



Weed Suffused

RECIPES

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A Complete Cookbook
of High-Inducing Dish Ideas!

by Julia Chiles

Weed-Suffused Recipes

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BY

Julia Chiles



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Introduction



If you live in a state with legal marijuana, you'll have probably seen all the edibles available in dispensaries. Pre-made treats infused with pot are available readily in cannabis-legal states, and of course, everyone who desires it has a source for weed in states where it's not legalized yet.

But edibles often contain corn syrup and sugar, and other ingredients that are not healthy for you. When you make your own infused meals and snacks, you can tailor the amount of weed and other ingredients to your own preferences.

My first couple of recipes are for canna-butter and canna-oil, which is the way you will usually get weed into your feed. Some recipes call for nuggets of weed, or ground weed powder.

In addition, you need to know the level of weed you and your guests are comfortable with. Don't use more than you or your guests can tolerate easily.

When preparing to make weed recipes, remember that you can't dissolve cannabis in water. It needs to be added to a fatty substance, usually butter, or an oil, or even a dairy product. In this way, you will be able to

incorporate your weed into dishes properly.

Cooking with weed is fun and rewarding, once you have some experience with it. It's more than just tossing pot into a recipe – it has to be formulated as pointed out one paragraph up. But there are so many dishes that work well with cannabis. Here are my easy to follow weed-infused recipes...

1 - Weed-Butter – also known as Canna-butter



This recipe will show you a quick way to use butter as a vehicle for cannabis. It's pretty simple to make, and you can use the canna-butter in many recipes.

Makes 90 Servings

Cooking + Prep Time: 3 1/4 hours

Ingredients:

- 7 g. of cannabis
- 1 pound of butter, unsalted

Instructions:

1. Bring 1 quart of filtered water to boil in medium sauce pan.
2. When water reaches a boil, place butter in pan. Melt it fully.
3. After butter melts, add your weed.
4. Once you have added the marijuana, turn the heat down to a slow simmer. Allow weed to cook for three hours or so.
5. When the canna-butter is done, the top will change from watery to thick and glossy.
6. As canna-butter cooks, set up a bowl to hold the mixture. Place two

layers of cheesecloth on top. Secure them with tape, elastic or string. Strain canna-butter over bowl. Be careful so you won't spill any.

7. After you've emptied sauce pan ingredients into your bowl, remove cheesecloth. Squeeze out any butter remaining.

8. Give the canna-butter an hour to cool down. Place in refrigerator till butter rises to top and looks solid.

9. Run a kitchen knife around edges. Lift butter off carefully.

10. Place butter facing down on cutting board. Scrape off excess cooking water. Now it's good to go.

2 - Weed-Oil – also called Canna-Oil



You can add marijuana to many types of oil, like veggie oil, canola oil, etc. This makes it easier to include in lots of different dishes. Weed oil is soluble in fat, and this **Makes** it bond with food more easily.

Makes 1 cup

Cooking + Prep Time: 4-8 hours slow cooker time

Ingredients:

- 1 1/4 cups of oil – it can be coconut, olive, canola, vegetable, etc.
- 1/2 oz. of dried weed buds, average quality is fine
- 4 cups of filtered water

Instructions:

1. Add the weed, water and oil to your slow cooker. Cook on the LOW setting for four to eight hours. It's ready to use after that time.

Breakfast Recipes

Weed chills you out in the morning... check out these breakfast recipes...

3 – Weed-Infused Quiche



This recipe fuses many breakfast tastes in one delicious quiche, with potatoes, cheese, ham, eggs and weed. Leftovers are great for lunch or dinner.

Makes 2-4 Servings

Cooking + Prep Time: 1 hour 20 minutes

Ingredients:

- 2 x 12-oz. pkgs. shredded potatoes, frozen
- 1/3 cup of canna-butter, melted
- 1 cup of cooked ham, diced
- 1 cup Monterey Jack cheese shreds
- 2 eggs, large
- 1/2 cup of whipping cream, heavy

Instructions:

1. Preheat the oven to 425F.
2. Squeeze excess water, if any, from your potatoes. Mix them with the melted canna-butter.
3. Spoon buttered potatoes on 10" pie plate (ungreased). Press in sides and bottom and bake for 20-25 minutes.
4. Remove pan from oven. Layer ham cheese shreds on the top of potatoes.
5. Beat cream and eggs together in small sized bowl. Pour mixture on top of ham and shredded cheese.
6. Bake for 1/2 hour longer. Serve while warm.

4 – Weed French Toast



This is a delicious weed breakfast, with the great appeal of French toast. Baking and getting baked has never been so pleasant.

Makes 1-3 Servings

Cooking + Prep Time: 1 1/2 hour

Ingredients:

- 1 baguette, French
- 3 tbsp. of canna-butter
- 1 tbsp. of butter, regular
- 4 eggs, large
- 1 cup of milk, whole
- 1/4 cup sugar, granulated
- 1 tsp. of vanilla extract, pure
- Sugar, confectioner's
- 1/2 tsp. of salt, kosher
- 3 tbsp. of syrup, maple or other favorite

Instructions:

1. Use a bit of your regular butter to spread on baking dish.
2. Cut baguette into your preferred size and number of pieces.
3. Combine the rest of the regular butter with canna-butter in small sized

dish. Mix well.

4. In separate medium bowl, combine the mixture from step 3 with milk, vanilla, salt, syrup, sugar and eggs. Whisk till blended well.

5. Dip baguette in mixture. Allow it to soak most of mixture in.

6. Place soaked bread in baking dish.

7. Heat oven to 350F.

8. Place baking dish in oven for 45 minutes.

9. When done, dust with confectioner's sugar. Serve.

5 – Veggie-Weed Frittata



Veggie frittatas are a good choice for breakfast, especially if you're health-conscious. You will sauté the onions, peppers and spinach for a flavorful but mellow base.

Makes 2-4 Servings

Cooking + Prep Time: 1 1/4 hour

Ingredients:

- 8 eggs, large
- 1/3 cup milk, whole
- 1/2 tsp. salt, kosher
- 1/4 tsp. pepper, ground
- 2 tbsp. canna-oil
- 1 de-seeded, sliced bell pepper, red, medium
- 1/2 sliced onion, red, small
- 2 cups of spinach, baby
- 4 oz. cheese, feta

Instructions:

1. Preheat oven to 350F.
2. Whisk milk and eggs together in large sized bowl. Add kosher salt ground pepper.
3. Heat the canna-oil in large sized skillet on med. heat. Add red pepper and onion to skillet. Sauté till veggies begin softening.
4. Add the spinach. Stir till it wilts, which usually only takes two or three minutes. Spread veggies out evenly in skillet. Pour in egg mixture slowly. Sprinkle the top with crumbled feta.
5. Heat over med-low heat without stirring till eggs start solidifying. Place skillet in oven. Bake for 12-15 minutes.
6. Turn broiler onto high heat. Broil for a couple minutes. Watch carefully, so it won't burn.
7. Remove from the oven. Let it cool for five minutes, then serve.

6 – Weed Waffles



These are better than regular waffles. Not only do they have weed in them, but they are vegan, too. That makes it a no-brainer when you're deciding if it's time yet to get up in the morning.

Makes 2-3 Servings

Cooking + Prep Time: 1/2 hour

Ingredients:

- 1 1/2 cups of flour, all-purpose
- 2 tbsp. of sugar, coconut
- 1 1/2 tbsp. of baking powder
- 1/8 tsp. salt, kosher
- 1 1/2 cups of milk, non-dairy (like coconut or almond milk, etc.)
- 1 tsp. of vanilla, pure
- 1/3 cup of weed-infused oil, coconut, melted

Instructions:

1. Whisk the dry ingredients together and incorporate the wet ingredients. Combine well.
2. Turn waffle iron on. Allow the batter to rise while waffle iron is heating up.
3. Brush waffle iron with a bit of oil.
4. Add 1 cup batter for a full-sized waffle.
5. Cook waffle till it is a golden brown in color. Set on rack in your oven till you want to serve. Cook remainder of waffles. Serve.

7 – Weed-Infused Streusel Muffins



Warm, pot-infused blueberry muffins and coffee are a great way to start your day. The streusel provides all the cannabis and a sweet crunch, too.

Makes 4-6 Servings

Cooking + Prep Time: 1 hour 10 minutes

Ingredients:

- 1/4 cup of softened butter, unsalted
- 1/3 cup sugar, granulated
- 1 egg, large
- 1 tsp. vanilla extract, pure
- 2 1/3 cups flour, all-purpose
- 4 tsp. baking powder
- 1/2 tsp. salt, kosher
- 1 cup of milk, whole
- 1 1/2 cups of blueberries, frozen or fresh

For the streusel:

- 1/2 cup sugar, granulated
- 1/3 cup flour, all-purpose

- 1/2 tsp. cinnamon, ground
- 1/4 cup canna-butter, chilled

Instructions:

1. Preheat oven to 375F. Cream the sugar and butter in large-sized bowl. Add sugar and vanilla. Combine well.
2. Combine baking powder, flour salt in small-sized bowl. Add this to wet mixture. Add milk, too. Add the blueberries. Combine gently.
3. To prepare streusel, combine flour, cinnamon and sugar in small-sized bowl. Cut butter in. Use your fingers to mix until the mixture is crumbly. Set it aside.
4. Grease muffin tin. Spoon in batter till cups are 2/3 full.
5. Sprinkle streusel topping on top of muffins. Bake for 25-28 minutes till browned lightly. Allow them to cool. Serve.

Lunch, Dinner and Side Dish Recipes

Marijuana makes an excellent addition to lunch, dinner and side dish recipes, too. Try some!

8 – Butternut Squash Weed Soup



Squash soup is a wonderful comfort food. You can make it on the stove top or in your slow cooker. The veggies make it healthy and the pot makes it great.

Makes 4-5 Servings

Cooking + Prep Time: 1 1/4 hour

Ingredients:

- 1 peeled, de-seeded butternut squash, 2-3 lbs.
- 1 tbsp. of regular butter, unsalted
- 1 tsp. of oil, vegetable
- 1 diced medium onion, white
- 1 diced small pepper, red
- 5 cups of chicken stock, low sodium

- 1 pinch of nutmeg, ground
- Salt, kosher
- Pepper, black, ground
- 1 1/2 tbsp. of canna-butter

Instructions:

1. Cut the squash in 1” chunks. Set them aside.
2. Melt plain butter in large-sized pot. Add oil. Add the red pepper, onion and 1 pinch salt. Cook till onion has become translucent, about six to eight minutes.
3. Add the stock and squash to large pot. Bring soup to simmer. Cook till squash becomes tender, which usually takes 15-20 minutes. Remove chunks of squash from soup and place in food processor. Puree. Return the pureed squash to the pot.
4. Stir soup. Season as desired. Add the canna-butter. Stir gently for four minutes or so and serve hot.

9 – Weed Cheese Lasagna



Pasta dishes are especially tasty when you happen to be stoned. Medicating your pasta makes it a win-win. You can also substitute favorite ingredients if you like.

Makes 12 Servings

Cooking + Prep Time: 1 hour 25 minutes

Ingredients:

- 2 x 15-oz. packages of cheese, ricotta
- 8 oz. of mozzarella cheese shreds
- 2 eggs, large
- 1 tsp. of flaked parsley
- 1 tsp. of Italian seasoning
- 1 tsp. of garlic powder
- 1/2 tsp. of salt, kosher
- 1/4 tsp. of pepper, black, ground
- 1 x 26-oz jar of pasta sauce, infused with weed
- 1/2 cup of water, filtered

- 9 lasagna noodles, uncooked
- 1/4 cup of Parmesan cheese, grated

Instructions:

1. Preheat the oven to 350F.
2. Mix 1 1/2 cups of mozzarella shreds, ricotta cheese, eggs, salt, pepper, parsley, Italian seasoning and garlic powder in large-sized bowl till blended well.
3. Pour the weed-infused pasta sauce in medium sized bowl. Pour the water into the jar. Place the lid on it and shake. Add this to pasta sauce and combine well.
4. Spread 1 cup or so of sauce on bottom of 13” x 9” casserole dish. Top with three lasagna noodles. Spread 1/2 cheese mixture on top of noodles.
5. Repeat the sauce, then noodles, then cheese layer one time. Top with the rest of the noodles sauce. Be sure noodles are sauce-covered.
6. Sprinkle with the last 1/2 cup of mozzarella shreds and grated Parmesan cheese. Place foil on top of casserole dish.
7. Bake for 40-45 minutes and remove the foil. Bake for 15 minutes more, till the noodles become tender. Allow to stand for 10-15 minutes. Serve.

10 – Chili, Lime Weed Corn Side Dish



This corn dish is a family favorite. The zesty lime and hint of chilies make the corn's sweetness come through and the cayenne pepper gives it a nice kick.

Makes 4-6 Servings

Cooking + Prep Time: 45 minutes

Ingredients:

- 6 husked, de-tasseled ears of yellow corn
- 2 tbsp. of lime juice, fresh squeezed
- 2 tbsp. of canna-butter, melted
- 1/2 tsp. of chili powder
- 1 tbsp. of cilantro, chopped
- 1/2 cup of Queso fresco crumbles
- 1/4 tsp. of salt, as desired

Instructions:

1. Bring filtered water to boil in large-sized pot. Boil corn for three

minutes. Remove corn. Allow it to cool a bit so you can handle it.

2. Cut the kernels from cob into large-sized bowl and set it aside.

3. Whisk cilantro, chili powder, lime juice and butter together in small mixing bowl.

4. Pour chili lime mixture over corn. Mix and coat well.

5. Add Queso fresco crumbles. Stir well. Season as desired. Serve.

11 – Weed Quesadillas



There is something great about getting a dosage of marijuana used medicinally or recreationally in these tasty quesadillas. It's an easy recipe for a snack or lunch.

Makes 4 Servings

Cooking + Prep Time: 25 minutes

Ingredients:

- 4 x 6" tortillas, flour
- 2 tbsp. of canna-butter
- 1/2 sweet bell pepper, chopped
- 4 to 6 chopped shrimp, raw
- 4 tbsp. of chopped scallions
- Oregano, kosher salt ground pepper, as desired
- 1 cup of shredded mozzarella

Instructions:

1. Heat canna-butter in small pan. Add peppers. Sauté till they have softened. This typically takes five to six minutes. Add shrimp. Cook full mixture for 1-2 minutes and stir it occasionally.

2. Add scallions and heat for two to three minutes. Remove mixture. Place in bowl.

3. Place pan back on stove. Heat it. Place one tortilla in pan and scoop 1/2

filling on top. Sprinkle 1/2 of mozzarella cheese on filling. Place other tortilla atop all. Press gently on it so everything stays together well.

4. Cook filled quesadilla for several minutes. Flip over carefully. Cook for another minute or two. Remove quesadilla from pan. Cut into 4 slices.

5. Repeat these steps with remainder of ingredients for a second quesadilla. Serve.

12 – Vegetable Weed Tart



From savory to sweet, this yummy tart includes cannabis oil for a light, quick meal or snack. Using a store-bought pie crust creates this recipe that's easy to make.

Makes 4-6 Servings

Cooking + Prep Time: 20 minutes

Ingredients:

- 1 to 2 tbsp. flour, all-purpose
- 1 x 9" to 10" store-bought pie crust
- 2 tbsp. canna-oil, olive
- 1/2 cup scallions, chopped
- 1/2 cup roasted peppers, chopped
- 2 tbsp. parsley, chopped
- 1/4 cup cheddar cheese shreds
- 1/4 cup feta cheese crumbles

Instructions:

1. Heat the oven to 340F. Dust work surface using flour. Roll out pie crust

lightly.

2. Brush crust with canna-oil. Next, top with veggies, then cheese.

3. Bake till cheese melts and pie crust is lightly browned. This typically takes between 10 and 12 minutes. Serve.

13 – Weed, Tomato Mushroom Salad



Salads are very healthy, and pot makes them fun to eat, too. The marijuana leaves are quite useful medically, but they don't provide the high. The canna-oil gives you the high.

Makes 1 Serving

Cooking + Prep Time: 45 minutes

Ingredients:

- Marijuana leaves, fresh cut
- Basil leaves, fresh cut
- Lettuce or spinach greens, organic
- Onions, spring
- Tomatoes
- Mushrooms

- Cucumber
- 1 garlic clove
- Olives
- Canna-oil, olive
- 1 lemon, juice only
- Vinegar, white
- Chili flakes
- Salt, kosher
- Pepper, ground

Instructions:

1. Chop basil and marijuana leaves. Place them in medium bowl.
2. Cut up greens, spring onions, mushrooms, cucumber and tomatoes. Add to bowl. Set aside.
3. To prepare dressing, peel clove from garlic. Crush down with side of knife blade. Chop it and place in separate bowl. Chop olives. Add to bowl. Add canna-oil, vinegar and lemon juice to mixture. Season as desired. Mix dressing with whisk.
4. Pour dressing over top of salad. Toss well. Serve.

14 – Mac ‘n Weed ‘n Cheese



The crust of a dish of mac and cheese makes it special, and the creaminess inside adds to its appeal. The paprika adds a smoky taste. This could be your new favorite macaroni and cheese recipe.

Makes 4-6 Servings

Cooking + Prep Time: 1 1/2 hour

Ingredients:

- 1/2 lb. of shell or elbow macaroni
- 1 tbsp. of oil, canola
- 1 tsp. of salt, kosher

For the Cheese Sauce:

- 5 tbsp. of canna-butter
- 1/2 cup of flour, all-purpose
- 2 1/3 – 3 cups of warm milk, 2%
- 4 oz. of grated mozzarella cheese, smoked
- 8 oz. of grated cheddar, medium
- 1 tsp. of salt, kosher

- 1 tsp. of paprika, smoked
- 1/2 tsp. of pepper, black, ground
- 1/2 tsp. of nutmeg, ground
- 1 cup of bread crumbs, unseasoned
- 1 tbsp. of oil, canola
- 2 oz. of grated cheddar, sharp

Instructions:

1. Heat the oven to 375F.
2. Fill large sized pot with salted water and oil. Bring it to a boil. Add macaroni. Cook using package instructions. Drain.
3. Melt canna-butter in small sized sauce pan. Add flour. Whisk constantly and cook for four to five minutes.
4. Add warm milk. Cook for one or two minutes more, till smooth and thick. Add cheese, nutmeg, salt and pepper.
5. Add cooked macaroni. Stir to combine. Pour into six to eight pre-buttered ramekins.
6. In small bowl, combine canola oil with sharp cheddar and bread crumbs. Sprinkle over top of filled ramekins. Bake for 30-35 minutes, till sauce bubbles and macaroni has browned on top. Serve.

15 – Weed Hamburgers



When summer arrives, it's time to heat up the grill and make some pot-infused hamburgers. These will take you to a new level by adding weed's effects to regular burgers.

Makes 6 Servings

Cooking + Prep Time: 35 minutes

Ingredients:

- 2/3 – 1 lb. of turkey or beef, ground
- 3/4 to 1 gram weed, cleaned, then ground into powder
- Salt, kosher and pepper, ground + any favorite seasonings you may have

Instructions:

1. Flatten ground meat into large-sized circle on clean work area. Flatten it evenly so that thickness is somewhat consistent.
2. Sprinkle powdered weed over meat surface. It should entirely cover top of meat.
3. Fold meat over and enclose the pot inside completely. Knead the meat

and distribute weed evenly.

4. Shape into patties with your preferred seasonings.

5. Grill for five to six minutes each side.

6. Add desired garnishes and serve on whole wheat buns.

16 – Eggplants with Weed



Eggplants are healthy for the body and pot is happy for the soul. That makes this a winning recipe for both.

Makes 2-4 Servings

Cooking + Prep Time: 55 minutes

Ingredients:

- 1 diced eggplant, about 1 1/2 lbs. or so
- 1 peeled, diced squash, yellow
- 1 cup of onions, chopped
- 1 cup of bread crumbs, dry
- 1/4 cup canna-butter
- 1/8 cup of canned green chilies, sliced
- 1/3 cup of buttery flavored round crackers, crushed
- 1/2 cup of mozzarella cheese shreds

Instructions:

1. Preheat oven to 350F.
2. Bring large-sized pot of lightly salted water to boil. Add squash and eggplant. Cook till they are tender, which usually takes about eight to 10 minutes.
3. Drain veggies and allow them to cool.
4. Combine squash, eggplant, chilies, canna-butter, bread crumbs and onions in small baking dish.
5. Sprinkle the cheese and crushed crackers on top.
6. Bake in 350F oven for 1/2 hour. Serve.

17 – Weed Ramen Soup



Who doesn't love a steaming hot bowl of ramen noodles? They may remind you of your college days, and so might the pot.

Makes 1 Serving

Cooking + Prep Time: 25 minutes

Ingredients:

- 1 stick butter, unsalted
- 2 cups water, filtered
- 1 serving kimchi Ramen noodles
- 1 1/2 – 2 g. weed
- Extra flavorings as desired – cheese, hot sauce, oregano, etc.

Instructions:

1. Heat a small pot of water over med. heat. Don't let water come to a boil.
2. Grind the weed and add to small pot. You don't want any large chunks in it.
3. Add 1/4 stick butter to weed and water. Keep mixture over med. heat for 18-20 minutes till weed appears brownish in color. Once again, ensure water doesn't boil.

4. Cook weed with butter and water for 20 minutes or so. This usually gives the most positive results.
5. Add kimchi to water, along with any flavorings you prefer. Stir with spoon till kimchi has softened.
6. Turn heat up a bit. Allow noodles to cook for about five minutes. After they have cooked, pour all contents in individual serving bowl. Serve.

18 – Weed Tacos



It can be difficult to hide canna-butter taste, but taco ingredients have such vibrant flavors that they do this quite well.

Makes 6 Servings

Cooking + Prep Time: 35 minutes

Ingredients:

- Taco seasoning
- Canna-butter
- Beans
- Cheddar cheese shreds
- Taco shells, soft
- Your favorite toppings, like tomatoes, salsa, sour cream, etc.

Instructions:

1. Spread taco shell flat on plate. Spread canna-butter to cover entire taco.
2. Add taco meat. Spread it so it's even. Add cheese shreds.
3. Place in oven at 350F till cheese melts.
4. Add your favorite extra flavors. Canna-butter will merge with all your

ingredients.

5. Repeat steps with remaining taco shells and ingredients. Serve.

19 – Weed Veggie Soup



Everybody enjoys soup. It's a creamy, delectable comfort food that is easy-peasy to make. Add weed and it makes it more worth the time.

Makes 4 Servings

Cooking + Prep Time: 35 minutes

Ingredients:

- 2 tbsp. canna-butter
- 1 gram of weed in nugget form
- Hemp seeds, shelled
- Bell peppers, one yellow, one red
- 1 carrot
- Celery
- Chives
- Stock, vegetable
- Yogurt, Greek

- Salt, kosher, as desired
- Pepper, black ground, as desired
- 1 onion, small
- 3 garlic cloves
- Oil, olive
- Vinegar, white

Instructions:

1. Cut bell peppers. Discard their seeds and dice into small pieces.
2. Chop up celery, carrot and onion. Toss in one bowl and set it aside.
3. Slice garlic cloves. Set them close by.
4. Heat oil in pan. Add celery, carrots, garlic and onions. Sauté together for several minutes.
5. Add 2 tbsp. canna-butter to veggies. Toss well to coat.
6. Add bell peppers. Season as desired. Cook bell peppers for a few minutes.
7. Chop up weed nuggets. Sauté in pan with veggies for five to eight minutes, blending it well.
8. While mixture cooks, slice up chives and red and yellow peppers for garnishing. Toss with vinegar and season as desired.
9. Add vegetable stock to vegetables in pan. Season again as desired. Bring mixture to boil. Allow it to simmer for several minutes. When it has cooked well, remove from heat. Pour into food processor and puree it into soup.
10. When blending is done, your soup will be a creamy, rich orange color. Garnish using chives and bell peppers. Sprinkle top with hemp seeds. Serve.

20 – Glazed Weed Mushrooms



This is an easy, super-quick appetizer or side dish recipe. It will satisfy your tummy and leave your eyes as glazed as the mushrooms!

Makes 1-2 Servings

Cooking + Prep Time: 20 minutes

Ingredients:

- 2 tbsp. of canna-butter, unsalted
- 8 oz. sliced mushrooms, white
- 2 chopped garlic cloves
- 2 tsp. of soy sauce, low sodium
- Pepper, ground, as desired

Instructions:

1. Melt canna-butter in skillet on med. heat. Add mushrooms.

2. Stir while cooking till mushrooms are soft and have released their liquid.
3. Add and stir garlic. Continue cooking for a minute longer.
4. Add soy sauce. Cook mushrooms in soy sauce till liquid is evaporated, which generally takes four to five minutes. Serve.

21 – Sautéed Green Beans with Weed



This recipe will show you a wonderful way to cook green beans. It's a basic dish, but easy to jazz up with other veggies – and pot.

Makes 2-3 Servings

Cooking + Prep Time: 35 minutes

Ingredients:

- 3 cups water, filtered
- 1/2 lb. trimmed green beans, fresh if available
- 1 sliced onion, small
- 1 clove of garlic
- 1/2 tsp. canna-oil
- 1/2 tsp. paprika, sweet
- 1/4 tsp. salt, kosher
- Optional: 1/8 tsp. pepper, cayenne

Instructions:

1. Bring the filtered water to boil in large-sized sauce pan. Add green beans.

2. Cover and cook for two to four minutes. Drain the beans.

3. Heat canna-oil in skillet on med. heat. Add the onion. Stir for five minutes or so. Add the garlic. Cook till browned. Add beans and season as desired. Stir till heated through and serve the dish warm.

22 – Chicken with Weed Kabobs



This super tasty recipe will help you please family and guests alike. Everyone seems to love kabobs, and this recipe will make everyone smile, anyway.

Makes 2-3 Servings

Cooking + Prep Time: 1 hour 5 minutes

Ingredients:

- 1/2 cup of canna-oil, olive
- 1/2 cup of dressing, ranch
- 3 tbsp. of Worcestershire sauce, low sodium
- 1 tbsp. of minced rosemary, fresh
- 2 tsp. of salt, kosher
- 1 tsp. of lemon juice, fresh squeezed
- 1 tsp. of vinegar, white
- 1/4 tsp. of pepper, ground, as desired
- 5 cubed chicken breast halves, boneless, skinless
- Optional: 1 tbsp. of sugar, granulated, as desired

Instructions:

1. Stir canna-oil, vinegar, lemon juice, salt, rosemary, Worcestershire sauce, ranch dressing, sugar and pepper together in medium-sized bowl. Allow to stand for five minutes or more, so the ingredients will be well-blended.
2. Place chicken in bowl. Stir and coat well with marinade. Cover. Place in the fridge to marinate for a half-hour or longer.
3. Preheat grill for med-high. Thread chicken on skewers. Do not discard extra marinade – it's nice to brush more on while the chicken cooks.
4. Grill the skewers for eight to 12 minutes. Brush on more marinade, as desired. Chicken should be cooked through and the center should not be pink anymore. Serve.

23 – Hot Pot Wings



These marijuana hot wings are finger-licking good. The recipe is simple and it's tastier than smoking marijuana.

Makes 4-8 Servings

Cooking + Prep Time: 55 minutes

Ingredients:

- 2 lbs. of chicken wings, fresh
- Oil, cooking or vegetable
- Hot sauce, red
- 1/2 cup of canna-butter, unsalted
- Dressing, ranch

Instructions:

1. Remove tips from chicken wings. Place chicken in bowl. Set aside.
2. Heat oil in deep fry pan. Allow room for chicken when oil gets hot.
3. Add chicken wings, one after another, and do it slowly, since the oil is

bubbly and hot. Add in moderation – you don't want them crowded or they won't cook properly.

4. Allow chicken to fry for 10-12 minutes. Be sure oil temperature remains high.

5. Melt canna-butter in microwave oven. Mix canna-butter and hot sauce in bowl, about 1/2 cup of each. Whisk to mix well.

6. Chicken wings are usually done by this time. Lower heat. Remove chicken wings. Place on paper towels in pan to absorb excess oil. Transfer wings to large sized bowl. Add weed hot sauce to wings. Toss to coat the wings evenly. Provide ranch dressing on the side for dipping and serve.

24 – Spinach, Weed Prosciutto



This weed, prosciutto and spinach recipe makes a wonderful appetizer or side dish. The amount of pot is just right to heighten your senses and appetite.

Makes 1-2 Servings

Cooking + Prep Time: 25 minutes

Ingredients:

- 2 tbsp. of canna-oil, olive
- 10 oz. of spinach, frozen, thawed and drained
- 4 oz. prosciutto, sliced thinly
- 1 x 4-oz. jar red peppers, roasted, drained, chopped
- 1 x 6-oz. jar drained, sliced artichoke hearts
- 1 tbsp. of garlic powder

Instructions:

1. Heat canna-oil in large sized skillet on med-low heat.

2. Add artichoke hearts, peppers, prosciutto and spinach to skillet. Season as desired.
3. Stir while cooking for 12-15 minutes, till all ingredients have heated through. Serve.

25 – Mashed Potatoes



People are always trying to work weed into recipes to gain that high by eating, rather than smoking. These potatoes rock. There is no other dish quite like them.

Makes 4 Servings

Cooking + Prep Time: 20 minutes

Ingredients:

- 4 large potatoes
- 1/2 – 1 stick of canna-butter, unsalted
- Oil, olive
- 1 bunch of garlic
- 1 cup of cheddar cheese shreds
- 1/2 cup of sour cream, low fat
- Salt, kosher and pepper, ground, as desired

Instructions:

1. Place potatoes in pot of water. Boil well, to make sure they are done fully.
2. Drain water and transfer potatoes into bowl. Peel and mash well. Set

bowl aside.

3. Transfer mashed potatoes to large mixing bowl. Add 1/2 – 1 stick canna-butter and allow the potato warmth to melt the butter. Mix potatoes and butter till texture is creamy.

4. Add sour cream and season as desired. Add garlic and serve.

Dessert Recipes

Weed-infused desserts are all about enjoying sweets while you chill... Here are some favorites.

26 – Weed-Infused Pumpkin Pie



This pumpkin pie is medicated with a healthy addition of pot. Choose an effective strain and you'll enjoy the meal even more.

Makes 8-10 Servings

Cooking + Prep Time: 1 1/2 hour

Ingredients:

For the crust

- 1 1/4 cups of flour, all-purpose
- 7 tbsp. of butter, unsalted
- 1 tbsp. of cold, cubed canna-butter
- 1/4 tsp. of salt, kosher
- 1/4 cup of water, iced

For the filling

- 2 large eggs, cage-free
- 1/2 cup of sugar, granulated
- 2 tbsp. of melted canna-butter
- 1 x 15-oz. can of pumpkin
- 1 can of milk, evaporated
- 1 tsp. of cinnamon, ground

- 1/2 tsp. of salt, kosher
- 1/2 tsp. of ginger, fresh
- 1/8 tsp. of cloves, ground

Instructions:

1. Prepare your crust first. Pulse flour, salt and butters in food processor. Add iced water. Pulse till dough has formed a ball. Wrap dough. Chill for 1/2 hour.
2. Roll out dough on floured workspace to 12” or so. Butter a pie pan and place the crust in it. Flute edges. Place in refrigerator while you’re preparing filling.
3. Preheat the oven to 340F.
4. Combine all filling ingredients in large sized bowl. Pour into prepared crust. Bake till filling sets well. This usually takes between 45 and 50 minutes. Allow to cool, then serve.

27 – Banana-Canna (Weed) Bread



This is a basic but delicious recipe, with ingredients that can be swapped out. In addition to pot, adding cinnamon or weed-applesauce will add your own flair to the dish.

Makes 9-16 slices

Cooking + Prep Time: 1 3/4 hour

Ingredients:

- 2 cups of flour, all-purpose
- 1/2 tsp. of salt, kosher
- 3/4 tsp. of baking soda
- 1 cup of sugar, granulated
- 1/4 cup of softened canna-butter, unsalted
- 2 eggs, large
- 3 ripe bananas, mashed
- 1/4 cup of plain yogurt, low-fat
- 1 tsp. of vanilla extract, pure
- Non-stick spray

Instructions:

1. Preheat the oven to 350F.

2. Spoon flour lightly into well-dried measuring cups and level them using a knife.
3. Combine flour, salt and baking soda. Stir well with whisk.
4. Place canna-butter and sugar in large sized bowl. Beat with mixer on med. speed till blended well. Add eggs, one after the other and beat well after adding each egg.
5. Add yogurt, vanilla and bananas and beat till blended well. Add in the flour mixture. Beat with mixer on low setting till barely moist.
6. Coat an 8 1/2" x 4 1/2" loaf pan with non-stick spray. Spoon batter into it. Bake in 350F oven for an hour. Cool for 8-10 minutes and remove from loaf pan. Cool fully on a wire rack and serve.

28 – Weed-infused S'mores



S'mores have been a fireside tradition for a long time, regardless of the season. If you're not into camping, you can make them on your grill at home. The weed **Makes** them more appealing, even if you're not on a camping trip.

Makes 4 Servings

Cooking + Prep Time: 20 minutes

Ingredients:

- 1/2 cup of peanut butter, creamy
- 1-2 tbsp. of canna-butter, unsalted
- 3-4 oz. bar of chocolate, dark
- 8 graham crackers, whole

Marshmallows

Instructions:

1. Combine canna-butter and peanut butter in small sized bowl. Spread on four double graham crackers.
2. Top with the chocolate and marshmallows. Cover with other double graham crackers. Wrap them with foil.
3. Place foil packets in campfire or oven with tongs. Keep near heat for three to five minutes.

4. Remove carefully from fire or oven. Unwrap. Serve.

29 – Pecan Weed Sandies Cookies



These cookies use just canna-butter for a fat source. You may have to experiment a bit to get the exact consistency you want, but it's worth it.

Makes 4-6 Servings

Cooking + Prep Time: 45 minutes + 3-4 hours chilling time

Ingredients:

- 1 cup of pecans, ground
- 1 cup of canna-butter, unsalted
- 2 cups of flour, all-purpose
- 1/2 tsp. of baking powder
- 1 tbsp. of vanilla extract, pure
- 1 cup of sugar, brown
- 2 tsp. of cinnamon, ground
- 1/2 cup of confectioner's sugar, sifted

Instructions:

1. Cream sugar and canna-butter together in medium bowl, till you have a smooth mixture. Add vanilla while creaming.
2. Soft baking powder and flour together. Add it gradually to same bowl. Add pecans. Cover dough. Chill for three to four hours in fridge.
3. Remove dough from fridge. Roll into balls the size of golf balls. Flatten

balls in your hands. Place on ungreased baking sheet.

4. Bake for 20 minutes or so at 325F, till golden and slightly firm. Remove from oven. Place gently on cooling rack.

5. Combine cinnamon and confectioner's sugar. Dust with mixture. Let cookies cool fully and serve.

30 – Frozen Weed Trifle



Trifles are not too sophisticated for dessert any night. They are actually a perfect dessert, a bit like custard, with fruit on top. The weed makes the recipe legendary.

Makes 4 Servings

Cooking + Prep Time: 45 minutes + freezing time

Ingredients:

- 16 oz. of Greek yogurt, vanilla
- 1 to 2 tbsp. of canna-butter, melted, then cooled
- 1 1/2 cups of rinsed, dried blueberries
- 1 to 2 tbsp. of honey, pure
- 1 1/2 cups of torn angel food cake
- 1 1/2 cups of sliced strawberries

Instructions:

1. Combine honey, blueberries, canna-butter and yogurt in food processor. Place 1/3 of this mixture in separate bowl. Place in your refrigerator.
2. Divide angel food cake torn pieces among four bowls. Pour non-refrigerated blueberry and yogurt mixture over cake. Freeze.

3. Remove from freezer. Use sliced strawberries to top. Top with the rest of the blueberry and yogurt mixture. Freeze once more till firm, then serve after sitting five to 10 mins. at room temperature.

Conclusion

This weed cookbook has shown you...

How to use different ingredients to affect unique tastes in weed-infused dishes both well-known and rare.

How can you include weed in your home recipes?

You can...

- Make weed-infused breakfast dishes, which I don't imagine everyone knows about. They are just as tasty as "regular" breakfasts and they leave you chillin', too.
- Learn to cook with canna-butter and canna-oil, which are used in weed-infused dishes.
- Enjoy making the delectable salads and soups, including all types of flavors, plus weed. There are SO many ways to make it great.
- Make dishes using ground weed, which is often used in marijuana dishes.
- Make various types of desserts like pot-infused pies and other tasty desserts that will tempt your family's sweet tooth.

Have fun experimenting! Enjoy the results!

Author's Afterthoughts



Thanks ever so much to each of my cherished readers for investing the time to read this book!

I know you could have picked from many other books, but you chose this one. So, a big thanks for reading all the way to the end. If you enjoyed this book or received value from it, I'd like to ask you for a favor. Please take a few minutes to **post an honest and heartfelt review on [Amazon.com](https://www.amazon.com)**. Your support does make a difference and helps to benefit other people.

Thanks!

Julia Chiles

About the Author



Julia Chiles

(1951-present)

Julia received her culinary degree from Le Counte' School of Culinary Delights in Paris, France. She enjoyed cooking more than any of her former positions. She lived in Montgomery, Alabama most of her life. She married Roger Chiles and moved with him to Paris as he pursued his career in journalism. During the time she was there, she joined several cooking groups to learn the French cuisine, which inspired her to attend school and become a great chef.

Julia has achieved many awards in the field of food preparation. She has taught at several different culinary schools. She is in high demand on the talk show circuit, sharing her knowledge and recipes. Julia's favorite pastime is learning new ways to cook old dishes.

Julia is now writing cookbooks to add to her long list of achievements. The present one consists of favorite recipes as well as a few culinary delights from other cultures. She expands everyone's expectations on how to achieve wonderful dishes and not spend a lot of money. Julia firmly believes a wonderful dish can be prepared out of common household staples.

If anyone is interested in collecting Julia's cookbooks, check out your local bookstores and online. They are a big seller whatever venue you choose to purchase from.