

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## Strawberry Spinach Salad with CBD Maple Balsamic Dressing

8 cups fresh baby spinach  
1 quart strawberries, thinly sliced  
½ small red onion, thinly sliced  
½ cup pecans  
¾ cup goat cheese, crumbled  
½ cup pumpkin seeds

CBD Maple-Balsamic Dressing:  
2 mL CBD oil (20:0 CBD:THC, 20 mg/mL)  
2 tbsp balsamic vinegar  
2 tbsp maple syrup  
1 tbsp Dijon mustard  
4 tbsp extra virgin olive oil  
sea salt + freshly cracked black pepper

Wash and dry the spinach and place it in a large serving bowl. Add the sliced strawberries, red onion, pecans, goat cheese, and pumpkin seeds.

In a small mixing bowl, whisk together the dressing ingredients until well combined. Season to taste. You can use a mason jar and shake the ingredients together as well.

Serves 6

To have more control over dosing, mix the dressing and spoon 1 - 2 tbsp over individual portions of the salad.



Recipe + photograph courtesy of Dr. Mohan Cooray + Dr. Andrew Lu  
[www.cannalogue.ca](http://www.cannalogue.ca)

Episode 25: Healing Potential of Cannabis

Email Lynn with questions or comments at  
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### Dosing:

CBD oil concentrations can vary by the licensed producer, but for this recipe we will use a concentration of 20 mg/mL where the droppers provided are typically 1 mL in volume. This dressing yields approximately 120 mL of liquid and contains 40 mg of CBD for a total of 0.33 mg/mL of dressing. You can adjust the dosing based on the concentration of your CBD oil or your required prescription. At 4 mL of 20 mg/mL of CBD oil, there would be 80 mg of CBD in 122 mL of liquid for a dressing concentration of 0.66 mg/mL. As always, check with your physician before self-dosing with cannabis.

**Because What You Put In Your Body Matters!**