

JEFF KOONIES

100+
RECIPES

MUFFIN
BROWNIES
CANDY
PIZZA
COOKIES
BUTTER
& MUCH MORE!

CANNABIS COOKBOOK

LEARN TO DECARB, EXTRACT AND MAKE YOUR OWN
CBD & THC INFUSED CANDY, MUFFIN, BROWNIE,
SPACECAKE, PIZZA AND MUCH MORE!

#2020



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CANNABIS COOKBOOK

By
JEFF KOONIES



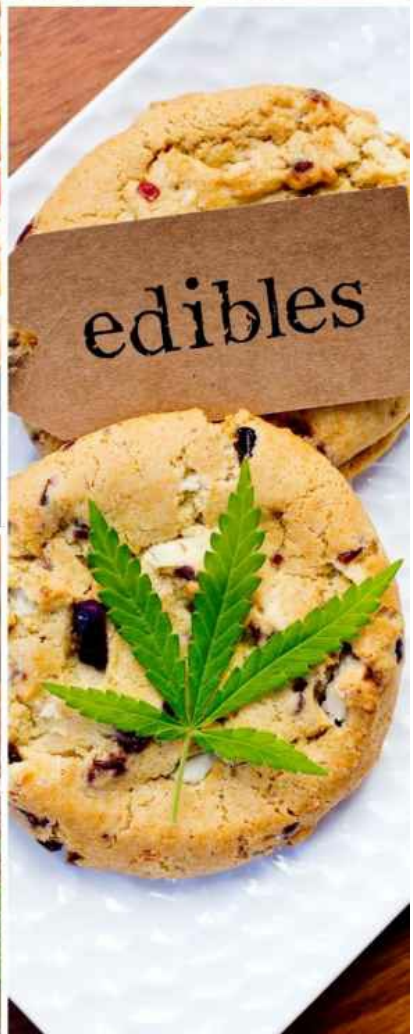




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CHAPTER I

TYPES OF CANNABIS TO USE

The cannabis plant is made up of three varieties: sativa cannabis, indica cannabis and ruderalis . Each of them has its own morphological and psychotropic characteristics that make them different from each other.

However, from a scientific point of view, truly all cannabis plants are *Cannabis Sativa L* ; These terms are used to distinguish the different ways in which the plant develops . *Cannabis sativa ssp. sativa* , *cannabis sativa ssp. indica* and *cannabis sativa ssp. Ruderalis* are the scientific names, which consider these varieties as subspecies (the nomenclature *ssp.* means "subspecies").

- *Sativa Marijuana or Sativa Cannabis*

Cannabis sativa

Discovered in 1753 by naturalist scientist and zoologist Carlos Linneo, *sativa cannabis* is a herbaceous species of the *Cannabaceae* family native to Asia.

It is an annual dioecious plant (which has males and females) with a flowering period between 9 and 12 weeks . To survive, you need warm climates; Therefore, it is normally grown in equatorial areas such as Mexico, Thailand or India.

As for its shape, there is a clear difference between *cannabis sativa* and the rest of the subspecies. *Sativa marijuana* has a taller stem with thinner and longer leaves, measuring between 2 and 5 meters ; It has a non-strong fruity aroma and a light green color with yellow touches on leaves and flowers. Their buds usually have an elongated and airy shape that makes them weigh less.

On the other hand, its psychoactive effect causes the activation of alertness, a feeling of euphoria and an increase in energy . This variety is perfect to consume during the day, due to its CBD: THC ratio, with a lower THC content compared to *indica*. When consumed, it has an earthy and penetrating flavor, but with a floral and delicate aroma.

Kali Mist, Colombian Gold and Santa Sática are some of the most famous

varieties. The seeds of sativa genetics have a rounded shape, they are slightly smaller than those of indica and their color is smooth without barely brindle.

- *Indian Marijuana or Indian Cannabis*

The cannabis strain indica is the opposite of his sister. Discovered in 1783 by the French naturalist Jean-Baptiste Lamarck, it is a cannabis strain from the Middle East (Pakistan and Afghanistan).

With a flowering period of between 6 to 9 weeks , it adapts better to indoor crops. It measures between 1 and 2 meters and is a leafy plant with shorter and wider leaves. Compared to sativa cannabis, its flowers tend to be more compact and this is why they tend to be more sensitive to fungal and rot attacks. In addition, they are plants that have traditionally been used to make hashish for producing a lot of resin.

Its effect is very intense and relaxing, it is indicated for use at night because it is relaxing, inducing sleep and altering the senses , since it has a higher percentage of THC compared to its CBD content. Its flavor tends to be sweet, while its powerful aroma is not as pleasant as sativa; In fact, if you carry its strong smell, it will let everyone know that you have marijuana on it.

Some of the most famous varieties are Blue Mystic, Bubble Kush or Ice . On the other hand, in terms of its seeds, indica cannabis usually has large oval seeds with a dark brown color and black tabby. To have a good cultivation of indica cannabis, say that they are plants accustomed to having good light and heat for less time, so (as we have seen) they have a faster flowering.

- *Cannabis Ruderalis*

The last type of marijuana is cannabis ruderalis . This is less known for being more “new”, since its discovery was in 1924 by the Russian botanist DE Janischevsky.

Coming from Eastern Europe, it is an autoflowering wild variety (with the ability to flourish without respecting photoperiods) and very resistant due to its low terpene content that makes it not very attractive for pests. It blooms between 2 and 4 weeks and physically it is a plant between 50 and 70 cm with smaller leaves and not as abundant as the other cannabis varieties.

Having a very low percentage of both THC and CB D, cannabis ruderalis is used primarily to make sativa and indica hybrids. Therefore, its effect in containing that ratio of cannabinoids produces a headache rather than a psychoactive effect when consumed.

The best known seeds of ruderalis are: Amnesia Haze Automatic, Royal Bluematic or Royal Haze Automatic . The best time to grow them is at the end of spring and summer, because the more hours of light it will produce. In addition, autoflowering varieties cannot be transplanted, so it is better to choose a good pot (about 11 liters).

Finally, one of the remarkable facts about this variety is that, truly, botanists do not know whether to qualify it as a subspecies or a hybrid, because it has been discovered that it may be a hybridization of indica and sativa.

- *Sativa and Indica hybrids*

Hybrids are cannabis varieties created by growers to enhance the different characteristics of families, their terpenes and cannabinoids, thus having a desired effect, taste and / or duration.

As we have said in the previous section, there are many cannabis hybrids with ruderalis for creating autoflowering varieties , although we can find crosses of all, creating different varieties with the characteristics we want: aroma, flavor, flowering period, size, content of cannabinoids, etc.

These marijuana hybrids are achieved by choosing two plants, one female and one male, with a certain quality or qualities in order to create a strain "to taste." Hybridization is very complicated and is formed by various phases: artificial selection, F1 crossing, F2 selection, and so on.

The breeder (the person who believes in cannabis hybrids) needs to efficiently cross the plants to get the variety they want and that they have a genetic stability (the tendency of the plant to maintain its genotypes through generations) ; Therefore, a hybridization process of several generations is needed to create a stable hybrid.

Most varieties we find in the market are hybrids. And these can be divided into three types:

Sativa-dominant hybrids: when there is a dominance in a hybrid, this means that most of that resulting hybrid will have more characteristics of

the dominant variant than the other. Therefore, we see that sativa-dominant hybrids are tall plants with elongated leaves and a light color. Some examples of sativa-dominant hybrids are: Amnesia Haze, Vortex or the Diesel varieties, so well known and sold in the United States characterized by that smell of diesel fuel that gives it its name.

50/50 hybrids : they are hybrids with genetic balance of sativa and indica. These hybrids are easy to grow plants with a fast flowering period and quite resistant. These plants are shaped like a candelabrum with a broad bush-shaped foliage. Some examples are: Agent Orange, Gorilla Glue or Bubble Gum.

Indica-dominant hybrids: as we have seen with sativa-dominant, as the dominant variety of this type of hybridization indicates it, we find plants with more characteristics of this subspecies: they are small plants with a dark color and a predominant composition THC Some examples of dominant indica hybrids are: Sweet Candy, Double White or Critical.

This type of hybridization is done with what we would call "pure" varieties , that is, those non-hybridized subspecies that are genetically equal to cannabis that grows wild in nature without mixing with other genes. However, these "pure" varieties, even the so-called "pure sativa and indica" have differences between them: if we compare one grown in one part of the world with another grown at the other end they will have different effects. And it is very difficult to find 100% indica or sativa strains after so many years of experimentation and hybridization with cannabis plants.

- Can any type of marijuana be used to vaporize?*

Yes, any type of marijuana can be used to vaporize . Choosing one type or another will depend on the effect, taste and aroma you want it to have when you consume it. Something that must be taken into account when vaporizing one or another variety of cannabis is the temperature of vaporization. And there are "ideal" temperatures to vaporize the different types and hybrids of cannabis to get the most out of it.

The sativa and sativa-dominant hybrids are ideally vaporized between 178°C and 195°C . During the day at temperatures closer to 178 ° C for inducing a more mental effect, in addition to being at lower temperatures it does not produce as much smell as it is more discreet to consume it. Since sativa is a variety with more CBD content, this temperature range is

adjusted to remove all the content of this cannabinoid from the plant, so if we consume a sativa-dominant hybrid, having less CBD content than a sativa pure, add that the correct thing would be to vaporize it at a slightly higher temperature range: 190°C during the day and 195°C at night.

On the other hand, with indica and indica-dominant hybrids, the best temperature range is between 195°C and 208°C. The temperature to vaporize the CBD is higher than what you need to vaporize the THC, so we see an increase in temperatures in the indica varieties. To vaporize the pure indica varieties, the perfect range would be between 202-208°C, containing less CBD than the indica-dominant hybrids that with a temperature range of 195-202°C would take full advantage of them.

As with sativa, in these ranges the lowest temperature is recommended to consume cannabis by day and the highest in the range for consumption at night.

WHAT ARE THC AND CBD

What is THC?

THC is the main ingredient in cannabis with psychoactive properties. Studies show that THC is effective in post-traumatic stress disorder, reduces nausea as a result of cancer treatment, stimulates appetite in HIV / AIDS patients, helps patients with pain, inflammation and insomnia, and also reduces cramping and spasticity in patients with Multiple Sclerosis.

What is a CBD?

Cannabidiol, better known as CBD, is the second most well-studied cannabinoid. CBD shows promise for epilepsy, genetic brain disorders, Parkinson's disease, ulcerative colitis, and Crohn's disease. CBD helps patients who want to get rid of anxiety, inflammation, psychosis, cramps, seizures and other conditions without feeling dysphoria or lethargy.

- *What is the difference between THC and CBD?*

The main difference between THC and CBD is the psychoactive properties of THC, i.e. it is from there that the feeling of a "high" level comes. CBD has virtually no psychoactive effects. CBD helps make the psychoactive properties of THC more tolerant and reduce the effects of anxiety or paranoia.

Both THC and CBD are gaining popularity, helping to alleviate the symptoms of numerous diseases. Research still reveals the full potential that both THC and CBD can offer. As a patient, finding a balance between CBD and THC can help achieve therapeutic treatment without euphoria.

All cannabinoids (including THC compared to CBD) have a medical advantage, and it is important to investigate which cannabinoids are best suited to the specific conditions you are trying to treat. Once you find your balance, cannabis oil can help you regain a quality of life that you might think has disappeared forever.

What attracts people to the use of cannabis oil as a form of treatment is that there are few or no side effects associated with it.

The CBD international organization offers cannabis oil with various levels of THC and CBD. Fill out the application and get the treatment you were looking for.

HOW TO EXTRACT THC

- **Method 1 EXTRACTION WITH ALCOHOL**

Here is described in detail the technology for extracting essential oils from hemp using readily available substances and materials with minimal time. The result will be a dark, oily liquid containing more than 70% pure THC.

What do you need for this:

- *A glass jar with a tight lid (a jar with a wide neck is good)*
- *A metal jar with a handle (bigger, a coffee machine is good - "Turk")*
- *A bottle of 96% ethyl alcohol (the cleaner, the better)*
- *Any amount of hemp, from the jamb up to several glasses*
- *A piece of dense fabric 30 x 30 cm in size (a T-shirt is suitable)*
- *Eye drop bottle*
- *Electric stove and range hood*

Step 1

You must carefully chop the grass and crumble the cones. Remove the seeds: we won't need the oils that they contain. Place the crushed grass in a glass jar and fill it with ethanol so that the grass particles float freely in it. Close the jar with a lid and shake it properly. Leave the mixture for several hours, during which time shake it several more times. The alcohol

should acquire a pleasant dark green color, with shaking, colored oily bubbles should form on its surface.

Cover the metal can with a dense rag, gently pushing it in to form a funnel. Carefully pour the contents of the glass jar onto the rag so that most particles of grass spill out with it. After the liquid drains, lift the rag by the edges and squeeze out the remaining liquid.

Step 2

Now you have some dark green liquid in the metal can. In order to extract the remaining oil from the grass, it is recommended to repeat Step No. 1 again. Do not throw away a good thing ... Shake the grass out of a rag into a glass jar and repeat Step 1. You now have twice as much dark green liquid in a metal can.

Step 3

Be sure to use an electric stove! Place a metal can on the stove. Turn one of the burners on to the smallest fire and place the jar on it. It is recommended to use an extractor hood to remove alcohol vapor. Watch the fluid carefully. It should boil slightly, do not increase the temperature of the burner! The goal of this step is to achieve a slight thickening of the liquid. It will take time, but be patient. When the liquid begins to thicken and darken, remove it from the heat. Avoid heavy thickening: it will be too difficult to work with the liquid after that. If you get too thick a liquid, dilute it with a small amount of alcohol.

Cool the liquid to room temperature. It must have sufficient fluidity for transfusion into a bottle from under the eye drops. This is the desired THC extract. A small amount of alcohol in the extract is necessary to increase its fluidity. It does not affect its effectiveness.

Step 4

If you have a gas stove, do not try to boil alcohol on it! Possible explosion of alcohol vapor. In order to complete this step, simply place a metal can in a place where it does not bother. Alcohol will evaporate on its own. If possible, the place should be warm and well ventilated. It will take several days.

Check the fluid density as it evaporates. If it becomes too thick, add alcohol and pour it into a drop bottle.

Recommendations for use

WARNING: When smoking this extract do not allow it to come in contact with fire. This will lead to the destruction of THC.

Do you have a vial of extract and are you ready to smoke it? Clean up first. You don't want to explain to anyone why there is a lump of wet grass on the kitchen table? Wash the cans and discard a rag. Throw away the waste grass - it will no longer be useful to you. To wash cans, use a mixture of water and alcohol.

What you will need for smoking:

- *A small piece of aluminum foil*
- *Tube from a Bic fountain pen*
- *A constant source of fire (a gas burner is good, but a lighter or a candle will also work)*
- *Extract in a vial*

Make a spoon out of the foil. This will require some training, but in the end you will succeed. Place 6-8 drops of the extract in a "spoon" and keep at least ten centimeters on fire. Do not bring the "spoon" to the fire too close. Heat until the liquid turns dark brown and begins to crackle.

Now bring the "spoon" close to the fire. Hold the tube from the fountain pen in 2-3 cm above the dark brown zone and inhale through it. You will see a white haze - this is an evaporating THC. After each puff, remove the "spoon" from the fire. The effect is felt immediately. Exhale, bring the "spoon" to the fire and inhale again.

After using the contents of the "spoon" drip there again and repeat as many times as you like.

If you smoke, you can put a few drops on a cigarette and let it dry ... enjoy smoking without any odor!

COMPLETE EXTRACTION METHODS

There are many methods to obtain marijuana concentrates and the results varied. Shatter, Budder and Oil are the best known, but there are others such as Live Resin, Fresh Frozen or Rosin Hash. You can start with the one you prefer to get the best resin, although the elements you need will

vary between them. The simplest only requires paper and a hair straightener (in addition to the grass). But others instead require meshes of different microns, chemical solvents and even gases such as butane. We tell you the differences between them.

Extractions for beginners: the most common techniques to obtain cannabis concentrates

Surely you are one of those people who has been smoking marijuana for a long time and wants to know more about the ways of using this plant. There are several ways to make the most of cannabis through different processes of extracting its resin, procedures that are very common today, so you can always choose the one that best suits your tastes and possibilities.

The most common way to obtain a cannabis extraction involves concentrating the cannabinoids with the most suitable solvent. These cannabinoids are insoluble in water, but they separate very well in certain organic solvents such as butane, alcohol or fats.

It is necessary to take into account that these marijuana extracts contain many cannabinoid compounds such as THC (or CBD) that, in most cases, can exceed 80% concentration, so in addition to being worth their weight in gold they are not recommended for people who start using marijuana.

Here are some of the extraction techniques that have more acceptance among users:

- Shatter

It is known as "shatter" to an extraction with gas that at solid temperature is solid, semi-transparent and fragile, since it breaks into pieces as a glass would break. Its name means 'shatter', which lives up to its appearance. It is a soft, solid and crystalline substance with the appearance of orange and boiled caramel that some compare with honey when it spreads across a surface. When it is still warm it has a consistency very similar to that product; and when it has cooled it looks more like glass.

Its preparation follows a similar form to other extracts such as Budder and Oil: cannabis buds are taken and a solvent that is usually butane, CO2 or propane gas, which is mixed between the plant material that contains the resin to extract all the plant chemicals. That solvent ends up evaporating and gives rise to the resin pressed on a paper. They say it is up to six times

more potent than marijuana itself and is usually smoked in bongos or water pipes .

- *Wax or waxes*

The real difference between the different types of concentrates is reduced to the way in which the process of filtering and purification of the mixture ends, which makes the final result brittle like glass, mely like wax or almost liquid like oil. There are a large number of variables that affect the texture and consistency of a cannabis extraction. Physical agitation, changes in temperature and humidity can also cause a translucent oil to become an opaque wax.

For example, agitation makes Delta9-THCA, the main substance responsible for the psychoactive properties of marijuana, precipitate from the rest of the oil and crystallize, while wax and Budder do not contain perfect THC crystals. The different crystallization processes can be explained with the "hard candy" analogy, as it is similar to the transformation of sugar in candies.

Cannabinoids (in their natural acid form), terpenes and other marijuana compounds are all mixed together in the form of a monophasic substance and in a way that allows light to pass through its molecular structure, just as it would in a hard and translucent sugar candy. When it becomes wax or Budder, the cannabinoids crystallize around each other and separate from terpenes and other components, forming a multiphasic substance (an amorphous substance).

This mixture of phases does not allow light to pass through it and can acquire any texture, from lumpy to dry, through a consistency of butter. In short, the cannabis concentrate is a solution of various compounds found in the plant and, as long as all the components are still in a single and homogeneous phase, the extraction will be more or less transparent.

- *Budder or BHO*

For example, BHO (acronym for Butane Hash Oil) is a type of concentrate that has an opaque wax appearance but with colors reminiscent of gold and honey and can reach levels of up to 99% THC. In this case, butane is also needed to obtain it. If the marijuana buds are wet or damp, they should be dried well. Then, we will have to mix the product with cannabis using several meshes, so that both (butane and plant) are in

contact but can be easily separated. This is achieved, for example, by placing cannabis in a mesh and introducing this kind of bag in many others and they, in turn, in a bucket where we have previously placed the solvent, which will sneak between the grooves.

During the whole process it is necessary to ensure that you do not inhale any of the liquid that is evaporating, as it is harmful to your health. As a result we will see that the mixture bubbles. It will be necessary to drain the meshes to the maximum to obtain the concentrate, which solidifies taking yellow color and a sticky wax appearance that will still have to dry. It may take some time for butane to evaporate completely; Therefore, it is better not to smoke nearby, since explosions could occur.

Oil

The oil or oil, meanwhile, is obtained in the same way as the previous versions: a solvent is also used to extract the cannabinoids from the plant and usually appears when this product has evaporated and has achieved that even the smallest properties come out to the light. In this case, the most common thing is to do a 'quick wash' of cannabis in isopropyl alcohol for less than a minute. It is an extract that is liquid-shaped and reminiscent of olive oil in its texture and appearance. This is the lightest form of 'dab' although of very high quality. In addition, it is the most commonly used for therapeutic purposes.

To make extractions of medicinal cannabis oil with a high CBD content, absolute ethanol is very effective due to its purity, because it will carry unwanted components such as chlorophyll (which is a good proportion of the weight of dry grass) and because it is much more manageable than, for example, butane.

However, keep in mind that ethanol is also flammable, so it is necessary to take all possible precautions. In addition, it is advisable to perform the process outside the home, outdoors. It is also necessary to obtain liquid ethanol with 99.99% purity and a 45 micron mesh, where cannabis will have to be deposited.

Usually, in any extraction you want to take advantage of the low quality weed we have, but in this case the opposite occurs: it is intended to obtain material from plants of the highest quality and will be achieved thanks to a rapid pass through the solvent of the buds without crushing, since a large concentration of cannabinoids is found on the outside of the flowers. It is

important that the "washing" of plant matter is not delayed because too much chlorophyll and other components that would spoil the properties of the extract would be carried away. In this sense, it is also recommended to cool the ethanol.

After this period, the mixture is filtered (vacuum elements can be used to achieve greater purity) and spread on trays for evaporation, for which we can also use an oven at a temperature not exceeding 40 degrees. The resulting medical marijuana oil can reach more than 60% CBD, although the results will depend on each case and the variety of marijuana used.

- *Live Resin*

It is a form very similar to BHO, but its main difference (beyond its flavor) is that whole and frozen cannabis flowers are used. In this case, the extraction will have a very characteristic aroma that is lost during the drying process. The usual thing is to chop the marijuana, put it in containers and put it in a cryogenic freezer or with dry ice for 12 or 24 hours at temperatures between -30 and -65 ° C.

More experienced users ensure that it has a high content of terpenes that are very similar to those of the fresh plant, which does not occur in other versions. This happens because these elements have not been able to evaporate. In total, the 'live resin' has up to 13% more terpenes than other extractions. Meanwhile, THC levels are usually similar to other concentrates.

- *Fresh frozen*

As in the previous case, Fresh Frozen is also made using frozen cannabis directly after harvest, without having been dried. Experts say that it has several advantages, such as that the plant material breaks less than when it is dry and produces less plant waste, which helps to obtain a harder product. In this case a solvent is not necessary to obtain the concentrates, since the technique known as Ice O Lator is used, where ice and ice water are the main protagonists.

The process is simple: after placing the buds in the freezer for hours, several bags are taken with a sieve to extract hashish and are placed in a bucket. The main bag is filled with water and ice and then add the vegetable and mix everything for a maximum of 10 minutes. This bag will also be placed in others with a lower sieve so that the resin is filtered.

Then you have to remove the first mesh and collect the product of the following. Finally, the hashish must be dried for a few days, which will acquire the appearance of deformed churros and a translucent color.

- Rosin hash

This is one of the cheapest ways to get hashish from cannabis flower. It will only be necessary to get a hair straightener, parchment paper and marijuana. It also follows a very simple process that anyone can do at home. First you have to heat the iron and then take the paper and put in it a small amount of marijuana with resin. The paper must be closed in such a way that the content cannot go outside. Then, press with the iron on so that the plant components evaporate and get impregnated in it. The operation can be repeated several times until all the product is obtained, which will be picked up with metal tweezers, already solidified.

This process is gaining momentum in recent times through social networks and its ease of use. Its essence lies in rescuing the volatile terpenes of the plant, to make them evaporate and subsequently become liquid and solidify. It is crucial that the grass used is not wet but not completely dry, because in that case it will have lost a lot of quality and a large part of the terpenes.

It is a fairly affordable and homemade technique, which does not require the use of dangerous products or dirties the workspace. In fact, the tools needed for the process are very few compared to others that require special bags, liquids, buckets, strainers, ovens and other laboratory equipment. Just be careful with the hot part of the iron, so it is recommended to wear thermal gloves if necessary. In addition, this technique is very interesting for those who need therapeutic cannabis to access their medicine in a clean, quality way and in a matter of seconds.

- Dry sieving extraction

It is a way of obtaining resin without using any solvent, simply by force. It is necessary a mesh with a specific micrometer and vibration force, which we can obtain by using an electric rotary extractor or a traditional one that must be manually operated. In this case it is also recommended to freeze the herb, although only a couple of hours and before putting it in the extractor to increase the amount of resin obtained. It will be the machine and the arms that will do all the work and those that will make that resin detach from the marijuana and fall into the mesh. Of course, you

can also do a sieve by hand.

The sieve in this case is very important, since depending on the micraje (thickness of the mesh) it will filter more or less pure trichomes (the resinous glands that contain the highest concentration of THC, CBD, CBN and other cannabinoids). If you use meshes of greater micronity you will get a hashish with greater residues of vegetal matter. In the video example, a 150 micron sieve has been used. Users usually prefer to use lower buds with leaves and branches to make hashish , but keep in mind that if we use the superior buds, with a higher concentration of trichomes, we will obtain a more powerful and higher quality hashish.

Hashish extraction by dry sieving is a very common process in producing countries such as Morocco, Pakistan, etc. However, the quality of this hashish is usually low because they use marketing-oriented processes, such as sun-drying plants (causing the transformation of THC into CBD and CBN, which leads to a more sedative and narcotic effect). They also adulterate hashish with other substances such as honey or henna to make it more oily.

Surely this information will be enough for you to know, at least a little, the different options of extractions that you have at your disposal. Then it will only be necessary to get down to work with the one that convinces you the most and prove the results that will be, without a doubt, satisfactory.

HOW TO CALCULATE A THC DOSE FOR RECIPES

The first thing to do is identify the percentage of THC of the variety that we will use as raw material. Most of the current varieties have between 15 and 20% THC, if they have been cultivated properly; the weakest could have around 10%. To simplify things, let's calculate it with 10%:

1 gram of cannabis is equivalent to 1,000mg of dry weight, with a THC content of 100mg.

Newbies can start with 5-10mg of THC per serving, assuming they are going to take more than one (ex: a cookie)

In theory, 2g of dried bud is enough to prepare 20 cookies for newbies or edibles with 10mg of THC. However, in practice, these amounts are not enough.

- *Cannabis Cake*

It is nothing more than an assumption that 100% of THC is going to be fully transferred! Our production process is not very precise, and does not preserve the temperature at which the THC leaves the plant to join the carrier material. If we double this amount, we will get a good result, assuming that 50% THC is lost. This brings us to the next doses for first timers, novices and experts.

- 20 First Time Groceries = 4g of cannabis (about 10mg of THC per serving)*
- 20 Edible for Rookies = 8g of cannabis (about 20mg of THC per serving)*
- 20 Edible for Experts = + 16g of cannabis (about + 40mg of THC per serving)*

Enjoy in the kitchen, and do not get nervous if you have the feeling that you have taken too much. No one has died from eating edibles with cannabis, and you will not be the first.

TIPS & TRICKS FOR COOKING WITH CANNABIS

1. CALCULATE THE DOSE AND POWER

This is the first step to cook correctly with cannabis. If you do not know the potency of the marijuana you are using, it is practically impossible to determine the concentration of cannabinoids in your foodstuffs and obtain an adequate dose.

Unfortunately, not everyone has the ability to know how much THC , CBD or other cannabinoids are in your herb, because, you know, street cannabis has not been precisely tested in the laboratory. But if you live in an area where cannabis is legal and you can get reliable information about the potency of your bud, be sure to do so.

This will change your experience with the edible, as it will allow you to get a clearer idea of the cannabinoid concentration and how to divide the doses.

Unfortunately, many people have had bad experiences with groceries. This is because they often contain high doses of THC (which can cause unpleasant side effects) and take a long time to take effect (which means that people think it has not taken effect, and in the end they end up having

a bad trip) .

Remember to start with a small portion and wait until you see how your body reacts. Take, for example, half a dose, and check how you feel after 45 minutes or 1 hour, and then take the rest of the dose if necessary, in this way, you will reduce the chances of taking an "overdose" of groceries.

If you are concerned that the potency of your groceries is not high enough, and you think that food could have a little more "hit", try this trick: add lecithin .

2. DON'T PICK YOUR FOOD

This may seem obvious to some, but it still amazes us how many people believe that to prepare brownies you just have to add the dried bud to the mixture. To make it clear, it is not so.

If you put dried grass directly on your favorite dish, the only thing you are going to get is to ruin your food. First, marijuana will give it a horrible taste, and second, the plant material could make you vomit (because, surprise, our body does not digest inedible plants like cannabis), and it will not place you.

To add cannabinoids to your food, you must first prepare cannabis butter or oil , and then use them in the recipe.

3. DON'T MISS YOUR PRECIOUS GRASS

Something important to know is that putting a lot of grass in the butter or oil is not going to make your food more potent.

The fat molecules in butter and oil can only bind to a certain amount of cannabinoids. If you add too much, you'll just end up wasting the grass. It is best to follow our recipes for making butter or olive oil with cannabis.

4. CLEAN AND SCALD THE GRASS

Unfortunately, most of the marijuana that comes into your hands is usually not very clean. From insecticides and fungicides to natural chlorophyll, the herb contains a lot of impurities that, frankly, have a horrible taste.

To make edibles with a better and healthier flavor, be sure to clean the herb by soaking it with distilled water for about 3 days, changing the water every 12 hours. Next, you should blanch the clean bud by boiling it in water for 5 minutes, followed by a 1 minute ice bath. Afterwards, you

can dry and decarboxylate cannabis in the oven.

5. DON'T FORGET THE DECARBOXILATION

Decarboxylation is a process that helps remove carbon atoms from herb compounds, in order to activate cannabinoids.

After all, this is the reason why the herb is heated (either by combustion or by putting it in a vaporizer), to feel its psychoactive effect.

It is true that it will warm up while cooking with oil or butter, but if you decarboxylate first, you will ensure that there is more cannabinoids in the food faster.

6. CRUSH THE GRASS ADEQUATELY

There are numerous recipes for groceries that tell you to crush the very fine herb to make sure it is infused into the oil / butter. Unfortunately, this is something you should not do.

If you crush or grind your cannabis too thin, you will end up with tiny, sandy grass scales scattered throughout the meal, and, pay attention to us, you don't want that. When preparing cannabis oil or butter, you should shred the herb into pieces that are large enough to get caught in a colander or cheesecloth.

The best way to get the right consistency is to break the weed by hand once it is clean and scalded.

7. DO NOT TIGHTEN TOO

Almost all the cannabis butter or oil recipes we have read say that you have to squeeze the herb to separate it from the fat. You can squeeze a little, but don't overdo it.

If you compress the herb too much, you will also extract the chlorophyll from the plant, and add it to the oil / butter. This will change the taste and color of the oil or butter, and not for the better. The taste of chlorophyll is very bitter and very strong.

8. DO NOT OVERHEAT THE OVEN

This is very important. If you decarboxylate or cook the groceries above a certain temperature, you could lose a lot of power.

Many sources have different opinions, but the general idea is that to make

edibles with cannabis butter or oil, they must be baked in the oven at a temperature of up to 190 ° C. This is because the baked product will have a slightly lower temperature inside. However, we tend to be safe, so we advise you to keep your oven temperature below 176 ° C.

Always make sure you control the temperature. Use a thermometer if you can. And, in case the thermometer is not very precise, keep the temperature below 170 ° C.

9. TRY THE FOOD

This is quite simple. Every chef who boasts will tell you to always try your food. And this also works for when you cook with marijuana . Whether you're making brownies or risotto, be sure to try the recipe before serving, to ensure it has the right flavor. But don't try too much! Remember: they are edible.

10. STORE AND LABEL THE CAREFUL EDIBLES

This advice is perhaps the most important; Be sure to store them correctly.

Most groceries should not only be refrigerated in a sealed container to last longer, you should also store them out of reach of children, pets and even adults who should not try your delicious groceries.

You also don't want to eat them by mistake just before attending an important meeting. So be sure to label them, and it may be a good idea to hide them even from yourself.

CHAPTER II

HOW TO MAKE HEMP OIL RECIPE

According to this recipe, it turns out:

- *15 strong servings;*
- *30 regular servings;*
- *50 light servings.*

Ingredients:

1 ounce (28.3 g) of dried cones (or 3 ounces - 85 g of dry scraps of manicure);

1 lb (453.6 g) butter;

Gauze.

The ratio is 1 gram of cones (or 3 grams of scraps) 16 grams of butter.

Note: the finished oil should stand in the refrigerator overnight, so cook it in advance!

- *Stage 1 - Decarboxylation*

This stage is very important because thanks to it the oil becomes more potent, especially if cones of a recent crop are used (hemp undergoes natural decarboxylation with time).

Despite the fact that you will heat cannabis at this stage (due to which it will dry), you still need to first dry the cones in order to correctly measure the ingredients.

1) Preheat the oven to 105-110 ° C and cover the baking sheet with foil

2) Slightly chop the cones (trimmings) and spread them over the foil on the baking sheet

3) Put the cones in the oven for 1 hour. Be prepared for the fact that the kitchen will have a very, very strong smell. In the process of baking, you can see the steam - this is normal, THC and other useful substances do not evaporate at this temperature.

4) Remove the cannabis from the oven and chop the large pieces with

your fingers. It will look brown, which is also normal. It is not necessary to grind it to a state of powder, but also large pieces should not be. It's time to cook decarboxylated cannabis with oil and water!

- *Stage 2 - Cooking Cannabis with Oil and Water*

- 1) *Boil 1 liter of water in a saucepan or saucepan.*

- 2) *Reduce the heat to medium-low and add oil. Stir until it is completely dissolved.*

- 3) *Sprinkle decarboxylated cannabis. It will float on the surface, and between it and the bottom there should be a distance of at least 3-5 cm. If it is less, then add more water. Do not worry that excess water will affect the strength of the final product, a little later we will remove it. The beneficial substances in cannabis do not dissolve in water, but it, on the contrary, filters what can ruin the taste of the finished oil.*

- 4) *Cook over medium-low heat for 90 minutes, stirring occasionally. Bubbles should rise to the surface, but there should be no active boiling. Add water if necessary.*

- *Stage 3 - Separation of oil from water and crop*

- 1) *Cover a large bowl with two layers of gauze. With its help, we will squeeze the vegetable mass from the oil.*

- 2) *Pour a mixture of oil, cannabis and water into cheesecloth. Now you need to squeeze the leaf mass to separate all the water and oil. Caution - she is very hot. Squeeze it with a spoon. After it cools down a bit, then apply force and squeeze it very well with your hands - you will be surprised how much healthy oil is left in it. A bowl of wet mass the size of an orange can be squeezed to the size of a small plum. Do not lose a healthy product - squeeze it well!*

- 3) *Close the bowl with a mixture of oil and water with a film and refrigerate overnight. All nutrients are contained in oil that collects on the surface. Water and plant debris will sink to the bottom. After the oil hardens, it will be lighter in appearance.*

- 4) *Pry the butter with a knife and pull it out of the bowl.*

Do not use residual water, there are no active substances in it! She filtered out everything that badly affects the taste of the oil. Thanks to water, we

got a more delicious oil without a strong odor (at the same time, we did not lose THC).

5) Hemp oil is ready - store it in a closed container. You can flip a piece of oil to dry the underside.

You can use hemp oil instead of ordinary butter in any recipes, replacing it with 1 to 1. The strength of the resulting oil very much depends on the quantity and quality of the feedstock. In addition, hemp in dishes very differently affects different people, so for the first time, eat less than you are going to. The action of cannabis in dishes can occur only after 2-3 hours, especially on a full stomach, so do not eat extra servings if you think that “nothing happens”. For a faster effect, use on an empty stomach, but be careful - in some people, this leads to indigestion. Symptoms of an overdose of marijuana may include weakness, nausea, and drowsiness. There is nothing dangerous in this, but pleasant is not enough either.

Oil storage

You can store the finished hemp oil in the refrigerator for up to a week, but it can become moldy, especially if you have not completely dried it from the water. Only store it in the refrigerator if you intend to use it soon. Otherwise, just freeze it - hemp oil can be stored frozen for several months without loss of effect.

HOW TO MAKE HEMP OIL

What you need

- *Bake*
- *Plate*
- *Baking sheet*
- *Favorite cones*
- *Medium pan*
- *Butter*
- *Capacity for the finished product*
- *Gauze*
- *Elastic band, lace or tape*
- *Cutting board*

Step 1

Preheat the oven to 110 degrees. While the oven is heating, lay the plant material in one layer on a baking sheet.

Step 2

Bake cannabis on a baking sheet for 40 minutes. Be sure to mix several times so that the process runs evenly. This is the decarboxylation process mentioned above. Remember, decarboxylation activates THC and CBD, which makes it more easily absorbed in the stomach.

After baking marijuana for 40 minutes, it should be dry and crumbly, that is, ready to mix with oil.

Step 3

You will need oil for this step. But how much? Good equivalence is 2 packs of butter per 30 grams of marijuana.

Add 4 cups of water to the middle pan. Bring the water to a boil on the stove. Put the oil in boiling water and stir until it has completely melted. It does not take much time.

Step 4

Add cannabis to a mixture of boiling water and oil and reduce the heat. Leave minimal heat to simmer the mixture. Now the hardest part: waiting.

Step 5

Let the mixture - oil / water / marijuana simmer for three hours. You can kill this time by completing step 6, and then return here. Three hours of boiling are needed in order to get rid of water. By the end of three hours, watch the top of the mixture. It will turn from watery to thick and shiny. Here's how you can understand that everything is ready. Remove the pan from the heat.

Step 6

While hemp oil is cooking, find a large bowl. You are about to pour hot liquid into a bowl, so make sure it can withstand high temperatures. A plastic or metal bowl is perfect. Just make sure it's big enough to hold all the liquid from the pan.

Fix two layers of gauze over the bowl with rubber bands or thread. You

are about to pour a rather heavy mixture onto the gauze, so make sure it is well fixed.

Step 7

At this stage, it is best to wear kitchen gloves, as you will be working with fairly hot liquids. Pour the mixture slowly through cheesecloth. The substance that passes through cheesecloth will ultimately be hemp oil. There will be more unnecessary cannabis in the gauze.

Step 8

When the pan is completely empty, grab the cheesecloth by the four corners and make a small bag out of it. Now squeeze the cheesecloth and squeeze to extract the maximum fluid precious oil.

Step 9

Now it's time to wait again. One more hour and everything will be ready. Place the bowl in the refrigerator and let the cannabis oil cool. During this hour, the oil will separate from any remaining water in the mixture. This will be clear from the hard top layer.

**

Step 10

Drag a knife around the edge of the bowl to separate the butter. Carefully remove the oil from the container and place it on the cutting board. The only optional step is to chop the marijuana oil into smaller pieces for easy storage.

HOW TO DO CANNAFLOUR

Ingredients

- *½ cup dried cannabis*
- *1 cup flour (the type you choose)*
- *Coffee grinder*

INSTRUCTIONS

Once you have everything you need, you can start. But first, there are certain things you should know in order to prepare the best cannafLOUR possible.

The first thing is to make sure that cannabis is very dry and cured. The drying and curing process guarantees that the final product is completely dry, without any moisture. Moisture is an invitation for mold to appear, so it is not a good idea to prepare foods with wet cannabis. In addition, the drier the grass is, the easier the preparation process will be.

Secondly, before cooking with cannabis, it is very important to decarboxylate it. This process converts the THCA non-psychoactive cannabinoid into the famous psychoactive THC . To decarboxylate the herb you are going to use, all you need is heat and time. Lightly crush the bud and spread it evenly on a baking sheet. Bake the cannabis at 116 ° C for 30-45 minutes. Your bud is already decarboxylated.

STEP 1

Take the decarboxylated material and crush it further. To make cannafLOUR, marijuana should be as thin as possible, so that it blends well with the flour. After lightly crushing the herb before decarboxylating it, put it in a coffee mill in order to achieve a much finer consistency.

STEP 2

Mix the flour and marijuana together, and sift them in the same bowl until well combined. With this you will also get rid of lumps of flour and / or plant material.

HOW TO MAKE CANNABIS SYRUP

INGREDIENTS

- 4 grams of finely crushed marijuana
- 3 cups of water
- 3 cups of sugar
- 3 tablespoons of vegetable glycerin (you can buy it in health food stores and vaporizers, or in the pharmacy)
- 1 measuring cup with spout

- 1 Small cheesecloth
- 1 Glass jar with lid

INSTRUCTIONS TO PREPARE THE CANNABIS SYRUP

Boil the water in a pan and lower the heat over medium heat.

Add the crushed marijuana, stirring frequently.

Add the sugar and keep stirring.

Cover the casserole and let it boil over medium heat for about 20 minutes.

Remove the lid and add the vegetable glycerin.

Continue to boil over medium heat for another 7-8 minutes, stirring constantly. You will notice how the mixture thickens.

Remove the casserole from the heat and let the syrup cool. When it has cooled sufficiently, pour it into the measuring cup.

With a strainer or cheesecloth, strain the cannabis syrup into the jar.

Close the bottle tightly. It is best to store this syrup in the refrigerator.

CHAPTER III RECIPES

MARIJUANA CARAMEL WALNUT DREAM BARS

Ingredients:

- One box yellow cake mix.
- Three tablespoons weed butter softened.
- One egg.
- Fourteen ounces of sweetened compressed milk.
- 1 tsp pure vanilla extract.
- 1/2 mug walnuts carefully ground.
- 1/2 mug finely ground toffee bits.

Directions:

Incorporate cake mix, weed butter and one egg in a mixing bowl then blend up until crumbly. In another mixing dish incorporate milk, continuing to be an egg, remove, walnuts and also toffee bits. Bake for thirty-five minutes.

MARIJUANA PIE N CHICKEN

Active ingredients:

- One extra pound poultry breast, boneless and skinless and diced right into dices.
- 1 3/4 mug poultry broth/stock.
- 1 cup eco-friendly peas.
- One mug diced carrots.
- 1/2 mug diced celery.
- 2/3 cup 2% milk.
- 1/3 cup cannabutter.
- 1/3 mug diced onion.
- 1/3 mug flour.
- 1/2 tsp. salt.
- 1/4 tsp.
- crushed black pepper.
- 1/4 tsp. Celery seed.
- Two 9-inch unbaked pie crusts.

Instructions:

In a frying pan, integrate the poultry items, peas, carrots and also celery and add 1/3 mug water, cover and boil for fifteen minutes over medium-high warmth. Presently, in the same skillet, cook the onions in margarine (either cannabutter or ordinary spread) till they are soft and start the come to be precise. Utilize a spread cutting edge to diminish about six slits in the leading to empower wetness and substantial steam to escape. To make this distinctive edible, include your very own Cannabis-infused butter to any homemade macaroni macaroni as well as cheese recipe or even a boxed macaroni and cheese container. Whenever it calls for butter, obviously substitute the medicated butter for regular. When you have the butter made, the entire procedure takes much less than fifteen minutes, making it one of the fastest means to make a medicated dish. Additionally, as a result of the reality that the recipe typically does not require too much butter, it is an excellent idea to make your Cannabis-infused butter more potent than you generally would. It merely relies on your individual preference.

MARIJUANA CRAB STUFFED MUSHROOMS.

Components:

- *Two tablespoon cannabis butter.*
- *3 tbsp cannabis butter, thawed.*
- *Twenty-four entire fresh mushrooms, small to tool dimension.*
- *One environment-friendly onion, minced.*
- *1 tsp lemon juice.*
- *One mug cooked crab meat, diced.*
- *1/2 cup soft bread crumbs.*
- *One egg, beaten with a fork.*
- *1/2 tsp dry dill weed.*
- *3/4 mug shredded pepper jack cheese.*
- *1/4 mug completely dry white wine.*
- *a couple of leaves basil, cut into thin strips.*

Instructions:

Warmth stove to 350. Put the 3 tbsp thawed butter into a 13 X 9 steel frying pan. Eliminate the stems from the mushrooms as well as set the caps

apart. Carefully chop up the remaining stems. Thaw the 2 tbsp butter in a medium saucepan and also cook the onion and mushroom together for concerning 3 minutes. Eliminate from warm as well as mix in the lemon juice, crab, soft bread crumbs, egg, dill weed and 1/4 cup of the pepper jack cheese. The area the mushroom caps right into the baking frying pan, as well as mix them around up until covered in the cannabis butter. Arrange the caps with the cavity side up, and also stuff kindly with the crab mix. Complete with the remaining 1/2 mug of cheese, and pour them a glass of wine into the pan around the mushrooms (out the top). Bake for fifteen-twenty-five mins, until the cheese, is melted as well as a little browned. I am leading with the sliced basil and also delight in!

CANNABIS FRIED BUTTER BALL

Ingredients:

- One pound pasta, preferably spiral or bowtie.
- Four Roma tomatoes.
- Five cloves garlic, diced.
- 3/4 mug cannabis-infused olive oil.
- Fresh basil.
- Salt and pepper to taste.

Directions:

Mince the garlic, as well as cut the basil into strips. Include the cannabis-infused olive pepper, oil and salt and mix in. Makes four substantial servings. Components: Two sticks salty cannabutter 1/4 mug cream cheese 1 cup flour One tool egg Pepper as well as dill to taste One cup experienced bread crumbs (Italian flavouring seems to work finest). Peanut oil to deep fry balls in. Directions: Thoroughly mix cannabutter, cream pepper, cheese and dill in an electric mixer. Next off, making use of either a tiny spoon or melon spoon, form the mixture into different 1-inch spheres as well as a place on an item of wax paper on a baking sheet. Take pleasure in, but be cautious, only one or two of these will medicate you, even if your butter is of average potency.

CANNABIS PIZZA

Ingredients:

- *Dough: 3 1/2 mugs flour.*
- *1 oz. Yeast.*
- *1 tsp yeast.*
- *Eight fl. oz.*
- *Water.*
- *One tablespoon granulated sugar.*
- *Two tablespoons thawed CannaButter (potency depends upon the dose of your butter).*

Toppings:

- *Two cups grated cheese of your selection.*
- *One large can of sliced tomatoes.*
- *2 tsp freshly ground oregano.*
- *Any other desired toppings.*
- *Five tablespoons thawed CannaButter.*

Guidelines:

Include the flour, yeast as well as sugar in a large mixing dish. Add water and continuously blend it right into the dough. Uncover, adding the salt as well as two tablespoons of melted CannaButter, and also mix right into a mixture round. You are ultimately adding the cheese as well as any more toppings you want. Cook in the oven for thirteen to eighteen minutes.

CANNABIS SALSA N PAPAYA

Active ingredients

- *Two mugs diced papaya*
- *1/2 red onion, diced*
- *One red bell pepper, diced*
- *1/4 cup sliced fresh cilantro*
- *2 tbsps lime juice*
- *One clove garlic, minced*
- *1/4 tsp hot chile paste, or to taste*
- *4 (6 ounces) tuna steaks*
- *1/4 mug THC oil salt and pepper to taste*

- Three eggs
- 1/2 cup cut macadamia nuts

Directions

Integrate the papaya, onion, and also red pepper in a dish. Include the cilantro, lime juice, garlic, and warm chile paste. Throw to combine, then cool until prepared to serve. Preheat a grill flame broil for high warm, as well as lightly oil grind. Brush the fish steaks with olive oil, at that point period with salt and pepper. Dunk the fish steaks in the egg, and furthermore license excess egg to run off. Prepare the tuna steaks on the preheated grill to your desired level of doneness, concerning two minutes per side for medium. Offer with the papaya salsa.

CANNABIS SALMON

- Active ingredients
- 1/2 extra pounds salmon fillets
- lemon pepper to preference
- garlic powder to liking
- salt to taste
- 1/3 cup soy sauce
- 1/3 mug brownish sugar
- 1/3 cup water
- 1/4 mug THC oil

Instructions

Season salmon filets with lemon pepper, garlic powder, and salt. In a little dish, stir with one another soy sauce, dark colored sugar, water, and furthermore vegetable oil until sugar is liquified. Spot fish in a substantial resealable plastic sack with the soy sauce combination, seals, and even resortto cover. Refrigerate for in any event two hours. Preheat grill for tool warmth. Lightly oil grill grate. Location salmon on the preheated grill, and discard marinade. Prepare salmon for six to eight minutes per side, or till the fish flakes quickly with a fork.

BAKED CANNABIS TILAPIA

Active ingredients

- 4 (4 ounce) fillets tilapia
- Two teaspoons weed butter
- 1/4 tsp Old Bay Seasoning TM, or to taste 1/2 tsp garlic salt, or to taste One lemon, sliced up
- 1 (16 ounces) package frozen cauliflower with broccoli and also red pepper Instructions

Preheat the stove to 375 degrees F (190 degrees F). Oil a 9x13 inch baking dish. Period with Old Bay flavouring and also garlic salt. Set up the frozen mixed vegetables around the fish, as well as period lightly with salt and even pepper. Cover the meal and bake for twenty-five to thirty minutes in the preheated oven, until vegetables hurt and also fish flakes conveniently with a fork.

CANNABIS HASH BROWN CASSEROLE

Active ingredients:

- concerning 1/2 bundle of icy hash browns
- 4 or 5 eggs
- concerning 1/4 pound of your preferred cheese: shredded, grated, or tremendously finely cut
- (Optional) Grits and also salsa and Tobasco, and so on
- 2 Tablespoons of weed butter

Directions:

Add the 2 tbsps of weed butter into a big skillet. Include hash browns, mixing so the oil layers most of them. Brown the potatoes for about six or eight minutes, occasionally mixing, until an all-time low of the pile starts looking gold. As vegetables are browning, defeat the eggs as well as a slice or grate celebrity, if essential. When the potatoes are lightly golden on the bottom, turn the potato patty over as cleanly as possible, and also put the eggs over the top. Permit this side to brown until the eggs are mostly strengthened, around five or eight minutes. Now flip the mixture over again, as quickly as possible, and after that, prepare the cheese in a thin layer on top. Cover the frying pan preferably and also permit the cheese to thaw (around eight or ten minutes, much less if covered). Offer with salsa and grits.

MARIJUANA BAKED PIZZA SANDWICH

Ingredients:

- 1 lb Lean Ground
- 15 oz Tomatos Sauce; 1 Cn, OR 15 oz Pizza Sauce 1 Cn One ts
- Oregano Leaves
- 2 c Biscuit Baking Mix One ea Egg; Lg 2/3 c weed Milk 8 oz Cheese;
- 2 oz Mushrooms; Sliced, Drained,1 Cn.
- 1/4 c Parmesan Cheese; Grated.

Prep work:

Use one 8-oz package of chopped procedure American Or mozzarella cheese. Method out 3/4 cup of the batter as well as set aside. Layer 4 pieces of the cheese, the meat mixture, the mushrooms as well as the continuing to be cheese on top of the batter and also tomato sauce.

MARIJUANA BASIL CHICKEN PASTA

INDGREDIENTS:

- 1 pound campanile or Gemelli noodles
- 1 pound (regarding two large) boneless, skinless chicken busts, cubed
- 1/2 mug breadcrumbs
- 1/4 mug weed oil
- 6-8 cloves garlic, minced
- Two mugs poultry broth
- 1/2 mugs whipping cream
- 1 tsp salt
- 1/2 teaspoon pepper
- 2-3 cups finely shredded Fontina cheese
- One cup chopped fresh basil

Directions:

Boil pasta per package directions. The drainpipe (do not rinse) as well as return right into a pot. Add regarding a tbsp of olive oil and afterwards cover to keep warm. While the pasta is boiling slice poultry and area in

zipping leading storage bag, add breadcrumbs tremble as well as use your hands to push crumbs into hen until coated and the majority of the bits are no more loosened. Heat weed oil over medium warmth in a large frying pan. Include poultry as well as toss periodically to make sure that all sides obtain browned. Regarding seven minutes in include garlic and also throw. Attempt to throw this rather than mixing it; this will aid the breadcrumbs remain connected to the poultry. Cook for concerning three, even more, mins (check most significant piece to make sure it is done) as well as remove chicken from pan. Paraventure there is a great deal of oil left in the pan put a ton of it out, otherwise, include poultry juices, cream, pepper and also salt. Give a boil after that adding cheese, remind a boil and gourmet specialist, sometimes blending for five minutes. Include basil and also boil, whisking periodically, for an additional five minutes. Pour over pasta as well as mix up until integrated. Garnish with basil.

CANNABIS TEA

Components:

- 1/2 gram (or more) of your favourite indica, Sativa or any combination of both marijuana.
- 3 Cups of Water
- 2 Tablespoons of butter

Instructions:

First, you will require to navigate 1/2 gram of your favored cannabis as well as grind it up as high as you can. (Some that I prescribe are Barney's Farm G13 Haze, Green House Seeds Cheese, or LA Confidential). Obtain a small pot and also put 3 cups of water in. Turn the range onto the highest setting possible and bring the water to a boil. Add the 2 tbsps of butter. Add the 1/2 gram of ground-up cannabis. While leaving the range on the most magnificent warmth setup and also having the water violently boiling, mix every few minutes ensuring that any of the marijuana on the side of the pot is pushed back right into the water. Note: The factor of making Cannabis tea is to extract the THC from the plant. Because THC is not soluble in water alone, it requires a fatty substance to stick onto under high heat. With the combination of the high temperature from the boiling

water after that, the butter that was contributed to the mix the THC can be removed from the marijuana for drinking purposes. All for the cannabis, water as well as butter to boil over warmth for a minimum of thirty minutes. The longer you are willing to wait for the even more THC that will undoubtedly be drawn out. From my experience, thirty-fourty minutes is generally a perfect time. Note: While the water is boiling over warmth, the water will start to evaporate rather quickly. When you return, do NOT turn it on and also stroll away for a fifty per cent the sea or an hr might be gone. Enjoy as well as mix every few minutes and as added water as required to keep that the water level coincides as when you began. After at least thirty minutes, you can run the water with a filter into a cup big enough to hold all the fluid. Now that the THC is eliminated from the marijuana and currently holding on to the butter, you no longer need the green. The marijuana tea will undoubtedly be hot, so be VERY careful and also allow it cool for 5 minutes. Include one of your favoured tea bags to include added taste or beverage as is. Similar to many things consumed by mouth, it will undoubtedly take thirty-five and sixty minutes for the tea to receive its full result.

MARIJUANA CUPCAKES

Ingredients:

- 1 1/4 cups flour.
- 1/2 -3/4 cup sugar (depending upon sweetness desired).
- 1 3/4 tsp cooking powder.
- 1/4 tsp salt. 1/3 cup weed butter.
- One egg, beaten.
- 3/4 cup milk.
- 1/2 tsp vanilla.
- 2/3 cup blueberries (or whatever you desire to utilise).
- 1/3 cup chopped unblanched almonds, toasted.

Instructions:

Look completely dry active ingredients together to blend well. Cut the butter in half until the mixture resembles rough crumbs. Blend the egg intensely to bring in the air and also light the eggs. Mix in egg, milk and vanilla and incorporate thoroughly. Include in dry mixture and stir

together (some swellings need to remain) and also add the blueberries. Load well-greased muffin tins with batter till two thirds complete. Bake in a preheated 350 ° F broiler for twenty minutes or until done. Note: Makes eighteen large muffins.

CANNABIS BROWNIES

What you need

- Oil (any oil other than olive oil).
- 2.5 grams of any Indica or Sativa cannabis (some of which I suggest are Barneys Farm G13 Haze, Green House Seeds Cheese, or LA Confidential).
- A Grinder.
- A Filter (coffee filter, pasta strainer).
- Brownie mix.
- A Frying pot
- A timber spoon. For a whole set of brownies (1 box), a fifty per cent ounce of grace or an ounce of mids is what you need.

Instructions

Grind the marijuana in your grinder or coffee shop several times until it develops into a powder. As soon as the marijuana becomes a powder spread it right onto a frying pan. When drawing out the THC, its a good idea to match the frying pan to the heater dimension for an even cook which is essential. Pour oil straight onto the marijuana powder on the frying pan according to how much the brownie dish asks for. Turn the burner on low (numbers 2-3) up until it starts to simmer and afterwards reduced the stove to the lowest setup (labelled as reduced or simmer). Leave the heater on for two-six hours depending on how much time you have (two hours is average) and stir the marijuana in the oil every thirty minutes with a wooden spoon. At the point when the pot is done, empty the oil blend right into a channel (a coffee channel works fine) to stress all the excess cannabis out. You should be entrusted with a musky brown shading oil with no lawn, stems, or seeds in it. This stuff needs to be expelled because there's no THC left since it was extracted from the oil. Use this oil to make brownies by sticking to the directions on the brownie box. In case you want to make weed brownies using spread instead of oil, keep reading.

BUTTER 1

What You Need

- Butter.
- 2.5 grams of indica or Sativa marijuana (Some that I suggest are Barneys Farm G13 Haze, Green House Seeds Cheese, or LA Confidential).
- A Grinder.
- A Filter (coffee filter, pasta filter).
- Brownie mix.
- A little pot as well as a bigger pot.
- A timber spoon.

Instructions

To make use of butter to remove the THC as well as bake brownies, two pots are called for, one bigger as well as one smaller. The larger one ought to be filled out with clean water and the same dimension as the burner for an even shed. Location the smaller pot inside the larger one as well as throw in 2-3 sticks of butter. Turn the heater on a reduced setup up until the water in the bigger pots starts to simmer. Use your judgment on a high setting med-- overcome to establish a close to simmering once this takes place. The liquid in

the larger pot will heat the THC in the cannabis in the smaller pan without shedding it, which can damage the THC, making the brownies ineffective. As soon as done, put the butter via a filter eliminating any seeds, stems, or leftover marijuana bud which is worthless since the THC is now in the butter. Spread this butter throughout the base of a large frying pan as well as pour the brownie mixture on top. Since you recognise just how to make cannabis brownies making use of the butter technique, tell us how you liked this technique in a remark below.

CANNABIS CASHEW COOKIES

Ingredients:

- Crust: 4 tbsp
- (1/2 stick) cannabutter
- One mug flour (can make use of cannabis flour as well, yet may

influence consistency).

- *1/3 mug packed brown sugar.*
- *1/4 tsp. salt. Covering:*
- *1/2 mug butterscotch chips.*
- *1/4 cup light corn syrup.*
- *Two tablespoons.*
- *Cannabutter.*
- *One cup salted cashews.*

Direction.

Preheat the broiler to 350 degrees Fahrenheit as well as placed sugar in a medium blending bowl. Assimilate two tablespoons. Cannabutter till the uniformity resembles crumbs. Next include the flour and salt, mixing thoroughly. Press into an ungreased frying pan and bake for eleven-twelve minutes. In a different container, thaw the butterscotch, corn syrup as well as 2 tbsp. Do not boil it, simmer. Pour over the crust, subsequently adding the cashews and let high.

MARIJUANA OATMEAL COOKIES.

Ingredients:

- *3/4 cup cannabis-infused olive oil.*
- *1/3 cup honey.*
- *3/4 cup ripe bananas, mashed up.*
- *3/4 tsp salt.*
- *Four cups uncooked routine oats.*
- *1/2 cup nuts, sliced.*
- *1/2 mug raisins (Optional: change with chocolate chips).*

Directions.

In a tool dish mix with each other, the honey and also oil until well blended. Mix in the mashed bananas and salt, mix well. Permit to cool down for 5 minutes as well as move from baking sheet to cooling down shelf.

CANNA LEMON BREAD

Ingredients:

- *Six tablespoons.*
- *(3/4 stick) cannabutter.*
- *1.5 cups flour.*
- *One cup of cane sugar.*
- *Two large eggs.*
- *1/2 cup milk (canna milkworks too).*
- *1/2 mug cane sugar (again).*
- *1/2 cup sliced walnuts (optional).*
- *One juiced lemon.*
- *1 tsp. Lemon enthusiasm (carefully grated lemon peel).*
- *1 tsp. Cooking powder.*
- *1/2 tsp. salt (or lemon salt).*

Instructions:

In a tiny bowl, blend the flour, salt (or lemon salt) and also cooking powder, till combined thoroughly. In a separate yet larger bowl, mix the softened cannabutter, eggs as well as mug of sugar with each other. At the end of the baking time in the oven, mix the continuing to be 1/2 cup walking stick sugar as well as the juice of the lemon.

CINNAMON COFFEE CAKE

Ingredients:

Cake:

- *1 1/4 mugs flour (cannabis flour for extra effectiveness).*
- *1/4 mug cannabutter.*
- *1/2 cup sugar.*
- *1/4 cup sourcream.*
- *1/3 cup canna milk (or regular milk).*
- *Two eggs beat a little.*
- *2 tsp cooking powder.*
- *1.5 tsp. Cinnamon.*

Topping:

- *1/3 mug flour.*

- *1/3 mug brown sugar.*
- *1/4 mug cannabutter.*
- *1 tsp. Cinnamon.*

Instructions:

After thoroughly blending, pour the batter onto an eight or 9-inch greased/buttered baking fryingfrying pan. After this combine the flour and also brown sugar for the covering in a dish, blending in the cannabutter and likewise cinnamon after.

TIRAMISU MILK SHAKE

Ingredients:

- *One mug canna milk.*
- *2 cups fresh blueberries.*
- *One cut banana.*
- *One cup of strawberry yoghurt.*

Directions:

Place all components in a blender or food processor and also blend up until the consistency is smooth. Pour, take pleasure in and also offer.

CANNABIS BREAD

Ingredients:

- *Four mugs cannabis flour.*
- *1.5 cups canna milk*
- *1.5 tablespoon.*
- *Granulated sugar.*
- *1/2 tbsp. cooking powder.*
- *1/2 tbsp.*
- *Baking soda.*
- *2 tsp. Vinegar (white or cider tastes ideal).*

Instructions:

Combine the canna flour, sugar, cooking powder and also baking soda,

mixing extensively. Next, combine the vinegar and also canna milk, blending, before including to the dry components. For a powerful reward, use as salute with cannabutter on top.

SUGAR SQUARES

Ingredients:

- *One extra pound cannabutter (4 sticks).*
- *3.5 cups all-round flour.*
- *One mug powdered sugar.*
- *One tablespoon.*
- *Vanilla extract.*

Instructions:

Either let the margarine sit out until softened or microwave on the shallow setting, till totally softened, however not liquid. After that, in a large blending bowl, include the spread, vanilla and also powdered sugar and blend extensively with each other. After you have done this, blend in the flour at regarding one mug each time, blending it in after everyone. Putting all the powder in simultaneously will certainly create clumps and issues when attempting to get it to a smooth consistency. After all the dough is extensively mixed, create the cookies into desired forms on the cookie sheet, ensuring to keep them around an inch high, so they don't get as well hard as well as crispy. Preheat the stove to 375 as well as when it's all set, placed the cookies in the oven for ten to twelve minutes, or until gold brownish ahead. While still cosy, sprinkle more powdered sugar ontop. Let trendy as well as take pleasure in one of the most potent cookies you've ever had.

CHOCOLATE SPACE CAKE

Active ingredients.

- *Two mugs flour.*
- *Three bananas.*
- *1/2 mug sour cream or hefty light whipping cream.*
- *One cup of walking stick sugar.*

- Two medium-sized eggs.
- 1 tsp baking soft drink.
- 1/2 cup chopped walnuts.
- 1/2 tsp vanilla extract.
- 1/2 cup CannaButter (potency of the bread relies on the effectiveness of the butter).

Directions

Beat the softened butter, eggs, sugar and also sour cream (or whipping lotion) in a big mixing dish. Next, slowly yet progressively, add in the flour, mixing it in after each addition to the meal. When you have actually blended in all the flour, add the walnuts.

CHOCOLATE CHIP COOKIES

Ingredients

- Chocolate chips (one 12 ounce bag).
- Brownish Sugar (1/2 mug).
- Egg (1 toolsize).
- Granulated sugar (1/4 cup).
- Baking soda (1/2 tsp).
- Flour (1 1/3 cup).
- Salt (1/2 tsp).
- Cannabis butter (1/2 mug).

Directions

Preheat your stove to 375 F. Next, blend both of the sugars, margarine and also egg in a large bowl. Do this by hand. Next off, hereafter is stirred up, include the sodium bicarbonate as well as salt. After that, slowly include the flour a bit at a time, blending it in after each enhancement. Now, add in the chocolate chips, mixing continuously. As soon as this combination is thoroughly combined, you will undoubtedly require to oil a cookie sheet. Use your clean hands to move around 1-inch rounds of treat batter as well as a place on the treated sheet approximately 2 inches aside from each other. Place the treated sheet in the broiler and cook for ten to twelve minutes, allow tremendously and appreciate your medication.

CANNABIS PUMPKIN MUFFINS

Ingredients:

- *1/2 mug canned pumpkin puree*
- *1 egg*
- *3/4 mug milk*
- *2 Tbsp. canola oil*
- *2 mugs cake flour*
- *3 tsp. baking powder*
- *1 tsp. ground ginger*
- *1 + 1/2 tsp. cinnamon*
- *1/2 tsp. ground cloves*
- *1/4 tsp. salt*
- *1/2 mug dark brownish sugar, loaded 1 cup fresh cranberries, finely cut*
- *1/4 cup granulated sugar*
- *Weed Butter*

Instructions:

Sift with each other flour, baking powder, ginger, cloves, as well as salt in a large blending dish. Spoon into twelve muffin cups. Allow sitting in a frying pan 1 minute, after that roll in granulated sugar while still cosy.

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HEALTH BARS

Ingredients:

- *Two mugs all-round flour.*
- *1 1/2 teaspoons cooking powder.*
- *1/4 teaspoon baking soda.*
- *1 1/2 tsp ground cinnamon.*
- *1/2 cup weed butter, softened.*
- *1 cup white sugar.*
- *3 tbsps real syrup.*
- *One egg.*

- 1/2 mug white sugar.
- 1/4 cup maple sugar.

Instructions:

Preheat stove to 350 levels F (175 degrees C). Stir together the flour, cooking powder, baking softdrink, and cinnamon. Reserve. In a considerable bowl, cream with each other the margarine as well as 1 cup of white sugar up until light and cosy. In a small dish, mix the continuing to be 1/2 mug white sugar and the maple sugar. Roll dough right into 1-inch spheres, as well as roll the areas in the sugar blend. Bake eight-ten minutes in the preheated stove. Cookies will certainly be crackly on the top and also look wet between. Dispose of from treat sheets to chill off on cake rack.

MARIJUANA CARAMEL WALNUT DREAM BARS

Ingredients:

- One box yellow cake mix.
- Three tablespoons weed butter softened.
- One egg.
- Fourteen ounces of sweetened compressed milk.
- 1 tsp pure vanilla extract.
- 1/2 mug walnuts carefully ground.
- 1/2 mug finely ground toffee bits.

Directions:

Incorporate cake mix, weed butter and one egg in a mixing bowl then blend up until crumbly. In another mixing dish incorporate milk, continuing to be an egg, remove, walnuts and also toffee bits. Bake for thirty-five minutes.

ICED MARSHMALLOW COOKIES

Ingredients:

- 1/2 mug weed butter.
- 2 (1-ounce) squares unsweetened delicious chocolate.
- One huge egg.
- One mug loaded brownish sugar.

- One teaspoon vanilla extract.
- 1/2 tsp cooking soda.
- 1 1/2 mugs all-round flour.
- 1/2 mug milk.
- 1 (16-ounce) package of enormous marshmallows.

Delicious chocolate Icing:

- 6 tbsps bitter baking cacao.
- 3 tbsps weed butter, melted.
- 2 cups powdered sugar.
- 4 to 6 tbsp warm water.

Directions:

Preheat stove to 350 ° F(175 ° C). Lightly grease treat sheets or line with parchment paper. Thaw weed spread and delicious chocolate in a little powerful pan over low warmth; blend to blend. Dispose of from heat; cool. Beat egg, brown sugar, vanilla and also cooking soft drink in the big bowl up until light as well as fluffy. Blend in the chocolate blend and even flour until smooth. Slowly beat in milk to make fire, cake batter-like dough. Drop dough by spoonfuls 2-inches apart onto ready cookie sheets. Cook ten to twelve minutes or until firm in a facility. Areahalved marshmallow, reduced side down, onto each baked cookie. Return to oven one min or just up until marshmallow is warm sufficient to stick to the cookie. For Chocolate Icing: Combine all components in bowl as well as beat by hand till smooth.

MARIJUANA BROWN-EYES

Ingredients:

- 1 c. Weed butter.
- Three tablespoons. Sugar.
- 1 tsp. Almond essence.
- 2 c. Flour.
- 1/2 tsp. salt.

Frosting:

- 1 c. Powdered sugar.

- 2 tbsp. Cocoa.
- Almond halves.
- 2 tbsp. Warm water.
- 1/2 tsp. vanilla.

Instructions:

Include sugar, extract, flour as well as salt. Location on the cookie sheet and flatten a little with a thumbprint. Frosting: Combine sugar as well as cacao. Add the water and vanilla. Put 1/2 tsp of icing on each cookie with almond in the centre.

Marijuana Butterscotch Space Pops

ingredients: One mug sugar 1/3 cup corn syrup 1/2 cup water 1/4 tsp cream of tartar 1/4 to 1 teaspoon flavour fluid food coloring 1 to 2 teaspoon(s) citric acid (optional). Directions: Prepare either a marble slab or an upside-down cookie sheet (air underneath the layer will undoubtedly assist the candy is cooling faster), by covering it with parchment paper and also spraying it with oil. In your pan, over medium warm, mix the sugar, corn syrup, water, and lotion of tartar with a wood spoon till the sugar crystals liquify. Continue to mix, making use of a bread brush wetted with cosy water to dissolve any sugar crystals holding on to the sides of the frying pan, then stop stirring as quickly as the syrup begins to steam. Place the candy thermostat in the pan, being careful not to let it touch all-time low or sides, and also allow the syrup boil without mixing up until the thermostat reaches 300degrees F (hard-crack stage). Get rid of the pan from the warm promptly and allow the syrup cool to concerning 275degrees F before including taste, shade, marijuana tincture and citric acid (adding it sooner triggers the majority of the feeling to prepare away).

MARIJUANA BUTTERNUT SQUASH SOUP

Serves: 2 – 4 Time Needed: 45 Minutes

Ingredients

- *Butternut squash (3 lbs., seeds removed and peeled)*
- *Vegetable oil (1 teaspoon)*
- *Red pepper (1, diced)*
- *Chicken broth (5 cups, low salt)*
- *Salt Butter (1 tablespoon, unsalted)*
- *Onion (1, diced)*
- *Nutmeg*
- *Black pepper*
- *Sour cream*
- *Cannabutter (1 ½ teaspoons)*

Directions:

1. *Cut squash into chunks and put aside until needed.*
2. *Heat a large stock pot and melt butter along with oil. Then put in pepper, onion and salt to taste; cook for 8 minutes until onions are clear.*
3. *Add stock and squash, stir and cook for 20 minutes until squash gets tender.* 4. *If any squash remains, remove from pot and puree with some broth then pour back into pot.*
5. *Add black pepper, nutmeg and salt to taste then put in cannabutter and stir until butter melts for about 4 minutes.*
6. *Serve topped with sour cream*

SPICY POT CHOC

Yields: 1 serving

Time Needed: 5 minutes

Ingredients:

- *Cocoa powder (1 tablespoon)*
- *Allspice Honey/ raw sugar (2 teaspoons)*
- *Almond or coconut milk (1 cup)*
- *Cinnamon*
- *Nutmeg*
- *Canna-coconut oil (1 tablespoon)*

Directions:

- 1. Put the Ingredients: into a pot.*
- 2. Stir to combine and heat thoroughly.*
- 3. Serve and enjoy!*

APPLE TEA

Yields: 1 serving

Time Needed: 15 minutes

Ingredients:

- Cannabis (1 bud)*
- Captain Morgan's Rum (1 shot)*
- Tea bag (1)*
- Hot apple cider*

Directions:

- 1. Open the tea bag sachet and empty contents then fill sachet with cannabis of your liking.*
- 2. Secure tea bag and put into a cup along with cider and rum. Stir and cover allowing to steep for 10 minutes.*
- 3. If tea isn't warm enough, microwave quickly, serve and enjoy!*

CUCUMBER AVOCADO CANNA-DIP

Yields: 8 servings

Time Needed: 20 minutes

Ingredients:

- Basil leaves (1/4 cup)*
- Avocado (1, large, seed removed and chopped)*
- Coconut canna-oil (1/4 cup)*
- Garlic (2 cloves, blanched and shocked in an ice bath)*
- Coarse salt (3/4 teaspoon)*

- *Cucumber (1 cup, peeled and chopped roughly)*
- *Fresh dill (2 tablespoons)*
- *Silken tofu (1/2 cup)*
- *Tahini (2 tablespoons)*
- *Lemon juice (2 tablespoon, freshly squeezed)*

Directions:

1. *Put cucumber in a food processor and pulse until partially smooth. Then add oil, tofu, garlic, salt, herbs, avocado, tahini and lemon juice.*
2. *Blend to combine until mixture is smooth. Add more salt is necessary.*
3. *Put dip into a container with a cover and refrigerate for at least an hour.*
4. *Serve and enjoy!*

GARLIC CANNABUTTER SPREAD

Yields: 4 servings

Time Needed: 20 minutes

Ingredients:

- *Butter (1/4 cup, softened)*
- *Garlic (2 cloves, diced)*
- *Parsley (1/2 teaspoon, dried)*
- *Cannabutter (1/4 cup)*
- *Garlic powder (1 teaspoon)*
- *Poppy seed (1/2 teaspoon)*
- *Keef (1/4 teaspoon)*

Directions:

1. *Put all Ingredients into a bowl and mix thoroughly until combined.*
2. *Use right away on top or French rolls or bread.*

PESTO LASAGNA

Yields: 4-6 servings

Time Needed: 40 minutes

Ingredients:

For Pesto:

- *Parmesan cheese (1/2 cup, grated)*
- *Garlic (2 cloves, diced)*
- *Olive canna-oil (1/4 cup)*
- *Basil leaves (2 cups)*
- *Pine nuts (2 tablespoons, toasted)*
- *Kosher salt (1/2 teaspoon)*

For Cheese and pea filling:

- *Frozen peas (1 lb., thawed)*
- *Kosher salt (2 teaspoons)*
- *Heavy cream (1 cup)*
- *Whole milk ricotta cheese (3 cups)*
- *Parmesan cheese (1/3 cup, grated)*
- *Black pepper (1/4 teaspoon)*

For Pasta:

- *No bake lasagna noodles (9 oz. box)*
- *Mozzarella cheese (8 oz., sliced thin)*
- *Heavy cream (1/2 cup)*
- *Olive Canna-oil*
- *Pine nuts (1/2 cup, toasted)*

Directions:

1. Set oven to 375°F.

2. Prepare pesto- Put all Ingredients except oil into a food processor blend slowing adding oil until thoroughly combined. Remove from processor and place into a bowl. Put aside until needed.

3. Prepare filling- Put all Ingredients except cream into processor and start to blend then slowly add cream and continue blending until mixture is partially smooth. Add pepper and salt to taste.

4. Assemble lasagna- Pour cream into baking dish, be sure that bottom of

dish is evenly coated. Then layer a row of noodles making sure they overlap. Spread filling over noodles using a spoon then spread half of pesto on top of filling; add half of pine nuts,

5. Layer another row of noodles then top with filling (no pesto).

6. Layer final row of noodles, be sure to overlap noodles. Then top with filling followed by pesto and nuts. Top with mozzarella.

7. Coat a large sheet of foil with canna-oil and cover lasagna with oil side down. 8. Bake for 35-40 minutes until sauce is bubbly then remove foil and bake for another 15 minutes.

9. Remove from heat, cool for 10 minutes then serve.

PEASANT SOUP

Yields: 4-6 servings

Time Needed: 40 minutes

Ingredients:

- Canned White beans (30 oz., rinsed)
- Onion (1 ¼ cups, chopped)
- Balsamic vinegar (2 tablespoons)
- Basil (2 teaspoons, dried)
- Broccoli (1 lb., chopped)
- Rustic bread (6 slices, toasted)
- Canna-olive oil (3 tablespoons)
- Tomato paste (3 tablespoons)
- Garlic (4 cloves, diced)
- Canned Tomatoes (28 oz., diced in juices)
- Chicken/vegetable broth (4 cups)
- Parmesan cheese (1/2 cup, grated)

Directions:

1. Mash 15 oz. of white beans partially and put aside till needed.
2. Heat oil in a large sauce pan then sauté onion. Add pepper and salt to taste; cook for 10 minutes. Put in vinegar, basil, tomato paste and garlic and cook for 5 minutes.
3. Put in canned un-mashed beans, canned tomatoes, mashed beans, broth and broccoli. Stir to combine and cook 15 minutes then add pepper and salt to taste. 4. Serve by placing bread into bowl and top with soup then with cheese.

SESAME MUSHROOM BOURGUIGNON

Yields: 4 servings

Time Needed: 45 minutes

Ingredients:

- Olive canna-oil (4 tablespoons)
- Earth balance stick butter (2 tablespoons)
- Cremini mushrooms (1 lb., sliced)
- Carrot (1, peeled and minced)
- Scallions (3 tablespoons, chopped)
- Garlic (3 cloves, diced)
- Vegetable broth (2 ¼ cups, organic)
- Yeast (1 ½ tablespoons)
- Sea salt
- Sesame seeds (1 tablespoon, toasted)
- Black pepper
- Olive oil (1 tablespoon)
- Sesame oil (2 teaspoons)
- Portobello mushrooms (1 lb., sliced)
- Pearl onions (1 cup)
- Onion (1, sliced)
- Thyme (2 teaspoons, chopped)
- Red wine (1 ½ cups, full bodied)
- Tomato paste (2 tablespoons, organic)
- Whole wheat flour (1 ½ tablespoons)
- Quinoa (2 cups, cooked)

Directions:

- 1. Melt half of butter along with olive oil in a large Dutch oven over a medium flame. Sauté onions with a pinch of pepper and salt. Stir and cook for 15 minutes until caramelized then remove from pan and put aside until needed.*
- 2. Raise flame and add ¼ cup broth to pan then 1 tablespoon of canna-oil. Put in onions and mushrooms and few at a time and cook until they start to darkened slightly. Remove from pan and put aside until needed.*
- 3. Lower flame and add 2 tablespoons canna-oil then put in scallion, carrot, thyme and add pepper and salt to taste. Cook for ten minutes then put in garlic and cook for an additional 2 minutes.*
- 4. Add red wine and use spoon to scrape pot. Cook until wine has reduced by half then put in broth and paste along with mushrooms and onions. Stir to combine and allow to boil then put in yeast and remaining canna-oil. Cook for 15 minutes.*
- 5. Mix flour with leftover butter then mix into stew. Put in sesame oil and cook for 10 minutes until stew gets thick; add pepper and salt to taste as needed.*
- 6. Serve with quinoa and top with sesame seeds. Enjoy!*

SPICE POT RIBS

Yields: 4 servings

Time Needed: 25 minutes

Ingredients:

- Cider vinegar (1/4 cup)*
- Garlic cloves (6, diced)*
- Kosher salt (2 tablespoons)*
- Black pepper (2 teaspoons)*
- Baby back ribs (5 lbs.)*
- Brown sugar (3/4 cup)*
- Lemon zest (1/4 cup)*
- Cana-butter (3 tablespoons, melted)*
- Paprika (4 teaspoons)*

- *Ground allspice (1/4 teaspoon)*

Directions:

- 1. Put all Ingredients into a bowl except ribs and mix to combine. Then put in ribs and coat evenly, cover and put into fridge to marinate overnight.*
- 2. Set oven to 325°F. Remove ribs from refrigerator and allow to sit at room temperature for 20 minutes or more.*
- 3. Use foil to line 2 baking sheets then place meaty side of ribs onto foil.*
- 4. Place baking sheets on to top and bottom rack and bake for 45 minutes then switch baking sheets and bake for an additional 45 minutes.*
- 5. Remove from heat and serve with desired side.*

SRIRACHA PEANUT NOODLES

Yields: 4 servings

Time Needed: 25 minutes

Ingredients:

For Peanut Sauce:

- *Sesame oil (2 tablespoons)*
- *Crunch peanut butter (1/4 cup)*
- *Sriracha (2 teaspoons)*
- *Agave (1 ½ teaspoons)*
- *Garlic (2 cloves, diced)*
- *Coconut canna-oil (2 tablespoons)*
- *Tamari (2 tablespoons, low salt)*
- *Rice vinegar (1 ½ teaspoons)*
- *Sesame seeds (1 tablespoon, toasted)*

For Noodles:

- *Edamame (1/2 cup)*
- *Sesame seeds (2 teaspoons)*
- *Carrot (1, peeled and sliced thin)*

Directions:

1. Combine sesame oil, tamari, vinegar, garlic, canna-oil, Sriracha and agave; whisk together until thoroughly combined. Put in sesame seeds and peanut butter and whisk, cover container and refrigerate.
2. Cook pasta as directed on package then drain and rinse with cold water.
3. Put edamame, noodles and carrots into a bowl then top with peanut sauce and vegetables. Combine and sprinkle with sesame seeds.
4. Serve and enjoy!

CANNACHOC PUDDING

Yields: 6 servings

Time Needed: 15 minutes

Ingredients:

- Egg whites (2)
- Cornstarch (2 tablespoons)
- Canna butter (3 tablespoons, melted)
- Vanilla (1 teaspoon)
- Cocoa (10 tablespoons, unsweetened)
- Whole milk (2 ¼ cups)
- Sugar (1/2 cup)
- Raspberries

Directions:

1. Beat egg whites using a mixer.
2. Combine cornstarch and cocoa then add 1 cup milk and whisk until smooth. 3. Heat leftover milk along with sugar and canna-butter; whisk and cook for 3 minutes. Put in cocoa mixture and lower flame. Whisk frequently then take pan from heat and cool for 10 minutes.
4. Add a cup of cooled mixture to egg whites; whisk to combine then return to pan. Heat on a low flame, avoid boiling then take from flame and put in vanilla. Put aside to cool.
5. Refrigerate until chilled.
6. Serve with raspberries or desired fresh fruit.

CANNACHOC STRAWBERRIES

Yields: 8 servings

Time Needed: 10 minutes

Ingredients:

- *Dark chocolate melts (1 cup)*
- *Strawberries (8, large)*
- *Canna-butter (2 tablespoons)*

Directions:

- 1. Melt butter and chocolate together in a double broiler then whisk to combine.*
- 2. Wash and dry berries and partially dip them into chocolate.*
- 3. Rest on wax paper and allow to cool.*

CHOCOLATE CHIP COOKIE DOUGH BITES

Yields: 6 servings

Time Needed: 15 minutes

Ingredients:

- *Coconut Canna-oil (3 tablespoons)*
- *Ripe banana (1/2 cup, mashed)*
- *Coconut sugar (2 tablespoons)*
- *Organic vanilla extract (1 ½ teaspoons)*
- *Mini chocolate chips (1/4 cup)*
- *Crunchy peanut butter (1/2 cup)*
- *White whole wheat flour (3/4 cup)*
- *Cinnamon (1/4 teaspoon)*
- *Soymilk (1 ½ teaspoons)*

Directions:

- 1. Put peanut butter, sugar, vanilla, oil, banana and cinnamon in a bowl then use a wooden spoon to combine.*
- 2. Put in flour a ¼ cup at a time until mixture gets thick then add milk and*

combine until dough is formed. Add chocolate chips and have as is or prepare as the other step 3.

3. Line a dish with parchment paper, roll dough into balls and place onto sheet, stick in a toothpick and freeze for 2 hours or more. Dip frozen dough in melted chocolate before serving.

CHOCOLATE AND BANANA

Yield: 2 servings

Time Needed: 5 minutes

Ingredients:

- *Chocolate sauce*
- *Banana slices*
- *Peanut butter*
- *Mini Marshmallows*

Directions:

- 1. Using a large plate, spread peanut butter onto dish.*
- 2. Top with marshmallows then with chocolate sauce.*
- 3. Finish with slices of banana.*
- 4. Serve and enjoy!*

CARAMEL TOAST

Yields: 2 servings

Time Needed: 8 minutes

Ingredients:

- *Bread (4 slices)*
- *Brown sugar*
- *Maple syrup*
- *Cinnamon Butter*

Directions:

- 1. Set griddle to 300°F.*
- 2. Butter the bread on both sides then put onto griddle.*
- 3. Cook until golden on both sides then remove from heat.*
- 4. Top with cinnamon and sugar then return to griddle. Toast until sugar has melted into bread and it is crisp.*
- 5. Serve with syrup and enjoy!*

CANNALOVER'S BLIZZARD

Yields: 1

Time Needed: 5 minutes

Ingredients:

- Sugarcoated cereal*
- Ice cream*

Directions:

- 1. Put ice cream of your choice into a bowl.*
- 2. Microwave for 5 seconds then add cereal.*
- 3. Combine and enjoy!*

STRAWBERRY BANANA PANCAKES

Ingredients:

- 3 1/3 T cannibutter*
- 1 1/2 C flour*
- 5 T sugar*
- 1 1/2 tsp baking powder*
- Salt and pepper to taste*
- 1 1/2 C almond milk*
- 1/2 tsp vanilla extract*
- 2 eggs*

- 1 pint sliced strawberries
- 3 mashed banana's

Directions:

- *Slice strawberries and mash and mix with 2 T sugar and let sit for about an hour*
- *Make dry mix of remaining ingredients*
- *In separate bowl mix wet ingredients and mashed bananas*
- *Add dry ingredients and mix both well*
- *Use batter to make pancakes in traditional manner*
- *Serve with canni butter and syrup of your choice*

CANNA FRENCH TOAST

Ingredients:

- 1 French baguette
- 1 ½ T Canni-butter
- 3 T canni-butter
- 4 eggs
- 1 C almond milk
- ¼ C sugar
- 3 T syrup
- 1 T vanilla extract
- ½ tsp salt
- Powdered sugar

Directions:

- *Butter your baking dish and cut baguette crosswise into 8 slices*
- *IN a mixing bowl cream butters until well combined and spread over slices Add slices into dish butter side up*
- *Whisk remaining ingredients in a mixing bowl and pour over slices in baking dish*
- *Bake at 350 in your oven for 45 minutes and dust with powdered sugar before serving*

CANNI-CREAMER

Ingredients:

- 1/8 herb

Directions:

- Grind really well and add 1 box soy milk and boil with water
- Dump powdered herb into soymilk and cover Heat for 1-3 hours or 45 minutes to 3 hours.
- Let cool in fridge before serving

COFFEE CAKE

Ingredients:

- 2/3 C brown sugar
- 1 T flour
- 2 tsp cinnamon
- 1/4 C canni-butter
- crushed pecans

Filling Ingredients:

- 1/2 C canni-butter
- 1 C sugar
- 2 eggs
- 2 C almond flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 C sour cream
- 1 tsp vanilla extract

Directions:

- Preheat your oven to 350
- Start with crumb topping: brown sugar, flour, cinnamon together, add butter, make crumbs and set aside
- Cream the canni-butter and sugar add eggs and mix until fluffy
- Mix other dry ingredients in separate bowl, slowly combine two

bowls together Stir in sour cream

- *Pour batter in to greased cake pan and add crumbs over top*
- *Bake for around 45 minutes or so*
- *Let cool for around 10 minutes before serving*

MUNCHIE PANCAKES

Ingredients:

- *1 ½ C oats*
- *1/C pecans*
- *½ tsp salt*
- *1 tsp. baking powder*
- *¼ tsp. nutmeg*
- *½ tsp cinnamon*
- *1/8 tsp vanilla extract*
- *1 T maple syrup*
- *¼ C orange juice*
- *1/3 C pumpkin puree*
- *¾ C THC milk*
- *Topping 1 sliced banana*
- *1 tsp THC oil*
- *1/3 C pecans*
- *1/8 tsp cinnamon*

Directions:

- *Mix first set of ingredients, for your pancake mix and heat skillet or griddle, heat, flip and serve*
- *Use toppings to garnish*

CHAI CANNA SMOOTHIE

Ingredients:

- *¼ C chai concentrate*
- *½ C soy milk*
- *3 T water*
- *¼ T crushed bud seed*

- Cayenne
- Cinnamon
- 1 T dried berries

Directions:

- Add water, milk, chai and bud into mug
- Heat for 2 minutes in microwave
- Add remaining ingredients and stir, add berries last
- Serve

NATURAL SMOOTHIE

Ingredients:

- ½ C vanilla almond milk
- ½ C THC milk
- 1 mandarin
- 1 C green grapes
- 1 ripe banana
- 2 C green kale
- ½ C coconut water
- Cayenne

Directions: Blend and serve

BANANA CHOCOLATE ENERGIZER

Ingredients:

- 2 C pineapple
- 3 C diced celery
- 1 apple
- 1 fennel bulb
- 34 C raspberries
- ½ C kale
- ½ C parsley
- 1 lime

- *½ tsp ground hash*

Directions: Add everything to juicer or blender and serve

RUNNING MATE

Ingredients:

- *2 C pine apple*
- *1 C broccoli*
- *1 cucumber*
- *½ tsp ground hash*

Directions: Add everything to juice or blender and serve

GREEN CHOCOLATE TACO

Ingredients:

- *2 bananas frozen*
- *1 ½ watermelon*
- *1 C THC milk*
- *1/8 tsp vanilla bean extract*
- *1 spoonful peanut butter*
- *1 vegan ice cream cone, crushed*
- *1/3 C dark chocolate chips*
- *1 T THC oil*

Directions: Blend everything and serve, you can layer the chocolate and smoothie mx if you prefer as well.

ROCKING IT

Ingredients:

- *½ C cherries*
- *1 Satsuma*
- *½ C pomegranate juice*

- $\frac{1}{2}$ C THC water
- $\frac{1}{2}$ C ice
- Cayenne powder

Directions: Add everything to blender and enjoy

ANXIETY JUICE

Ingredients:

- 1 banana
- 1 pear
- $\frac{3}{4}$ C THc water
- $\frac{1}{4}$ C ice
- 4 tsp cayenne pepper

Directions: Add everything to blender and enjoy

EVERYTHING NICE SUGAR AND SPICE

Ingredients:

- $\frac{3}{4}$ C juice from Anxiety Juice recipe
- 1 shot brandy
- $\frac{1}{4}$ C THC ice
- $\frac{1}{4}$ C banana
- Cinnamon stick

Directions: Blend and serve

CINNAMON ROLLS

Ingredients:

- 3 C whole wheat flour

- 1 ½ T baking powder
- ¾ tsp salt
- 1/8 tsp cinnamon
- ¼ tsp nutmeg
- 1 banana
- 1 C THC milk
- ½ tsp vanilla extract
- 1 tsp apple cider vinegar
- ¼ C coconut oil
- 2 T brown sugar
- Icing 1/3 C vegan cream cheese
- 1/3 C powdered sugar
- 3 T THC milk
- 1/8 tsp vanilla extract
- 1 tsp THC oil

Directions:

- *Preheat your oven to 400 degrees and grease your baking dish*
- *Add dry ingredients to mixing bowl and stir, in separate bowl add wet ingredients and Combine the two bowls*
- *Roll out your dough, pour cannibutter over dough, sprinkle sugar over buttered dough and add cinnamon, and create rolls*
- *Bake for 20-25 degrees at 400 degrees, make frosting while rolls are baking, and blend for 1 minute.*
- *Let cool for few minutes and serve.*

BUTTERNUT SQUASH SOUP

Ingredients:

- 3 lbs. Butternut squash
- 3 T cannabis butter
- 1 diced onion
- 1 C chopped celery
- 1 C chopped carrots
- 1 tsp thyme
- 2 T parsley
- 1 T chopped sage

- 1 ½ Tsp salt
- 5 C vegetable stock
- 1 ½ T cannabutter

Directions:

- *Peel and slice and peel seeds from squash, slice into cubed chunks and steam for around 35-45 minutes*
- *Heat oil in skillet and diced onion, celery and carrots and herbs*
- *Sauté everything in skillet for around 20 minutes stirring frequently, brown. Add remaining ingredients and simmer for about 20 minutes*
- *Add to food processor and puree and return to heat and simmer and serve*

GANJA CHICKEN

Ingredients:

- *Pieced whole chicken*
- *Jerk chicken*
- *THC honey and hash oil*

Directions:

Fire up the grill and mic your marinade, oil and honey, rub chicken and marinade. Grill your chicken and enjoy

“HOME GROWN” HOMEMADE MASHED POTATOES

Ingredients:

- *1 stick cannibas butter*
- *4 potatoes peeled*
- *4 T minced garlic*
- *1 C shredded cheddar cheese*
- *½ C sour cream*
- *Salt and pepper to taste*
- *THC oil*

Directions:

- *Sauté your minced garlic and set aside*
- *Bake potatoes in aluminum foil for about 45 minutes in the oven*
- *Mask softened backed potatoes in the oven and add remaining ingredients and stir and serve*

SPRINKLE BROWNIES

Ingredients:

- *Canni bitter*
- *3 T water*
- *1.4 lbs. chocolate chips*
- *6 eggs*
- *¾ tsp vanilla extract*
- *3 C sugar*
- *1 C flour*
- *1 T baking powder*
- *¾ tsp salt*
- *1 pkg. chocolate chips*
- *2 ½ oz. pretzels*
- *1 graham cracker pie crust*
- *1 C butterscotch chips*
- *4 C mini marshmallows*

Directions:

- *Preheat your oven to 350 degrees and line pan with parchment paper*
- *Wish melted butter and chocolate chips over broiler until melted and smooth Add remaining baking ingredients together and beat well*
- *Pour batter into baking sheet and top with pretzels into batter, add crumbled graham cracker crust into batter*
- *Bake for 3-35 minutes*
- *Add marshmallows and butterscotch and bake another 5 minutes*
- *Remove from oven and let cool*

GUACAMOLE

Ingredients:

- 3 avocados, peeled and mashed
- Lime juice
- 1 tsp salt and pepper
- ½ C diced onion
- 3 T fresh cilantro
- 2 tsp crushed cannibas
- 2 tomatoes diced
- 1 tsp minced garlic
- 1 tsp THC oil
- 1 tsp cayenne pepper

Directions:

- Mash the first four ingredients together in a bowl
- In separate bowl mix remaining ingredients, stir in cayenne pepper
- Let cool in fridge for about an hour and serve

TORTILLA FIESTA NIGHT

Ingredients:

- THC butter
- Tortilla shells
- 1 lbs. ground beef
- Taco seasoning
- Garnish to taste

Directions:

Melt butter and brush onto tortilla shells before making taco\|

PECAN POP TARTS

Ingredients:

- 5 T cannibutter
- 4 oz. cream cheese
- 1 C flour
- 1 T powdered sugar
- ¼ tsp salt

- $\frac{3}{4}$ C brown sugar
- $\frac{1}{3}$ C chocolate chips
- 1 egg
- 1 tsp vanilla extract
- $\frac{2}{3}$ C chopped pecans

Directions:

- Preheat your oven to 325 and grease muffin tins
- Soften butter and cream cheese and add remaining ingredients, create balls Make 24 balls and add to muffin tins
- Bake for 20-25 minutes

CHICKEN POT PIE

Ingredients

- 1 pound skinless, boneless chicken breast halves
- 1 c. carrots, sliced
- 1 c. green peas
- $\frac{1}{2}$ c. celery, sliced
- $\frac{1}{3}$ c. onion, chopped
- $\frac{1}{3}$ c. marijuana butter
- $\frac{1}{3}$ c. flour
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. black pepper
- $\frac{1}{4}$ tsp. celery seed
- 2 c. chicken broth
- 1 cup marijuana milk
- 2 unbaked pie crusts

Preparation

Preheat oven to 220 degrees C. Combine in a pan chicken, peas, carrots, and celery. Add water to cover and boil about 20 minutes. Remove from the heat, drain and put aside. In the pot over medium warmth, cook onions in cannabis spread until delicate and translucent. Mix in flour, salt, pepper, and celery seed. Gradually mix in chicken soup and weed milk. Stew over medium-low warmth until thick. Expel from warmth and put aside. Put the chicken mixture in base pie outside. Pour hot fluid

mixture over it. Spread with top outside, seal the edges, and remove overabundance mixture. Make a few little openings in the top to permit steam to get away. Heat in the preheated stove for 35 minutes. Cool for 10 minutes prior to serving.

CANNABIS MAYONNAISE

Ingredients

- 1 egg
- 3/4 c. marijuana oil
- 1 tsp. prepared yellow mustard
- 1/2 tsp. garlic, minced
- 2 tsp. lemon juice salt and pepper to taste

Preparation

Combine in a pan of a blender the egg, lemon juice, garlic and mustard. Blend until soft, then blend on low speed while pouring the marijuana oil into the blender in a fine stream as the mixture thickens. Store in the refrigerator.

MARIJUANA LOBSTER ROLLS

Ingredients

- 1/3 c. Canna Mayo
- 1 tbsp. fresh lemon juice
- 1/4 c. celery, finely diced
- 1 tbsp. fresh diced scallions
- 1 tbsp. fresh parsley
- 1/2 tbsp. hot sauce
- 1 pound lobster meat, cooked and chopped
- 4 rolls, split, toasted, and brushed with butter salt and pepper

Preparation

Mix the Canna Mayo, lemon juice, celery, parsley, scallion, salt and pepper. Add hot sauce. Add the cooked lobster meat pieces to the Canna Mayo mix. Toss lightly to cover the lobster meat with sauce. Fill toasted

buns evenly with lobster salad.

GRASSY KNOLL GUACAMOLE

Ingredients

- *1 fresh red Chile*
- *½ c.limes juice*
- *1 tablespoon extra-virgin olive oil*
- *3 teaspoon marijuana, chopped*
- *3 large ripe avocados*
- *1/2 cup onion, finely chopped*

Preparation

Mixed all ingredients except avocados and onion and left to stand for about an hour. Put avocados and onion to the mixture ingredients and mashed up. Blender well until a really smooth mix.

VANILLA CROCKPOT CANNA BUTTER

(Prep Time: 15 min | Cooking Time: 8 h 12 min | Servings 1 pound)

Ingredients:

- *1 pound of butter, unsalted*
- *1 ounce of cannabis bud, finely chopped*
- *2 drops of vanilla extract*

Directions:

- 1. Preheat the crockpot on its highest setting.*
- 2. Stir in the butter with vanilla extract until they completely melt.*
- 3. Stir in the chopped cannabis and put on the lid then let it cook for 8 h on low.*
- 4. Once the time is up, allow the butter to cool down slightly then use a fine cheesecloth to strain it completely from the cannabis.*
- 5. Pour the canna butter in a sterilized jar and place it in the fridge until it hardens.*

6. *Serve your butter and enjoy.*

CANNA COCONUT BUTTER

(Prep Time: 15 min | Cooking Time: 2 h | Servings ½ cup)

Ingredients:

- ½ cup of coconut butter*
- ¼ ounce of cannabis, finely chopped and decarboxylated*
- 1 teaspoon of soy lecithin granules*

Directions:

- 1. Place a heavy saucepan over medium heat then melt the coconut butter in it. 2. Preheat the oven to 220 F.*
- 3. Spread the cannabis in a small ceramic or glass dish then top it with half of the soy lecithin granules.*
- 4. Drizzle the melted coconut butter over it then stir them gently.*
- 5. Cover the mix with a piece of foil then cook it in the oven for 52 min.*
- 6. Place the mix aside to cool down slightly.*
- 7. Mix the mix with the back of a spoon then add the rest of the soy lecithin and stir them well.*
- 8. Cover the mix again with a piece of foil and cook it in the oven for 52 min.*
- 9. Place the mix aside to lose heat completely then place it in the freezer and let it chill for 2 h.*
- 10. Once the time is up, heat the mix over low heat until it melts then strain it with cheesecloth.*
- 11. Pour the mix in a jar and chill it in the fridge until it hardens then serve your butter and enjoy.*

SLOW COOKER CANNABIS INFUSED OIL

(Prep Time: 15 min | Cooking Time: 7 h | Servings 1 cup)

Ingredients:

- *4 cups of water*
- *1 ¼ cup of oil of choice (cooking oil, canola, peanut, olive, avocado...)*
- *1 ounce of cannabis, finely chopped and decarboxylated*

Directions:

- 1. Stir all the ingredients in a slow cooker.*
- 2. Put on the lid and cook them for 7 h on low.*
- 3. Once the time is up, allow the oil mix to cool down slightly then pour it in a cheese cloth and drain it to discard the cannabis flower buds.*
- 4. Pour the oil mix in a container and chill it in the fridge until it hardens.*
- 5. Once the oil hardens and rises on top remove it from the water then place it aside.*
- 6. Heat the oil in a small saucepan until it melts then transfer it to a jar and enjoy.*

CANNABIS INFUSED COCONUT OIL

(Prep Time: 15 min | Cooking Time: 10 h | Servings 1 cup)

Ingredients:

- *1 cup of cannabis, finely chopped and decarboxylated*
- *1 cup of coconut oil*
- *1 tablespoon of lecithin*

Directions:

- 1. Stir all the ingredients in a crockpot.*
- 2. Put on the lid and cook them for 10 h on low while stirring them from time to time.*
- 3. Use a cheese cloth to strain the oil completely from the cannabis then*

pour into a jar.

4. Place it in the fridge until it hardens then use it and enjoy.

INDIAN CANNABIS ALMOND MILK

(Prep Time: 15 min | Cooking Time: 12 min | Servings 1 to 2)

Ingredients:

- 4 cups of milk, warm*
- 2 cups of water*
- 1 cup of white sugar*
- 1 ounce of cannabis, finely chopped*
- 2 tablespoons of almonds, blanched and finely chopped*
- 1 teaspoon of rosewater*
- ½ teaspoon of garam masala*

Directions:

- 1. Place a small saucepan over medium heat then heat the water in it until it starts boiling.*
- 2. Stir in the cannabis and put on the lid then cook them for 7 min over low heat.*
- 3. Pour the mix in a fine mesh strain and drain it.*
- 4. Squeeze the cannabis from the excess water and place it in a mortar.*
- 5. Add to it 2 teaspoons of warm milk then grind them until they become smooth.*
- 6. Transfer the mix to a piece of cheesecloth then squeeze it from the milk.*
- 7. Reserve the milk and place it aside.*
- 8. Place the drained cannabis back in the mortar and repeat with it the process with 8 tablespoons of milk.*
- 9. Place the drained cannabis back in the mortar and add to it the chopped almonds then cover them with warm milk.*

10. Grind the mix until it become smooth.

11. Pour the mix again in a cheese cloth and drain it then discard the pulp.

12. Stir the rest of the milk with the cannabis milk, garam masala, sugar and rosewater in a small saucepan.

13. Heat them while stirring until the sugar dissolves then serve it and enjoy.

NUTTY CANNA MILK

(Prep Time: 15 min | Cooking Time: 48 min | Servings 1)

Ingredients:

- 2 cups of water
- ¼ cup of raw almonds
- ¼ ounce of cannabis, finely chopped

Directions:

1. Combine the water with almond in a blender then blend them smooth.
2. Use a piece of cheese cloth to strain the milk and discard the almond pulp.
3. Pour the almond milk in a saucepan and stir into it the chopped cannabis.
4. Lower the heat and cook it for 48 min without bringing it to a boil.
5. Strain the milk once again then serve it with your favorite sweetener and enjoy.

QUICK TIPSY CANNA TINCTURES

(Prep Time: 15 min | Cooking Time: 4 h | Servings 2 cups)

Ingredients:

- 2 ½ cups of vegetable glycerin
- 1 ounce of cannabis, decarboxylated

Directions: 1. Stir all the ingredients in a slow cooker.

2. Put on the lid and cook them for 4 h on low.

3. Turn off the slow cooker and let the mix cool down slightly.

4. Use a fine piece of cheese cloth to strain it then transfer it into dark dropper bottles.

5. Use the cannabis tinctures the way you desire and enjoy.

CANNA HONEY RECIPES CANNA HONEY

(Prep Time: 10 min | Cooking Time: 4 h | Servings 1 pound)

Ingredients:

- 1 pound of honey*
- 1 ounce of fresh cannabis, finely chopped*

Directions:

1. Place the cannabis in a small piece of cheesecloth then wrap it around it and tie it with a string of kitchen twine.

2. Place the cannabis bundle in a crockpot and pour the honey all over it.

3. Put on the lid and cook them for 4 h on low.

4. Once the time is up, squeeze the cannabis bundle dry and discard it.

5. Transfer the honey into storing jars then use them the way your desire and enjoy.

CANNA BROWNIES RECIPES

(Prep Time: 15 min | Cooking Time: 32 min | Servings 9)

Ingredients:

- 9 ounces of flour*
- 9 ounces of brown sugar*
- 1 cup of water*

- *2/3 cup of cannabis infused oil*
- *½ cup of chocolate chips*
- *1 teaspoon of vanilla extract*
- *1 teaspoon of baking powder*
- *1 teaspoon of salt*

Directions:

- 1. Before you do anything preheat the oven to 356 F.*
- 2. Combine the flour with sugar, baking powder and salt in a large mixing bowl then mix them well.*
- 3. Add the water with oil and vanilla extract then mix them well.*
- 4. Fold in the chocolate chips.*
- 5. Pour the batter into a greased and lined up square pan then cook it in the oven for 30 min.*
- 6. Allow the brownie loaf to cool down completely.*

RAW NUTTY OAT BROWNIES

(Prep Time: 5 min | Cooking Time: 00 min | Servings 4)

Ingredients:

- *1 cup of dates*
- *¾ cup of rolled oats*
- *¾ cup of walnuts, roughly chopped*
- *4 tablespoons of cannabis coconut oil*
- *2 teaspoons of cocoa powder*
- *1 teaspoon of vanilla extract*
- *Salt*

Directions:

- 1. Place the rolled oats and walnuts in a food processor then pulse them*

several times until it becomes like a powder.

2. Add the rest of the ingredients and mix them until they become smooth.

3. Spoon the mix into a lined up and greased baking dish then press it gently with your hands.

4. Chill the brownie loaf in the fridge until it hardens. 5. Cut it into squares then serve it and enjoy.

CHOCOLATE CHIP BROWNIES

(Prep Time: 15 min | Cooking Time: 28 min | Servings 9)

Ingredients:

- 6 ounces of dark chocolate*
- 1 cup of purpose flour*
- 1 cup of sugar*
- 2 eggs*
- 3 ¾ ounces of butter*
- ¼ ounce of cannabis butter*
- 1 teaspoon of vanilla extract*
- ½ teaspoon of baking powder*

Directions:

1. Before you do anything preheat the oven to 350 F.

2. Stir the chocolate with butter in a heavy saucepan until they completely melt. 3. Place the mix aside to lose heat for 6 min.

4. Combine the eggs with vanilla, sugar and a pinch of salt in a large mixing bowl then beat them until they become light and smooth.

5. Fold in the chocolate mix then add the flour and mix them until no lumps are found.

6. Spoon the mix into a lined up and greased baking dish then cook it in the oven for 24 min.

7. Allow the brownie to cool down completely then cut into squares, serve it and enjoy.

CHOCOLATE CHIP BLONDE BROWNIES

(Prep Time: 15 min | Cooking Time: 24 min | Servings 9)

Ingredients:

- 1 cup of purpose flour
- $\frac{3}{4}$ cup of coconut sugar
- $\frac{1}{2}$ cup of cannabutter, melted
- $\frac{1}{3}$ cup of chocolate chips
- 1 egg, beaten
- 1 tablespoon of vanilla extract
- $\frac{1}{2}$ teaspoon of baking powder
- $\frac{1}{2}$ teaspoon of xanthan gum
- $\frac{1}{2}$ teaspoon of Salt
- $\frac{1}{8}$ teaspoon of baking soda

WEED LOLLIPOPS

Ingredients:

- $\frac{3}{4}$ cups sugar
- $\frac{1}{3}$ cup corn syrup
- $\frac{1}{4}$ cup butter
- 1 box of cherry jello
- 2 grams of hash

Instructions

The first step is to spray down a cookie sheet and lay out the lollipop sticks evenly across the sheet, leaving at least a few inches between each. If you happen to have a candy mold laying around, that will work great for this as well. Grab a small bowl and place the contents of the jello packet

inside. Break the hash down into a fine powder and mix it in with the jello premix. Now that we have everything is properly set up, turn one of the burners on your stove to a low temperature and place a medium sized sauce pan (with your candy thermometer attached) over the heated burner. Add in the 3/4 cup of granulated sugar, the 1/3 cup of light corn syrup and finally the 1/4 cup of butter. Constantly stir this mixture until it comes to a boil. Once it has gotten to a boil we are going to stop stirring it and increase the heat. Then we will let the temperature rise until the sugar is in the state that we desire it to be in. If you like your candy soft, I would suggest stopping at around 250 degrees. When I make these lollipops, I prefer my candy to be a little harder so I will bring the temperature up to 285 degrees. You can go higher if you like your candy to be brittle but I wouldn't suggest going over 310 degrees. Once the desired temperature has been attained, remove your candy thermometer from the pan and gently add in you mixture of jello and ground up hash oil. It is important that you mix everything together as thoroughly as possible, as quickly as possible. Time is of the essence here folks because you don't want the candy to cool off too fast. Safety is very important in this upcoming step because we are working with very very hot candy. Let me reiterate, BE CAREFUL HERE. Scoop out about a tablespoon of the candy and add it to the cookie sheet where you have your lollipop sticks layed out or into your candy mold if you are lucky enough to have one. Let your lollipops cool off for a bit and you'll be enjoying these lollipops in no time!

POT PANCAKES

Ingredients:

- 2 Eggs
- 3 1/3 Tsb of Canna-butter
- 1 1/2 Cup Flower
- 1 1/2 Cup Baking Powder
- 1 1/2 Cup Whole Milk
- 1/2 Tsb Vanilla
- 3 Tsb Sugar
- 1/2 Tsb Salt

Instructions

So the first step here is to make both a wet and dry mix which will require 2 separate bowls. No... not the kind you smoke out of, the regular ones you can find in your cabinets. For the dry mix, combine the 1 1/2 cup of flour, the 1/2 tablespoon of salt, the 1 1/2 cup of baking powder and 3 tablespoons of sugar. Mix until all of these ingredients are even. For the wet mix, grab your second bowl and mix in your 3 1/3 tablespoon of Canna-butter, the 2 eggs, 1/2 tablespoon of vanilla and the 1 and 1/2 cup of whole milk. As before, whisk these ingredients together until they are all even. Once the wet and dry mixtures are ready, we will combine them into one bowl. The mixture will be lump when you first combine them which is a good thing. If the batter is excessively smooth, these pot pancakes will not have the fluff that your normal hotcakes will. When the batter is set and ready to go, heat up your frying pan and get these bad boys cooking! Cook these flapjacks until the tops are a crisp golden brown and make sure to pop any bubbles that you see. Once your pot-cakes are done, grab your butter and maple syrup and enjoy. You'll have enough batter to make a few stacks of pancakes. The chick in the video is a little strange... but, she does a fantastic job showing you how to make these pot pancakes with an added apple twist.

CANNABIS CHOCOLATE CHIP

Ingredients:

- 1 1/3 cup of flour
- 1/3 cup of sugar
- 2/3 cup of brown sugar
- 1/2 cup of cannabutter
- 1 1/3 cup of chocolate chips
- 1/4 tsp of baking soda
- 1/4 tps of salt
- 2 tsp of vanilla extract
- 1 egg

Instructions

The first step is to pre-heat your oven to 325 degrees and grease the baking sheet that you will be using. Grab a medium sized bowl and combine the 1 1/3 cups of all-purpose natural flour, 1/4 tablespoon of

baking soda and 1/4 tablespoon of salt. Whisk this mixture until everything is combined and then set it aside for the time being. Grab another medium sized bowl and mix the 1/2 cup of canna-butter, 1/3 cup of granulated sugar and 2/3 cups of packed brown sugar. For the best results, I like to use a mixer. Continue mixing until the contents in this bowl are creamy. Once the mixture is all set, add in the 2 teaspoons of vanilla extract and egg. Continue mixing with your hand mixture until the butter/sugar/brown sugar combination has a light consistency, and then add in the chocolate chips. Once the chocolate chips are added, gently stir in the flour mixture from the first bowl into the second. It may take a while, but continue mixing until you have decent looking and firm cookie dough. Once the dough is ready, you will then spoon the mixture out into 1/4 cup cookies on a sheet and spread them out accordingly. Place them into the preheated oven at 325 degrees and let the cookies bake for 18-25 minutes. Remove the sheet from the oven when the cookies are a crisp golden brown and let them cool for approximately 10-15 minutes before removing from the sheet. Once the cookies have cooked, sit down and enjoy your hard work! Don't forget the milk! We've included a video outlining the steps listed above to help you visualize the entire process.

CROCK POT CANNA-BUTTER

Ingredients

- 3 pounds of unsalted butter
- 6 ounces trimmed marijuana

Kitchen Tools Required:

- Crockpot Stirring spoon
- Cheese cloth
- A bowl or jar Container for storing the prepared canna butter

Directions

Start heating the crock pot on medium heat on the stove. Next add the butter and let it slowly melt. Once the butter has melted completely, add the marijuana to it and mix it well with the spoon. Leave the butter and marijuana mix to cook for 6 hours on the lowest heat setting. After 6 hours the canna butter will be ready as the cannabis would have infused into the

butter. Take the crock pot off the heat and strain the butter and marijuana through a cheese cloth into a bowl or jar. The marijuana infused butter will collect in the bowl or jar while the weed plant matter remains in the cheese cloth. Squeeze the cheese cloth well to drain out the last bits of the canna butter. Pour the canna butter into a container or several different containers that can be refrigerated depending on how you wish to use the canna butter. Your canna butter is now ready to be used and can be stored just like regular butter. One pound of canna butter can be used to make 4 dozen brownies or cookies. You can use it for many other delicious cannabis based recipes.

WEED BREAD

Ingredients:

- 5g of marijuana flowers that have been de-stemmed and deseeded
- 3 cups of all-purpose flour (2 cups of white flour and 1 cup of whole wheat flour, the wheat flour is optional)
- Cornmeal/ wheat germ/ flaxseed meal, for dusting
- 1/4th teaspoon salt
- 1/4th teaspoon active dry yeast
- 1 and 3/4th cup of non-scalding warm water

Kitchen Tools:

- Grinder Oven safe ramekin
- Aluminium foil
- Metal pan with lid or Dutch oven

Instructions:

Firstly grind the marijuana flowers into a coarse mealy consistency. Make sure all stems and seeds have been removed. Put the marijuana in the ramekin and cover the top tightly with aluminium foil to seal it. Preheat the oven to 220 degrees and put the ramekin in for 1 hour. At the end of an hour take it out and you will have decarboxylated active marijuana. If you have earlier prepared decarboxylated marijuana you can directly use that in your recipe. The next step is to prepare the flour mix. Mix the flours, salt, yeast and marijuana in a bowl using a whisk. Then add the warm water (110 degrees) to the flour and mix it well. It will form a shaggy sort

of dough. This is the time when the yeast will develop in the dough. Cover the bowl with cling film and keep it in a warm spot of about 76 to 80 degrees overnight for at least 12 to 16 hours for the dough to rise to double its size. You know your dough is ready once you see small bubbles on top of it. Next put the dough on a clean well-floured surface and put some flour on your hands too. Start folding the dough two or three times to form a ball. Place the ball with the seams facing down on a good coating of flaxseed meal or whichever meal you are using for dusting. Put some of it on top of the dough as well and put it in a cotton cloth and cover it lightly. Keep it aside to rise for 2 more hours. Preheat the oven to 450 degrees about 30 minutes before you are ready to bake the bread. Put the Dutch oven or metal pan in the oven to heat as well. When the dough is ready take the pan out carefully using oven mitts and put the dough into the pan with the seam side facing up. Cover with the lid and put it in the oven to bake for 30 minutes.

After 30 minutes remove the lid off the pan and let the bread bake for about 5 to 10 minutes more. Then take it out and tap the crust of the bread for a distinct hollow sound and you'll know that your bread is ready. Carefully tip the bread on to a cooling wire rack and let it cool for 2 hours at least. Cut the bread only when has nicely cooled down and it's ready to be eaten!

BLOODY MARY JANE

Ingredients

- *1/2 fl oz or 15 ml vodka or cannabis tincture*
- *Three dashes Worcestershire sauce*
- *5fl oz/150ml tomato juice*
- *3 drops Tabasco sauce*
- *1 tbsp lemon juice Lemon twist, salt and pepper and celery stalk are all optional.*

Instructions

As this is a cannabis-infused drink, you first need to know how to make the cannabis alcohol tincture. The THC (the main psychoactive chemical in cannabis) cannot be accessed by the body in the form it is, that's why it needs to be extracted into alcohol. To make cannabis tincture, you need to

use at least 50 percent alcohol Other Ingredients: ¾ oz/22g finely ground cannabis 3fl oz/90ml alcohol (vodka in this case) The Marijuana bud needs to be de-carbed first by heating it in the oven at 150 degrees F for about an hour. You know that it's ready if the bud crumbles between your fingers when rolled. Powder the cannabis and soak in water for about 12 hours so that all water-soluble impurities can be removed. Remove the excess water and place the powder in an airtight container after pouring alcohol over it. Store in a cool, dark place for about for 10 days or even more. The longer it stays the better it tastes. Don't forget to shake the container as often as you can remember. This is sure to test your patience, but the end product is worth the wait. Filter through cheesecloth to remove lumps and solid particles and repeat this till a fine, clear liquid is obtained. Your cannabis tincture is now ready. Transfer the tincture with the sauces and juices to the shaker, give it a final vigorous shake-up and you're all set to go. Strain into a tall glass and garnish with spices and lemon and celery (in case you choose to use these). Your Buddy Mary is ready to enjoy. The next time you suffer from a hangover, you needn't worry—your cannabis tinctured cocktail is sure to help you recover in no time. Do keep the tincture on hand all the time—you just don't know when you will need it.

MARIJUANA HONEY

Ingredients

- 28 gram marijuana (half and half of sugar shack and bud)
- 1kg honey

Equipment:

- Crock pot Cheesecloth
- String Rubber Gloves
- Kitchen weighing machine

Directions

Take a 50/50 mixture of Sugar shack cannabis and bud. Measure out 28 grams. Place it in a bowl. Remove any stems and break it up into smaller pieces that will make it easy to infuse with honey. Take a doubled piece of cheesecloth and place the crushed cannabis on it. Roll up the cheesecloth

like you do with an egg roll. Now take a piece of string and tie it gently around the cheesecloth at one end, center and the other end so that cannabis is secure and does not flow out into the honey. Don't wrap the cheesecloth too tightly as honey should enter it freely. In the meantime place the honey in a crock pot at very low temperature and heat it. Place the bundle of marijuana in the honey in the crock pot. Cover the crock pot and let it simmer on very low heat for 4 hours. After each hour stir the marijuana bundle. After each hour you will notice a change in colour from light orange to a darker orange. Make sure you don't boil the mixture or it will lose all its properties. To ensure it retains its potency cook on very low heat. After four hours switch off the crock pot and allow the mixture to sit overnight. Next morning if the mixture is not of pouring consistency then warm it up a bit. Now put on the rubber gloves and gently squeeze the bundle. Get out as much as you can. Once the mixture is out of the bundle give it a twist to wring out the last of it. Pour the marijuana honey from the crock pot into jars for storing away. Important: The marijuana honey is potent and you are likely to feel ripped if you take too much of it. So to begin with take half a teaspoon. You will begin to feel the effects after half an hour. You can substitute this with any honey recipe and enjoy the stony effect. Sugar shack cannabis is a great strain but doing too much of it can put you into slumber right away!

CANNABUTTER BANANA BREAD

Ingredients:

- 1 cup sugar (1/2 brown sugar, 1/2 granulated)
- 1/2 cup cannabutter
- 1 eggs
- 3 bananas
- 1 tsp milk
- 1/3 tsp vanilla extract
- 1 tsp ground cinnamon
- 2 cup flour (1/2 cup wheat 1-1/2 cup white)
- 1 tsp baking powder
- 1 tsp salt
- 1 tsp baking soda
- 1/2 cup walnuts

- 1/2 cup chocolate chips

Instructions

To start, preheat the oven to 325 degrees and grease up a 9×5 bread pan. Grab a bowl which we will be using to cream together the 1/2 cup of canna-butter and the 1 cup of sugar using an egg beater. Once you have the mixture creamed together well, we will be adding each egg, one at a time. Be sure to keep scraping down the edge of the bowl so the mixture does not get stuck to the sides and mix well. We want the mix to be light and fluffy. Set aside the mixture with the canna-butter and grab another bowl. Add the bananas and then mash them. Then add the teaspoon of vanilla extract and 1 tablespoon of milk. Set aside the banana mixture (yes, we do need 3 bowls for this one) and we'll get started on the dry ingredients. Add the 2 cups of flower, 1 teaspoon of baking soda, 1 teaspoon of baking powder, 1 tablespoon of ground cinnamon and finally the 1 tablespoon of salt. Whisk the ingredients together thoroughly. Now, we are going to combine all the bowls of ingredients together! No particular order but I suggest doing this one bowl at a time. Once these ingredients have been mixed together, dump in your chocolate chips and walnuts. Once everything is blended up nicely, add the mixture to the 9×5 pan and place the pan into the oven. Leave the bread in the oven for 1 hour to 1 hour and 15 minutes. Remove the pan from the oven and let the bread sit for about 15 minutes. Once that time has passed, flip the pan over and remove the bread from it. Pro Tip: Before removing the bread from the pan, stick a knife in the middle of the bread to see if it is fully cooked. Once the bread has been removed from the pan, I like to let it sit on a wire rack for another about an hour to let it fully cool off before cutting the bread and digging in.

CONCLUSIONS

Everyone knows that marijuana is normally consumed by inhalation (combustion vaporization), but its consumption is becoming fashionable at meals , an option that is increasingly spreading.

The consumption of marijuana through food can be done for both recreational and therapeutic use, with great advantages, since its oral consumption does not damage the respiratory system, compared with combustion and the duration of its effect is much more durable , it can last several hours, so that the frequency of its use is reduced.

Cooking with cannabis has undergone rapid evolution over the years, since some plant fans began adding marijuana to butter to make cookies.

First of all we have to know how marijuana food interacts in our body. Although the effects obtained when ingested are quite similar to those achieved when smoking or vaporizing, the timing of the effect and its duration will be different. When consumed smoked or vaporized, all THC is absorbed and cannabinoids are absorbed through the lungs. The components of cannabis pass directly into the bloodstream so that its consumers will perceive its effects in just 10 minutes.

On the other hand, when consumed through food, the body will have to digest what has been eaten or drunk, passing through the stomach and intestine before reaching the liver. After all this process, THC will reach the bloodstream. This means that the effects may take 30 minutes to 2 hours to appear.

This may cause some consumers who do not know these details, eat or drink more than indicated, thinking that the food will not take effect or that they have not eaten enough. Therefore, you have to be calm and wait until the effects appear, if you do not want to go through a pleasant experience.

In addition, it should also be borne in mind that the effects will last longer over time. When consuming the smoked or vaporized marijuana these can be perceived for about three hours, while when consumed ingested, they can be noticed between 8 to 10 hours.

Therefore, special care must be taken with the amounts used for recipes because when marijuana is ingested, all its properties are used , while

smoking it only takes 40%.

To continue we will present some basic recipes that will help us prepare delicious meals that will transport you to a unique experience.

Of course, our advice is that you do not take more than one dose or portion of the food prepared with cannabis, because we can find an unwanted effect.