove from heat.

Add hulled hemp seeds, hemp oil, onions and cilantro. Garnish with toasted hemp seeds.

Curried Hemp Couscous and Lentils



Ingredients

- 2 1/2 cups vegetable stock
- 1 1/2 cups couscous
- 1 tablespoon olive oil or any heat safe oil
- 4 medium chopped tomatoes
- 1/4 cup raisins
- 3 teaspoons curry powder
- 1/4 teaspoon ginger powder
- 3 minced garlic cloves
- 3/4 cup fresh cilantro
- 1/2 cup chopped green onions
- 2 1/2 cups cooked and drained lentils
- 1/2 cup hulled hemp seeds

Directions

Bring 2 cups of the vegetable stock to a boil and add the couscous. Cover then turn off heat.

Heat the oil in a pan on medium-high heat. Cook tomatoes, ginger, curry powder, garlic and broth. Sautee for five minutes, then stir in the lentils and raisins.

Present dish in a large bowl with lentil mixture topping the steaming couscous. Toss with cilantro, green onions and hulled hemp seeds.

Strawberry or Watermelon Daiquiri with Hemp Hearts

1/3 cup White Rum (optional) or you can also use vodka depending on your preference.

2 cups Fresh or Frozen Strawberries or Watermelon or if you decide to use both, 1 cup strawberries and 1 cup watermelon.

2 tbsp Freshly Squeezed Lime Juice

3 tbsp Hemp Hearts

2 cups cubed ice

1/4 cup Cane Sugar

3 scoops of vanilla ice cream

Strawberry or Watermelon Daiquiri with Hemp Hearts Directions

1

Please remove all the "green" including stems from the strawberries. If the strawberries are frozen you may need to add a little extra sugar.

2

Use a blender then add rum/vodka, hemp hearts, lime juice, sugar, and frozen strawberries.

3

Blend all the ingredients until they are creamy but smooth.

4

serve using individual drinking glasses and add vanilla ice cream if you choose. You want to fill the glasses about halfway top with the ice cream and then fill the remaining half with more blended daiquiri mix.



Hope you enjoy our new letter till next time! Help us grow.