



FLORA
HEMP SPIRITS

A Different Drink

THE WORLD'S FIRST
CANNACOCKTAIL BOOK

VOLUME 1



A Different Drink

When it comes to socializing we believe. We also believe that no one should be singled out for their drinking preferences. These are the principles our company was founded on, and why we decided it was time to give the world a different drink.

Whether you're sober curious looking for a new way to unwind with Flora Essence or someone who prefers the THC buzz of Flora Delta 8, we've dedicated ourselves to crafting products to make you feel included in the ritual of drinking without compromise. Our hemp-based alcohol alternatives are made with all natural ingredients and have **zero calories**, **zero sugar**, and **zero alcohol**. They are made with specially formulated nano isolates, so they readily dissolve in any recipe of your choosing.

In this book we have provided some great recipes, but we encourage you to get creative and craft your own!



Things to Remember...

FLORA ESSENCE AND FLORA DELTA 8 HAVE THE SAME FLAVOR PROFILE

Substitute either Flora product in any recipe based on your cannabinoid preferences. You can even split the total amount of Flora in any recipe between Flora Essence and Flora Delta 8 for a cannacocktail with both CBD and THC.

DELTA 8 THC IS MORE MILD THAN TRADITIONAL DELTA 9 THC

Most studies show Delta 8 THC to be about 1/3 as potent as Delta 9 THC. That means 10mg of Delta 8 THC only equates to roughly 3mg of Delta 9 THC.

EVERYONE IS DIFFERENT

Much like alcohol, everyone has a different tolerance to cannabinoids. If you have never tried a cannabinoid product before, we recommend starting with a 1oz serving (particularly with Flora Delta 8).

HAVE FUN WITH IT!

Try experimenting with different mixers and garnishes to make your perfect cannacocktail!



CANNACOCKTAIL

Kan-a-kok-tail (noun)

1. A non-alcoholic beverage consisting of a cannabinoid-infused spirit mixed with other ingredients, such as fruit juice, syrups, and cream.

“I had a cannacocktail at happy hour today”

20mg
THC



Orange Crush

20mg Delta 8 THC | 30 Calories

INGREDIENTS

1 1/2 oz Flora Delta 8

3/4 oz Fresh Lemon Juice

3/4 oz Simple Syrup

1 oz Orange Juice

GLASSWARE

Collins Glass

GARNISH

Orange Slice, Rosemary

METHOD

Combine all ingredients in a shaker with ice. Shake vigorously to chill. Strain into a collins glass over ice. Garnish with an orange slice and rosemary sprig..



25mg
CBD



Raspberry Chill

25mg CBD | 35 Calories

INGREDIENTS

2 oz Flora Essence

3/4 oz Fresh Lemon Juice

3/4 oz Raspberry Syrup

1/4 oz Aquafaba (Chickpea Water)*

GLASSWARE

Martini/Coupe Glass

GARNISH

Fresh Raspberries

METHOD

Combine all ingredients in a shaker with plenty of ice. Shake vigorously to chill. Fine strain into a chilled martini or coupe glass and garnish with fresh raspberries.

**Believe it or not, chickpea water is a perfect vegan alternative to egg whites for producing foam in cocktails. Simply strain the juice from a can of chickpeas and you've got yourself aquafaba!*



25mg
THC



Flora Highball

25mg Delta 8 THC | 0 Calories

INGREDIENTS

2 oz Flora Delta 8

Seltzer Water

8-10 Fresh Mint Leaves

GLASSWARE

Highball/Collins Glass

GARNISH

Fresh herbs, cucumber, citrus, sliced berries

METHOD

Combine all ingredients to a highball glass with ice. Garnish with your choice of fresh cucumber, herbs, citrus, and berries.

***Have fun with your garnish!** Fresh herbs, cucumber, citrus, or even sliced berries are all great highball garnishes!



20mg
CBD



Essence Paloma

20mg CBD | 25 Calories

INGREDIENTS

1 1/2 oz Flora Essence
3/4 oz Fresh Lime Juice
3/4 oz Simple Syrup
1 oz Grapefruit Juice
Kosher Salt (optional)*

GLASSWARE

Collins Glass

GARNISH

Fresh Rosemary, Grapefruit Slice

METHOD

Combine the first four ingredients in a shaker with ice and shake vigorously to chill. Fine strain into a salt-rimmed collins glass. Garnish with grapefruit slice and rosemary.

**Add an optional salt rim to help balance the bitterness of the grapefruit!*



25mg
THC



Canna-Rita

25mg Delta 8 THC | 30 Calories

INGREDIENTS

2 oz Flora Delta 8

1 oz Fresh Lime Juice

1 oz Agave Syrup

Dash of Orange Bitters

Kosher Salt (optional)

GLASSWARE

Highball/Collins Glass

GARNISH

Fresh Mint, Lime

METHOD

Combine all ingredients except salt in a shaker tin with ice and shake hard to chill. Fine strain into a salt-rimmed margarita glass with ice and serve.

***Make it frozen!** *To make a frozen version, simply skip the shaker and add the ingredients to a blender with 3/4 cup of ice.*



**20mg
THC**



Pineapple Express

20mg Delta 8 THC | 15 Calories

INGREDIENTS

1 1/2 oz Flora Delta 8
3/4 oz Fresh Lime Juice
3/4 oz Ginger Syrup
1 oz Pineapple Juice

GLASSWARE

Highball/Collins Glass

GARNISH

Sliced Pineapple

METHOD

Combine all ingredients in a shaker with plenty of ice and shake hard to chill. Fine strain into a collins glass over ice and garnish with fresh pineapple slices.



25mg
CBD



El Grito

25mg CBD | 20 Calories

INGREDIENTS

2 oz Flora Essence

3/4 oz Fresh Lime Juice

3/4 oz Hibiscus Serrano Syrup

GLASSWARE

Coupe/Martini

GARNISH

Dehydrated Lemon

METHOD

Add all ingredients to a cocktail shaker with ice and shake vigorously to chill. Strain into a martini or coupe glass (or a Nick & Nora as pictured) garnish with a dehydrated lemon wheel, and serve.

Served at the acclaimed restaurant Tzucu in Chicago, this magenta-hued cocktail packs an unexpected punch of spiciness from Serrano peppers. Guests often remark how closely El Grito resembles a traditional cocktail; give it a try and tell us what you think!



20mg
THC



Daily Greens

20mg Delta 8 THC | 20 Calories

INGREDIENTS

1 1/2 oz Flora Essence
3/4 oz Lime Juice
3/4 oz Simple Syrup
1 oz Cucumber Juice

GLASSWARE

Rocks Glass

GARNISH

Cucumber, Mint

METHOD

Combine all ingredients in a shaker with ice and shake hard to chill. Strain into a rocks glass over ice. Garnish with cucumber and fresh mint.



25mg
THC



Blackberry Smash

25mg Delta 8 THC | 20 Calories

INGREDIENTS

2 **oz** Flora Essence
3/4 **oz** Fresh Lemon Juice
3/4 **oz** Blackberry Syrup

GLASSWARE

Rocks Glass

GARNISH

Blackberries

METHOD

*Muddle 3-4 blackberries in the bottom of a rocks glass.
In a cocktail shaker with ice, add all ingredients and
shake hard. Strain into your rocks glass with muddled
blackberries, add crushed ice, and serve.*



20mg
CBD

Mango Flora-Rita

20mg CBD | 40 Calories

INGREDIENTS

1 1/2 oz Flora Essence

3/4 oz Fresh Lime Juice

3/4 oz Mango Syrup

1 oz Mango Puree or Nectar

GLASSWARE

Rocks Glass

GARNISH

Lime, Tajin Rim

METHOD

Add all ingredients to a cocktail shaker with ice and shake hard to chill. Strain into a tajin-rimmed rocks glass with ice. Garnish with a lime wheel and serve.



25mg
CBD



Espresso Martini

25mg CBD | 45 Calories

INGREDIENTS

2 **oz** Flora Essence
1 **oz** Espresso
3/4 **oz** Simple Syrup

GLASSWARE

Coupe/Martini

GARNISH


Espresso Beans

METHOD

Add all ingredients to a cocktail shaker with ice and shake hard to chill. Strain into a martini or coupe glass, garnish with espresso beans, and serve.

The CBD in this Espresso martini helps alleviate the infamous jittery feeling that comes from caffeine.





25mg
CBD



Flora Screwdriver

25mg CBD | 25 Calories

INGREDIENTS

2 oz Flora Essence
Fresh Orange Juice

GLASSWARE

Highball/Collins Glass

GARNISH

Fresh Mint, Orange Slice

METHOD

In a collins glass with ice add Flora Essence and top with freshly squeezed orange juice. Garnish with an orange slice and mint sprig and serve.

**The Flora Screwdriver is a great brunch cocktail to help you recover from a hangover!*



20mg
THC



Watermelon Sour

20mg Delta 8 THC | 25 Calories

INGREDIENTS

1 1/2 oz Flora Delta 8

3/4 oz Fresh Lime Juice

3/4 oz Watermelon Syrup
Watermelon Juice

GLASSWARE

Rocks Glass

GARNISH

Fresh Mint, Watermelon Slice

METHOD

Combine first three ingredients in a shaker with ice and shake hard too chill. Strain into a rocks glass over ice and top with fresh watermelon juice. Garnish with mint sprigs and a watermelon slice.





Let's See Your **#Cannacocktail** Recipes!

Follow [@florahempspirits](#) on Instagram and tag us in your recipes for a chance to be featured!