

RUTH ROBINSON



CANNABIS

CANDY & DESSERT

Cookbook



LEARN TO DECARB, EXTRACT
AND MAKE YOUR OWN CBD & THC
INFUSED CANDY FROM SCRATCH



Cannabis Candy & Dessert Cookbook
Learn to Decarb, Extract and Make Your Own
CBD & THC Infused Candy from Scratch
By
Ruth Robinson

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Disclaimer:

This book is meant to provide information about the medicinal value of Marijuana and how to consume it. The author has made every effort to ensure that the information in this book is correct.

However, it should be noted that the legal aspects of growing and the consumption of Marijuana vary in different countries; hence, readers are advised to use their own discretion and abide by the rules of the country for growing, buying or even consuming Marijuana.

Also, this book is not intended to be a substitute for the medical advice of doctors. The readers are advised to consult a physician in matters relating to his/her health before they start using this herb.

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Introduction

I once met a young woman who would often suffer from panic attacks. She had severe anxiety, which would become apparent in her inability to sleep a full eight hours, or eat properly without having gastrointestinal difficulties due to the stress she experienced every single day.

Despite her condition, she still made it a point to work in understaffed restaurants in an attempt to defy her anxiety. This would prove to be useless, as she would take breaks in the bathroom whenever she felt too overwhelmed, leading to her eventually quitting most of the jobs she thought she could handle at first. Every so often, I would visit her home and offer to cook her scrambled eggs, since she only would eat a minimal amount of food— I also played piano for her from time to time, as it was one of the few things that would soothe her into a nap of a few minutes or an hour, at most, before she woke up in her chaotic and demanding world.

It did not matter how much I tried to encourage her, she was physically unable to keep her anxiety and her stress at bay, and her body was quickly deteriorating the longer she pushed it. One day, I talked to her about cannabis edibles, and their effects. At first she was extremely reluctant, as she used to smoke marijuana at one point and it only increased her anxiety.

After some more research and experimenting with recipes in my own time with my other acquaintances and one nutritionist, I made her a deal: she would try cannabis edibles for a week, and if they did not work, I would drop the subject altogether. She begrudgingly accepted, and I gave her a week's worth of special gummies.

Needless to say, she lost our side of the bet while simultaneously winning it. She was sleeping soundly for the first time in years, and the number of panic attacks she had decreased until they were almost completely gone. Her depression lessened, her appetite grew, and she was able to soothe her nerves without compromising her most recent job.

Now, I will not say she did not have bursts of anxiety from time to time, as that would be an utter lie. But I will firmly say she was one of the many people who have been benefited by eating cannabis-based candies and desserts.

Marijuana is a plant that has several sides, as you will realize throughout this book. It is not only used to provide a recreational high, but its medicinal purposes and the complex science behind them make marijuana a worthwhile supplement to consider.

I will introduce you to the main concepts of THC and CBD, how to differentiate both substances and choose the one that best suits your needs, as well as how to calculate the correct dosage of cannabinoids in your recipes, and several tested sweet treats that are bound to make you look twice before misjudging the world of cannabis edibles.

If you are curious, read on.

What are THC/CBD Edibles?

Edibles are treats that are infused with strains of cannabis. There is no shortage of edibles that you can mix with cannabis, including cookies, gummies, nut mixes, and chocolate. You can pretty much make any type of edibles you desire. One thing that is nice for those with a sweet tooth is to make cannabis candy. But why would you want to make cannabis edibles?

Well, let's take a moment to look at some of the benefits of these special treats.

Benefits of Cannabis Edibles

Cannabis edibles are an excellent way to enjoy cannabis and its benefits without directly smoking or inhaling it.

Cannabis edibles can be enjoyed in a wide range of options, including candy, cookies, and even medical lozenges.

Cannabis treats are really delicious and a true treat. Often, they may even taste better than the standard treats.

For those who want the full effects of THC, many users report getting a strong high feeling from edibles than from smoking or vaping the THC. In addition, the high from THC edibles often lasts longer than that from smoking.

You can buy a variety of edibles from stores. Or you can be adventurous and make a variety of options on your own based on your individual tastes and needs.

Despite the benefits of cannabis edibles, there are still some disadvantages you want to consider before continuing.

Disadvantages of Cannabis Edibles

Perhaps the main disadvantage to cannabis edibles is their delayed effect. Sometimes it can take up to two hours to feel the effects.

Unless you do some careful calculations or purchase premade cannabis edibles, it can be difficult to know exactly how much cannabis you are consuming. This means it can be difficult to regulate how much of a high you will get when consuming THC edibles. This is especially true, since a standard serving can have different effects on different people. Often, first-time cannabis users will have a more intense effect with edibles than other forms of cannabis consumption.

Next, let us consider the effects of edibles, so you know what to expect when making and consuming your own THC-ridden sweets.

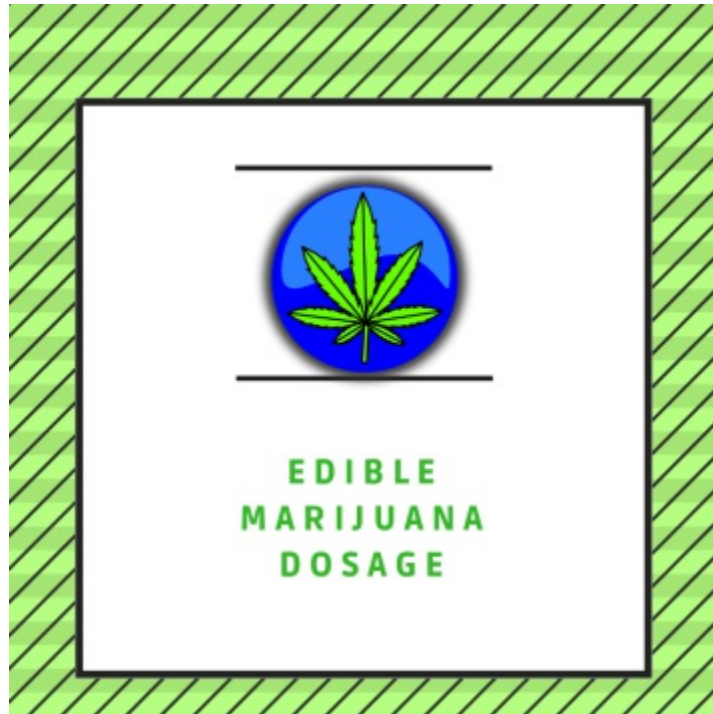
Effects of Cannabis Edibles

When you consume cannabis edibles, your body processes the THC– or the psychoactive ingredient in cannabis– differently than it does when smoking. As a result, you may find yourself experiencing the following:

- A high that is more intense.
- A high that is typically stronger in the body.
- A high that is longer in both duration and intensity.
- A greater level of relaxation.
- A greater level of pain-coping properties.

Edibles are easily the most potent way to consume cannabis. However, the potency of the edible will vary by the product and the milligrams of included THC.

Edible Cannabis Dosage



The most typical dose of THC is 5 to 10 mg per serving. In the state of Colorado, 10 mg is now officially defined as a serving. Edibles sold in a store will have a clearly stated dosage per item, such as in each cookie, brownie square, lozenge, energy shot, etc.

In addition, the manufacturer will also make sure that each individual item contains only a single serving of THC. It can be more difficult to estimate this level of THC when making homemade cannabis edibles.

For those new to cannabis edibles, it is often recommended that you take a half dose or eat half of an edible, wait an hour, and then eat more if needed and/or desired. It is important to experiment until you find the dose that is right for you. With so many options, you can easily find an edible that has the right dosage and effect for you. So, let's look at little more closely at making your own cannabis edibles at home.

It is important to know that cannabis is oil-based when it comes to cooking with it. The psychoactive property of cannabis is called THC, and it is found in the capitate glands on the leaves of the plant, but the most THC is found in the flowers and buds of the cannabis plant. If you are going to cook or bake with cannabis, it is best to use an oil-based product

like butter or vegetable oil since they successfully dissolve the capitate glands and release the THC.

There are a few other basic ways of using the cannabis plant for cooking: you can use it to make cannabutter or cannabis alcohol, depending on what you want to use it in when cooking or baking. You can even make cannabis oil in place of regular oil for recipes that need that ingredient. No matter which way you use cannabis, you will need to use either the plant leaves, clippings, or the finished buds– the buds are often the preferred method for making cannabutter.

Just because cannabis edibles are made with THC, it doesn't mean you need to get high when consuming cannabis edibles. There is also the option of making CBD edibles. Let's consider why you should make CBD edibles.

Why Make CBD Edibles?

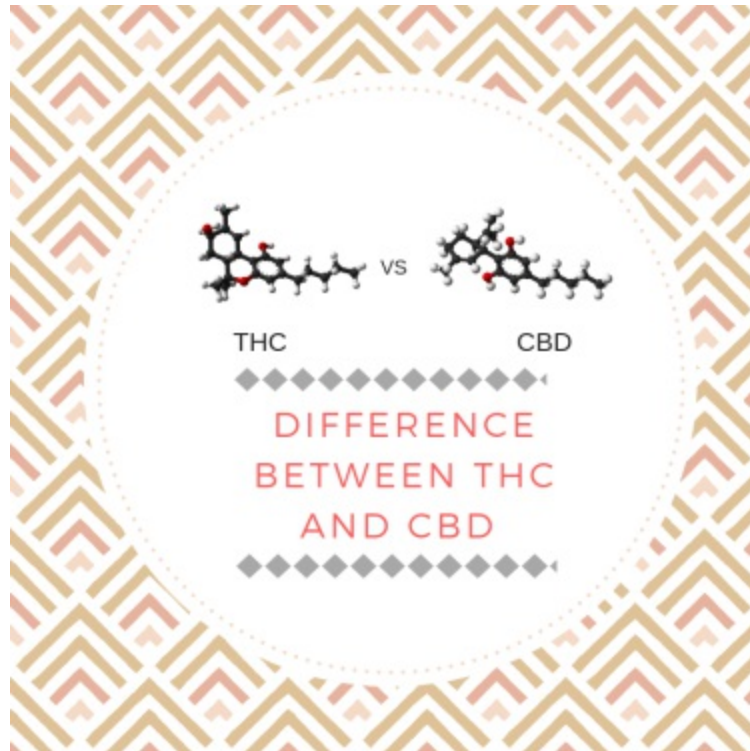
CBD is a versatile and safe way of making cannabis edibles with no side effects. The best part of making your own CBD edibles is that you can choose the specific amount of CBD oil or butter you want in your edibles. You can also make a range of edibles from a tasty sweet treat to healthy foods.

Unlike THC edibles, CBD edibles allow you to be relaxed without having to worry about the high feeling that can cause side effects such as anxiety or paranoia. CBD edibles offer different benefits from THC edibles, including the following:

- CBD recipes, both medical and non-medical, don't require a gourmet cook to create. Many CBD edible recipes are simple and easy to follow for even those with very minimal cooking knowledge.
- Once you learn how to make a variety of CBD edibles, it can give you a great alternative to smoking marijuana.
- When you make CBD edibles, it gives you a range of options for your medical needs, from pain relief to a way to fight cancer; all found in the comfort of a home-baked cookie or a sweet and relaxing hard candy.
- Cooking with CBD products such as CBD oil is sometimes legal in places where smoking cannabis is typically illegal.
- CBD edibles have a slower onset of effects that are stronger and last longer than when you smoke cannabis.

This may seem like CBD and cannabis edibles are both the same, when in fact they are quite different. Let's look at the difference between these two to help you understand which the best option for you is.

Difference Between CBD & THC Edibles



CBD and THC, or tetrahydrocannabinol, are both cannabinoids found in the marijuana plant. However, CBD edibles are becoming a popular alternative to THC edibles. This is due to the fact that while eating THC can be a very intense experience, CBD oil only contains trace amounts of THC, so you can eat it and get the medical benefits of marijuana without getting the typical “high” associated with ingesting or smoking THC.

If you don’t want to smoke or can’t smoke, then CBD edibles are a great alternative. They are also ideal for those who find normal marijuana products too strong. Edibles are also good for medicinal purposes since they have a gradual onset that lasts longer.

CBD oil can also become a regular part of a healthy diet since it is high in amino acids and Omega 3 oils. CBD edibles are also an excellent option for people who have food restrictions and those who are picky when it comes to the foods they eat.

Plus, when you make any type of cannabis edibles, you get to do some fun experiments in the kitchen. With the right ingredients and just a little bit of time, making cannabis edibles can be a very rewarding use of your time. So now that we know why you should consider cannabis edibles,

let's move on to looking at how you can prepare cannabis to use in making edibles.

Preparing to Make Edibles

If you have ever tried to mix oil and water, you already know that isn't one of the most fruitful ideas in the culinary world. Similarly, cannabinoids are a fat-soluble, hydrophobic substance that is best when combined into a fat-based product such as oil or butter. In order to make cannabis edibles, you first need to buy CBD or cannabis oil.

Another option is to make the oil or butter yourself. I do know several people tremble at the thought of boiling an egg, or just do not have the best of luck when they are left on their own in a kitchen. Some people just don't have the time to juggle making oils and edibles between their work shifts, on the other hand.

So, while I'm going to focus on making everything yourself, I realize that isn't for everyone. Which leads me to: I'm going to start by talking about how you can buy the right CBD or cannabis oil before getting into making it yourself.

How to Buy Cannabis Oil

Buying CBD or cannabis oil is a six-step process you should probably follow if you want to ensure you are getting the best product while also getting what you need to make your edibles. CBD has certainly grown in popularity in the last few years, due to its wide range of potential health benefits, leading to many varieties of oils to work with.

One can compare it to standing at the toothbrush aisle and realizing between the seemingly endless lines of singing toothbrushes, electric toothbrushes, and toothbrushes for sensitive gums that a little help can save a lot of time. So, let's take a look at these six areas.

Know the Basics

The first thing you want to do is have a decent understanding of the basics. For example, not many know or realize that you can make CBD oil from both marijuana and hemp. The main difference between the two is the levels of THC that exist in the final product. CBD oil that comes from industrial hemp is required to have less than 0.3% THC, meaning you won't be able to get the "high" feeling when using it.

When CBD oil contains anything greater than 0.3% THC, it is then considered a marijuana product. Marijuana CBD products don't have any restrictions on how much THC they can have. This means that when you are buying CBD oil from various sources, it can contain more THC than you want and give you the standard "high" feeling of THC.

If you're worried about the THC content of your CBD oil, then always check the count and compare it to the 0.3% count that is found in industrial hemp-based products.

Another key difference between hemp and marijuana-based CBD oils is where you can purchase them. Since CBD oil from hemp contains such a low level of THC, it is considered a food supplement and is legal to both buy and sell in all 50 states and most other countries outside of the United States. You won't even need a prescription or medical card to get CBD oil most of the time, which makes life a whole lot easier.

Typically, you'll find CBD hemp oil at your local health and wellness shops, as well as a range of online CBD stores and independent businesses. Marijuana is being legalized in a growing number of US states, but it is still banned under federal law as a Schedule 1 drug, and in many other countries it is considered a controlled substance.

In other words, CBD oil made from marijuana is only available through state-sponsored specific dispensaries. It still isn't legal for marijuana products to be sold anywhere in the United States, so make sure you look into the laws of your state or country of residence and find out what options are available to you that won't lead to your potential arrest.

Lastly, it is important to note that the CBD found in marijuana is the same chemical found in hemp; you can enjoy the same benefits of using marijuana without having to experience a high or any of the associated legal risks. This is why most of the following information about buying CBD oil refers to the type made from industrial hemp.

How CBD Works

The cannabis plant is an incredibly complex and incredibly misunderstood. There are over 400 chemical entities in the cannabis plant, and nearly 100 of them are a compound called cannabinoids. The two most common cannabinoids that people frequently hear about are tetrahydrocannabinol (THC) and cannabidiol (CBD), both of which we have already mentioned in the previous paragraphs. But let's make sure we review and fully comprehend the definition for both.

Cannabis has a long reputation for getting people “high,” and this is because of the way that THC interacts within the brain. However, CBD isn't psychoactive and doesn't produce the “high” similar to THC. So, how exactly does CBD work and why is it becoming so popular? Be prepared for a quick science lesson.

The first thing you need to understand is that every person has a system within the body that is responsible for regulating our immune system response, our sleep patterns, moods, and the body's reaction to inflammation and pain. This system is the endocannabinoid, or ECS. The function of this system is to deal with the cannabinoids that are produced naturally by the human body.

The body works with two types of cannabinoid receptors that are throughout the body: CB1 found in the nervous system and brain, and CB2 receptors found in the immune system.

THC has an effect on your brain's endocannabinoid receptors, causing the high feeling. CBD doesn't attach to these receptors directly, but rather influences the body to use its own supply of cannabinoids in a more effective way.

This means it can inhibit or activate certain compounds within the ECS, which can have an impact on the amount of pain your body feels while reducing inflammation within the nervous system and brain.

Once you know the basics of how CBD works and the main differences, we can now move on to the second step of finding and choosing CBD oil.

Understand the Benefits

As with all health supplements, CBD has qualities that can benefit you and your unique health circumstances while other individuals may have no effects at all. So, how can CBD and its associated edibles help you? Let's consider some of the top benefits and effects to see why you should try CBD edibles.

The Four Main Benefits of CBD

Many people experience stress reduction and mood improvement when taking CBD supplements and/or edibles. Studies have proven that CBD can help reduce mental and physical anxiety along with the symptoms associated with depression.

The cannabinoids compounds in the cannabis plant are similar to the ones produced naturally in our body. These chemical compounds have been found to relieve the symptoms of various conditions by attaching to specific receptors in the brain, boosting or blocking certain signals. This can make stressed people a whole lot calmer.

Second, CBD is often used for sleep support. Research studies have proven that CBD can help reduce sleep difficulties, fight insomnia, and improve the overall quality of sleep. Oftentimes, one of the main causes of sleep disorders is stress, and for many people, CBD can help reduce stress and in turn improve sleep quality. Studies have also shown that CBD can also increase the amount an individual sleeps.

In addition, a small amount of CBD in an edible can often help you feel more alert and more active throughout the day, which means you can have an improved sleep pattern at night.

Then there is improved pain and inflammation management. Multiple research studies show that CBD can be used to manage and– in some cases– alleviate chronic pain and inflammation.

When the cannabinoids in CBD attach to specific receptors in the immune system and brain, they can help with certain health conditions. One of these receptors is the CB2 receptor, which regulates pain and inflammation in the immune system. When you take CBD for pain, it will impact the way your brain and body respond to pain as well as the signals it receives, and reduces the overall inflammation and pain. CBD is also being studied for its effects on joint injuries, headaches, and muscle soreness.

Lastly, CBD has shown great promise as a skin care component. Research suggests that if you apply CBD oil topically, not only will your skin's elasticity and blood flow improve, but also you can reduce symptoms of several skin conditions including acne, psoriasis, and eczema.

You can also use it as a general moisturizer while reducing the appearance of lines and wrinkles. This is because the elements of CBD can

help soften, revitalize, and regenerate dry or inflamed skin while removing dead skin cells to help provide your skin with a healthier, youthful glow.

However, it is important to remember that CBD is still a medical supplement. While it can work for a range of health needs, it is best to speak with a medical professional before taking CBD if you have any serious illness, disorders or conditions.

It is also recommended to confirm whether your CBD supplement is compatible with other medications you may already be consuming, just so the benefits of either are not compromised.

4 Criteria to Look for Before Buying

Remember when we compared CBD products to the infinite toothbrush aisle at the supermarket? Let's revisit that thought for a moment. CBD products come in a wide variety of shapes and sizes, as you know. You can buy them in tinctures, concentrates, oils, and creams. When it comes to making edibles, there are only a few options that are going to allow you to make your preferred products, but it is still important to choose your buying criteria.

Be sure to compare the best CBD products and have a set of preferences suited to your needs that will help you make the right choice. The following are some of the best criteria to use when choosing CBD products:

Taste - This can be important when using CBD oil for making edibles. Do you want any added flavor to your edibles? You may also want to take in mind included preservatives and how these affect your edibles.

If taste is something you are worried about when making your CBD edibles, then there are a few things you want to consider.

CBD products such as concentrates or pastes will have a more distinct hemp flavor since they often have a higher concentration of CBD. For those new to hemp, it is an "earthy" or "grassy" quality that could be considered more of an acquired taste.

Other CBD products can be purchased in a range of flavors to help you add an extra level to your edibles. Consider using a vanilla flavored CBD oil in place of vanilla extract, for instance. Other options include mint, chocolate, and dozens of fruity flavors. This can also be a good option for those who want to mask the leafy taste of hemp and still enjoy its benefits.

Price - This can be important if you have a budget in mind when making your CBD edibles.

If you are just getting started with making edibles, you shouldn't spend too much on certain products until you determine what is best for you. The cost of CBD products can vary greatly, and some can obviously be more affordable than others depending mostly on the brand and quality of the oil used. The overall cost of a CBD product will be impacted by quantity, longevity, and immediacy of effects. Which promptly leads us to:

Effects - This can be a major factor to consider if you want to feel the effects of CBD quickly or if you want a slower effect that lasts longer and builds up. You also want to consider how easy CBD oil is to use when making edibles.

Use - When you are new to making CBD edibles, you want to choose a product that is easy to use and mix into your recipes. Otherwise, you can choose a more complex form of CBD and extract your own oil like a complete expert on the matter. Worry not, you will get there in due time if you are barely walking into the edible-baking community.

Concentration - This is certainly something to consider. Do you have a specific strength of CBD or are you just starting experiment with adding CBD to your edibles? There are all sorts of guides and resources such as local CBD product dispensaries– and even online– that may be helpful in finding the strength of CBD that suits you best.

To me, one of the most important characteristics of a CBD product is choosing the concentration. You ideally want to know exactly how much CBD is in a product before paying for it. To do this, you need to look at the milligrams of CBD that were used, which should be clearly listed on the label.

Don't fall for a label that is listed by "total volume", since the milligrams are what counts. This is similar to when you buy fish oil supplements, for those who are familiar with that. Knowing your milligrams of CBD is going to make it easier to compare CBD products and determine which the better value are so you can get your money's worth.

This is a good time to mention the daily serving sizes of CBD.

Daily Serving Sizes

When used consistently, CBD has a maximum efficiency similar to a daily multivitamin. The effect is due to the fact that your body takes a while to adjust to the chemical compounds of CBD. Essentially, you need to take CBD consistently for a minimum of seven to ten days to see how the full effects work properly, so do remember to be patient and give the supplement time to adjust.

When you first start using CBD to make edibles, it is best to start with a daily dose of two to three milligrams. You may start as high as five milligrams based on your metabolism, body weight, cannabinoid tolerance, and desired effects. However, if you start out with a smaller dose, you can always increase the serving amount once you learn how CBD will affect you.

Since CBD has no psychoactive components or dangerous side effects, increasing your serving size can be done at any time until you find the optimal concentration that works for you. A friendly tip: it is still best to start with a lower concentration and work your way up to a larger amount, just in case CBD makes you drowsy or does not mix well with other supplements you already may be used to.

If you are having trouble finding the right CBD amount for your personal health needs or if you have a serious ailment, you can also discuss it with your doctor first.

Choosing a Type of CBD Product

There are many types of CBD to choose from, as you may have already guessed once or twice throughout this book. It is important to choose a type of CBD product that is easy for you to add to your edibles recipe, or you can choose a cannabis plant and then extract your own oils for edibles.

Avoid CBD Scams

The CBD and cannabis industry is unfortunately known for a wide range of quality standards. Often you will get what you pay for when it comes to paying for CBD and cannabis, but there are also scams out there where you might wind up paying for a brand name alone and not a decent product if you are not careful.

This is why you need to know what to look for before you purchase a cannabis or CBD product. In your research, the goal is to find out what companies have a reputation for low-quality products and which ones are known for providing high-quality products.

This section is meant to help you find out what lab results you need to see or which manufacturing certifications to look for to make sure you are getting a quality product. There are a few criteria to follow to ensure you aren't getting scammed by CBD and cannabis companies. Let's take a look, shall we?

Hemp Products

The first thing you need to look for when purchasing hemp products is to ensure the company is selling products that are made from industrial hemp; the product that is legal in all 50 states and in most countries throughout the world.

If a company is selling marijuana based CBD products, then you need to make sure these aren't restricted to specific states and countries—otherwise, you'll find yourself buying an illegal product, which is exactly the type of backfire situation we are trying to prevent.

As we stated earlier, you can confirm this by making sure the CBD products have less than 0.3% THC in order to be considered a hemp product and not a marijuana product. 0.3% is your magic number, and never forget that, as it is exactly what could keep you from any sort of legal trouble in this matter.

Third Party Testing

Any product you purchase needs to be backed and tested by a third party in order to ensure you are getting the best quality. This should include testing for mold, heavy metals, harmful pesticides, and other contaminants. In addition, the tests should confirm a product contains the correct amount of CBD as claimed on the label.

To ensure the tests have been done a company, they should be able to produce a Certificate of Analysis (COA) if you have any questions. Ask a company to verify their claims, and they should provide you with a COA. If they refuse, it means something is not quite right, and staying away from their product is the best idea in case.

GMP Facility

Good Manufacturing Practices, or GMP, is a standard that covers the practices required to make sure a product is made according to industry standards. The agencies that control licensing and authorization of the manufacture and sale of products provide a strict set of guidelines, and the manufacturer needs to follow these guidelines to ensure products are consistent and high quality in all batches.

To determine if a company uses a GMP facility, look for the GMP logo on the company website.

Unrealistic Health Claims

It is also important to consider the claims a company makes about their products. If a company claims their product can help or cure specific diseases and/or ailments, then you should be careful. While CBD and cannabis have many benefits, neither is completely designed or intended to treat a specific disease. Pay close attention to the language a company uses and ensure there are no unverifiable or unreasonable claims.

Customer Reviews

Lastly, you need to prove what a company says about themselves. When looking for a reputable company, one of the best things you can do is look at the customer reviews, especially if a website has a system in which the reviewers and their thoughts are verified for the product purchased.

Go to the company's product page and look for recent reviews that are honest and sound as straightforward. This can help provide you with unbiased experiences and opinions from real customers rather than the company's single viewpoint.

Make a Decision

Once you have considered all five areas, you will have already limited your choices for buying CBD and cannabis to a few trusted brands and stores. The final step is to put all your information together and then make a final decision about where and what CBD or cannabis to purchase.

So far, you have learned about the basics and benefits of CBD or cannabis, as well as the best five steps to follow in order to find the quality of product you need from legitimate companies. Now you simply need to put all the information together and make a decision on where to get your product from.

Another option is to purchase the plant yourself and extract your own oil to add to edibles. If you are willing to try that out for extra good measure, here are a few basic guidelines.

Choosing to make your own will depend on your end goal and preferences. You can make CBD oil in three different ways: CO₂, solvents, or oil. In general, when choosing a method, there are three things you want to consider:

1. The CO₂ method is the cleanest and safest option, but it will require you to purchase special equipment, which may be more expensive than buying it from a store.
2. The solvent method needs precision and specific expertise, so it often isn't a recommended process for the general public unless you have someone who is able to walk you through the necessary steps.
3. The oil method involves using a carrier oil to extract CBD, such as olive oil. This is likely the easiest of the three methods, offers the most benefits for your health, and is also the best option when extracting for the purpose of adding to edibles.

No matter which method you finally choose to use, before we look at them in depth, let's consider the most important step first— choosing a cannabis strain, or the toothpaste part of our proverbial toothbrush aisle.

Choosing a Strain & Decarboxylation

Choosing a cannabis strain to use is possibly the most important– as well as the most complicated– task you are going to be faced with when making your own oil for adding to edibles. Nearly all strains of cannabis are powerful and high quality, but each strain is best for a different use.

This is because cannabis strains all have varying levels of THC in them. Government strains may have as low as 3% THC in them while some designer strains of cannabis can have as much as 30% THC. It is important that you choose a cannabis strain based on the desired THC or CBD levels, flavors for your edibles, and the medicinal affects you want to achieve.

Doing this can help you choose the right strain before starting your oil extraction process. The general rule of thumb to follow is:

Indica = Meditate, Sativa = Stimulate

When choosing a strain to use in your edibles, consider what effects each strain offers. As with the rule of thumb above, use Indica strains when you want a relaxing effect, while sativa will have a more stimulating effect. Indica strains are good for treating anxiety and pain. However, sativa is more appropriate when treating conditions such as fatigue or depression.

Within these two basic categories there are many different strains that can offer a range of experiences. The best way to determine a potent strain is through the smell; the strain you choose should have a potent and deep earthy aroma. If the scent is faded or more on the synthetic side, it means the strain itself is not the best quality and is probably laced with other substances.

Another thing you can do is talk to users and vendors about the effects experienced by different strains, or try various ones until you find a strain that works for you. It is a matter of trial and error than anything else, really.

After you've selected a strain of cannabis to use, your next step is decarboxylation. It may sound like an intimidating term that borders the more technical lines of science, but once you find out what it is and how to do the process yourself, you'll realize it is not as complicated as it seems at a first glance.

Decarboxylation

Quick lesson about cannabis and where exactly THC can be found. The cannabis plant isn't psychoactive itself. When cannabis is in its natural form, it doesn't contain THC or delta 9-tetrahydrocannabinol, which is the main psychoactive component of marijuana. Tetrahydrocannabinolic acid, or THCA, is the chemical in the cannabis plant that becomes psychoactive.

The mechanism for decarboxylation is heat; high temperatures will convert THCA into THC, and then you will have a psychoactive plant. This typically happens when you dry the cannabis bud and then light it up to smoke it, for instance.

The cannabis bud contains the most THCA. The leaves or trim of the cannabis plant carry minimal amounts, and are often harvested to make Butane Hash Oil, or BHO. BHO is good for making cannabutter edibles or canna-oil. If you aren't going to burn dry cannabis buds to smoke, then you need to decarb your cannabis plant by placing it in the oven, even before you add it to edible recipes.

The heat will take the carboxyl group out of the THCA to create the psychoactive THC. The same applies to CBDA, where heat converts it to CBD. Simple enough, right?

Difference Between Raw Cannabis and Decarbed

The main reason we use decarbed cannabis is to activate the THC and CBD to gain the associated benefits. However, using the raw cannabis plant can also be an option and comes with its own separate beneficial effects. THCA and CBDA both contain terpenes that have anti-inflammatory properties; some individuals may value these benefits over psychoactive effects.

THCA and CBDA are found in raw cannabis, which contains terpenes as well as other phytonutrients. These are healthy and beneficial on their own without having to be carboxylated, are also not psychoactive— for those who don't want these effects— and is also good when treating conditions in children.

There are over 100 types of non-psychoactive cannabinoid acids in raw cannabis, the most common of these being THCA. This is why actual cannabis is preferred for treatment options instead of synthetic THC in medications that contain THC alone without other therapeutic ingredients found naturally in the cannabis plant.

To use raw cannabis you will need to use the fresh leaves, flowers, or buds picked directly from the plant. When using cannabis raw you should never dry or cure any part of the plant. The leaves should be kept refrigerated if not used immediately and it will only keep in the refrigerator for a few days before it begins to lose its freshness.

This means it is best to take what you need directly from the plant and add it to your edible recipe. It is best not to add raw cannabis to warm drinks or foods since this can cause some decarboxylation to occur.

The decarboxylation activates the THCA and turns it into THC, or activates CBDA into CBD, depending on the strain of cannabis you are using. It will also do the same to other cannabinoid acids, so make sure you keep raw cannabis cool.

4 popular Decarboxylation Methods

Before we go into the process of decarboxylation, consider the chart below to see the basics of what you need to do when it comes to method, time, and temperature.

Method	Decarb Time	Temperature
Oven	40 to 60 minutes	250 to 300 degrees Fahrenheit
Microwave	1.5 to 3 minutes	High
Sous Vide	1 hour 30 minutes to 1 hour	200 to 240 degrees Fahrenheit
Decarboxylation	40 minutes	Fahrenheit
Ardent Nova Decarboxylator	120 minutes	Automatic

Decarboxylation in an Oven

The ideal decarboxylation temperature for your cannabis will depend on how long you want the process to take, and will also be influenced by the kind of flavor you want your cannabis to have.

For example, if you use a lower temperature for a longer time, then you'll be able to preserve more terpenes, giving your cannabis a different smell and taste. Using the oven for the decarboxylation process is the most common approach to start the reaction to remove carboxyl group from the THCA to leave THC. The process involves five simple steps:

1. Preheat the oven to 220 to 300 degrees Fahrenheit.
2. Use your hands to break your cannabis down into smaller pieces.
3. Spread the cannabis out onto a baking sheet lined with parchment paper.
4. Heat the cannabis for a period of 30 to 60 minutes.
5. Remove the cannabis from the oven. The cannabis should now be brown, hard, and crumbly. With your hands, a grinder, or a food processor, you should further grind the cannabis until you have a coarse grain, but not a fine powder. The cannabis is now at its maximum level of THC and can be used in your edible making.

Decarboxylation in the Microwave

If you don't want to cook your cannabis in the oven in order to save electricity or to avoid heating up your living space, then there is a way to do decarboxylation in the microwave. This isn't a preferred method, since you can't be sure the microwave won't remove some of the cannabinoids or terpenes and in a way it is less precise than the oven.

However, once microwaved, you can tell by the smell that there is still a pretty large amount of strong cannabinoids and terpenes remaining in the cannabis. Simply put your cannabis in the microwave for 1 and ½ to 3 minutes on high, and you're finished.

The benefit to using this method is that there is a less likelihood of burning any of the cannabis. It is also the fastest of all the methods for decarboxylation.

Sous Vide Decarboxylation

The Sous Vide method of decarboxylation was first thought up by Sir Benjamin Thompson, a British-American physicist. He experimented with a mutton shoulder and even-cooking it in the Sous Vide method. The method— adapted and modernized for our own intents and purposes— involves vacuum sealing the cannabis in plastic, then adding a water-circulating heating element by placing the bag in a pot of water to heat it evenly.

The vacuum sealed cannabis is slow cooked until it is fully and evenly decarboxylated. For this method you'll need the following supplies, which are a bit more difficult to obtain than a microwave or an oven:

- Vacuum Sealing Machine
- Cannabis Grinder
- Sous Vide Precision Cooker
- 10 Quart Pot

The process then requires four steps:

1. Grind the cannabis to a coarse grain, but not a fine powder— make sure you collect any kief— the sticky resin crystals— produced.
2. Seal the cannabis in a heat-safe plastic using the vacuum sealer.
3. Place the Sous Vide Precision Cooker in the 10-quart pot filled with water and place at a temperature of 200 to 240 degrees Fahrenheit.
4. After the water is at the correct temperature, add the vacuum sealed cannabis and cook for 1 hour 30 minutes to 1 hour 40 minutes.

With this method, you get the benefit of producing an even temperature with the water circulation. This means that all of the cannabis is cooked evenly, providing you with a thoroughly consistent amount of THC and/or CBD throughout your cannabis. It is also a foolproof method that helps prevent you from burning the cannabis on the outside.

Ardent Nova Decarboxylator

This option involves technology that was designed specifically for the decarboxylation process for cannabis. The device looks similar to a thermos. There are several advantages to using this technology over other methods, including the following:

- ❖ It is a very easy option. You simply place your cannabis in the container, push a button, and in 120 minutes you have completed the decarboxylation process.
- ❖ You don't have the smell throughout the room, so it is a more discrete option.
- ❖ This makes it easier and simpler for most people to make their own cannabis tinctures and oils for edibles rather than buying products that are pre-made and likely to be more expensive.

While there are a lot more benefits to using this method, it is also the longest; at 120 minutes to have a fully decarbed product.

Decarb Time for Cannabis

How long it takes to decarb cannabis will vary depending on your goals and the method you choose to use in the long run. In the oven, for argument's sake, you are able to use a higher temperature and, as a result, a shorter rate.

On the other hand, the oven also allows you to go the other way and decarb at a lower temperature over a longer period of time. Either way, decarboxylation happens at between 200 and 300 degrees Fahrenheit, so one cannot go wrong if they stay at those specific temperatures.

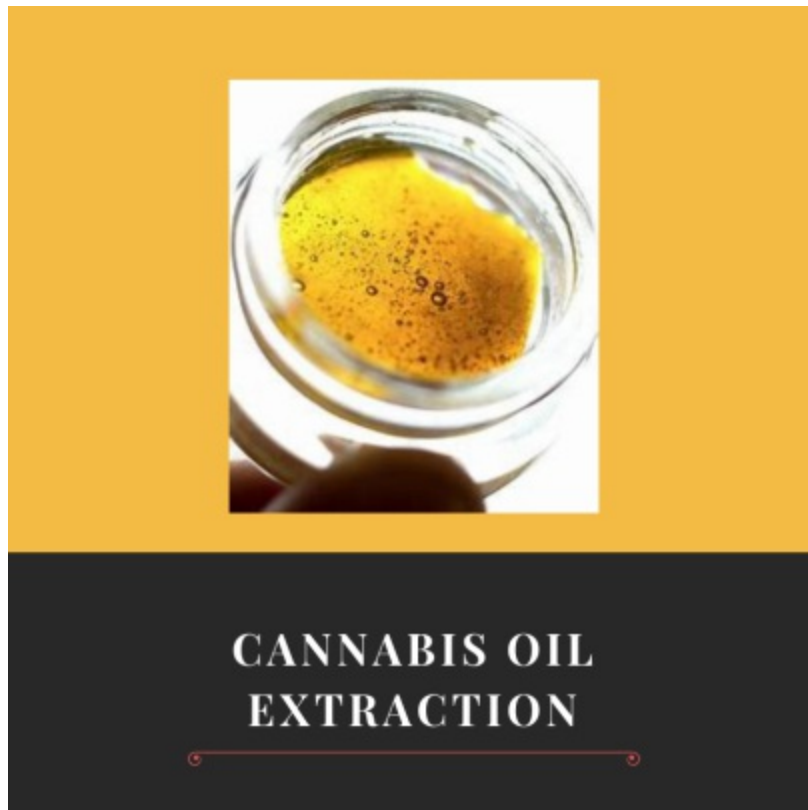
Most cannabis professionals prefer to decarboxylate at a lower temperature for a greater period of time to prevent the evaporation of terpenes. A little background on the subject: terpenes are responsible for the smell of the cannabis and have some therapeutic action. Some cannabis strains can smell like a subtle mixture of lavender or lemon or even the clean scent of pineapple. This gives the cannabis a form of aromatherapy that is central to its main action.

When you decarb in the microwave, you have a greatly reduced cooking time. Often, it only takes about 3 minutes to decarb cannabis in the microwave. However, this method is not always preferred since the heating can be very uneven and cause the evaporation of important terpenoids. Despite all of this, if you need your cannabis decarbed quickly, then decarbing it in the microwave is the best choice.

If you choose to use the Sous Vide method, then you need to have a lower temperature and a longer cooking time, similar to one of the options from using the oven. Temperatures can range from 220 to 240 degrees Fahrenheit and can take up to 1 hour and 40 minutes to cook.

This longer time ensures the cannabis is entirely decarboxylated. Cooking with the water immersion method ensures everything is cooked evenly, and there are zero chances of burning the cannabis and getting blackened lumps instead of a result you can actually work with.

Cannabis Oil Extraction & Dosage



When it comes to extracting the oil from cannabis, you should choose a strain that contains the best-quality CBD or cannabis oil you are looking for. If you are growing your own cannabis, then you need to be aware that some strains will have a high content of both CBD and THC.

You are typically going to want a high CBD and low THC level strain if you want to extract the oil for medical edibles. No matter what oil you choose to extract, make sure you prepare a work zone that is in a well-ventilated area, otherwise the scent of marijuana can be overwhelming and may adhere to clothing and furniture.

You also need to have a good basic understanding of how much CBD or THC oil you want to have in each edible and have the calculations completed ahead of time. We'll discuss more about how to make this calculation shortly.

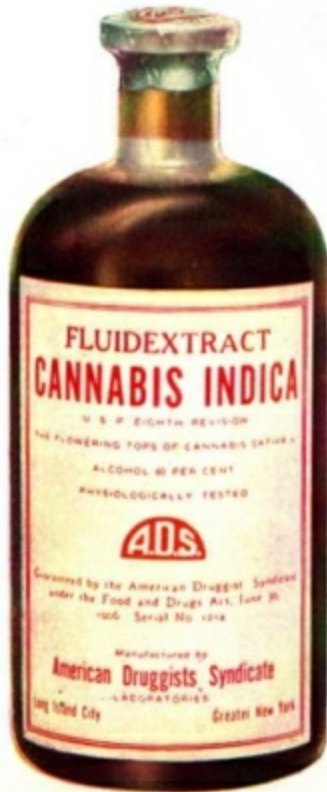
In order to extract oil from a cannabis plant, you are going to need a cup of carrier oil. I prefer to use virgin coconut oil since it has a more subtle flavor and it mixes well with the cannabis, but you can use any type of carrier oil you want. You will also need about 14 grams of your choice of cannabis buds. The extraction process will require the following steps, so read up:

1. Grind the entire cannabis plant and place it in a canning jar with the carrier oil, ensuring the lid is on tight.
2. Place the jar and a washrag in a saucepan along with a few inches of water. Bring to just below boiling and leave for three hours, replacing the water if it evaporates.
3. Using oven mitts or a bottle holder, give the jar a shake every half hour.
4. Once three hours are finished, turn off the burner and cover the pot with a towel.
5. Wait three more hours for the jar to cool, then repeat steps 2 to ; leaving the jar in the pot and covered with a towel on it overnight after the second processing.
6. Repeat this process for the next few days if you want a stronger oil.
7. When your oil is finished after all that hard work, you can strain it through a cheesecloth into your desired container. These oils are sensitive to light and heat, so it is best to keep them in a dark glass bottle in a cool area.

When you use cannabis oil to cook, it is important to remember that the boiling point is a maximum of 180 degrees Celsius.

However, cooking with cannabis oil isn't your only option. You can also make a THC or CBD tincture for use in making edibles. Let's have a closer look at what is a tincture, and how you can make one.

Making a Tincture



A tincture is a highly concentrated extract of cannabinoids and other therapeutic properties of cannabis. A tincture is often made by grinding the decarboxylated cannabis and putting it into a solvent such as grain alcohol. The solvent will dissolve all of the terpenoids and cannabinoids, then you need to strain out any residual plant material.

This leaves you with a concentrated and liquid cannabis that you can add to your edibles. Yet another option you have is to make cannabis butter or cannabutter for your recipes. Let's take a look at this option next.

Making Cannabutter



Another essential ingredient for making cannabis edibles is cannabutter. While this may seem challenging, cannabutter is actually very easy to make, rest be assured. To make cannabutter, you will need about a cup of water, a pound of unsalted butter, and an ounce of lightly ground cannabis bud or trim.

You begin the process of making cannabutter by placing your decarboxylated cannabis and butter of choice in a pot with a little water just to ensure the butter doesn't burn, and allow it to simmer on low heat for three to six hours. As long as the butter doesn't burn, you will get a higher level of cannabinoids in the fatty components the longer you heat it.

Some choose to make cannabutter by heating their ingredients together in a crockpot for six hours. Allow the butter to cool enough to handle, strain out the plant material and discard it. Place the butter in the refrigerator and allow it to solidify.

Lastly, another option you have when it comes to preparing the cannabis portion of your edibles is to make a special corn syrup. Let's look at this more in depth.

Making Cannabis Corn Syrup



Cannabis corn syrup can be made in formulas ranging from a ¼ ounce to 4 ounces of cannabis per 6 measures of corn syrup. The level of the formula will depend on the centralization of cannabis in your edibles recipe. The following is a sample of a cannabis formula that can be altered to meet any individual dose.

In general, it will take you about four hours to make your cannabis corn syrup, so pick a good book, prepare a couple of great movies or shows, or simply listen to some music as you wait for the syrup to cook.

You will need a pot or slow cooker, 3 glasses of light corn syrup, 1 ounce of finely ground cannabis, a cheesecloth, a spoon, a Tupperware with a cover, and an elastic band that will fit around the edge of the Tupperware. To make your corn syrup, use the following steps:

1. Pour the light corn syrup in the pot or slow cooker and set on low/medium warmth.
2. Allow the corn syrup to warm up until it is hot, but make sure it doesn't bubble.
3. Add the finely ground cannabis to the syrup.
4. Stir the cannabis often and allow it to cook for no less than 4 hours. Don't allow it to bubble, so try to stir it every so often and preferably

do not stray too far from the kitchen while this is cooking.

5. Prepare your Tupperware holder by using two sheets of cheesecloth and securing it over the cover of the Tupperware with the elastic band.
6. Turn off the heat and allow the mixture to cool down a little.
7. Pour the cannabis corn syrup blend over the highest point of the cheesecloth gradually and into the Tupperware.
8. Do this again since it is important to strain as much plant from the syrup as possible.
9. Allow the syrup to cool thoroughly before using in edibles recipes.
10. Store the cannabis corn syrup in an impenetrable holder and keep in a dim, cool location.

Dosing and Testing

Leaving aside procedures and terminology for a moment, it is extremely important to pay attention to the following information. You need to be careful when making cannabis edibles, whether you make them with THC or CBD. Why? Simple. It is easy to overdose on homemade cannabis candy, and this can be an awful experience at the least, and a health problem at worst.

Therefore, always be aware of how much cannabis you are using, the amount of edibles you are consuming, and how much THC is in your candy or edibles. It is best to label your tinctures based on their THC content. Let's look at how you can do this so we can prevent any unfortunate incidents.

The simplest way to label your cannabis is to count bowls: how many bowls go into your tinctures and the resulting candies. A bowl equals about a gram of cannabis. How many grams of cannabis you have used is how many bowls are in your tincture. Let's consider an example.

Let's say you have 50 grams of weed in 50 gummy candies; in this case, each gummy is a bowl. Each bowl has about 100 mg of THC, so that you will be getting about 10 mg of THC per gummy candy. You want to spread this over as much as 500 gummy candies. A general rule of thumb is to only make candy with the same amount of cannabis and THC that you are accustomed to smoking since you will be able to tolerate this amount with little to no issues.

You also want to do your own research and calculations for your individual candy recipe. Just remember to keep track of how much cannabis you use overall and how many candies you are dividing it into so you can get an idea of the strength of the edibles. Let's look at how you can calculate THC dosages in your edibles and candies.

Calculating THC Dosages

Perhaps one of the biggest questions people may have when it comes to cannabis cooking is the proper dosing of THC. It is with good reason, since this is a concern that can have great impact on your cannabis cooking and of the strength of its effects.

When first getting started with cooking cannabis, most people teach you how to estimate a reasonable THC dosage range, just as most people have done for many years prior. Finding a “dosage window” can involve a number of balancing factors including plant strength as well as tolerance levels of those who will be consuming the cannabis candy or edible.

While having a reasonable dosage range of 10 to 15 milligrams of THC is a decent option, it can be much better to know the exact number of milligrams of THC that you are getting per cannabis candy. There is a specific formula that you can use in order to get a pretty close calculation, even if the plant material you use isn't lab-tested. However, this still doesn't mean that the formula is completely foolproof since THC levels can vary widely, but it will give you a decent idea of what you can expect.

On the other hand, if you are cooking with cannabis that is lab-tested, then you can use the following formula to calculate a precise amount of milligrams of THC and even CBD per serving of cannabis candies.

I'm going to explain the basic formula for you, but if you still aren't sure about the math, there are plenty of dosage calculators available online that can you with the math portion of the formula.

Determining THC Percentage

To start with, let's assume that you don't know how much THC is in the plant material you are using, since the majority of people who are new to cannabis cooking don't know the percentage— and that is more than all right. A recently study in 2009 by the US government found that the national average of THC in cannabis is about 10%, but not all cannabis plants are equal.

For example, the government-grown cannabis that is found at the University of Mississippi for researchers caps at about 3% THC. On the other hand, a study in 2015 in Colorado tested 600 cannabis samples from throughout the state and found that some high-level cannabis strains contained as much as 30% THC.

This is a great difference in THC percentage, needless to say. Now it should be fairly easy to see exactly how varied the THC content can be in a cannabis plant, making the formula all the more useful.

If you are cooking with a lower quality cannabis plant material such as low-quality brick cannabis, trim, or government-supplied cannabis, then you should use a THC content of closer to 3% when starting your formula estimate. If you know you are using a more potent strain of cannabis, then you may want to start your formula estimate at around 10%.

For the purpose of this example, we'll use 10%. It is also a round number that makes it easier for those who aren't mathematically-talented to understand the formula concept. Here goes:

The Dosage Formula

The following formula for determining cannabis dosing is as follows:

1 gram of cannabis = 1,000 milligrams

10% of 1,000 milligrams = 100 milligrams

This assumes we are using the average strain of the cannabis plant. Meaning 1 gram of cannabis contains about 100 milligrams of THC. Easy to follow so far, breathe easy. Now we need to determine how many milligrams of THC are in a bath of marijuana butter, for example.

For this scenario, let's assume you use 1 ounce (or 28 grams) of standard quality cannabis to make a cup of butter. This would mean the cup of butter contains 2,800 milligrams of THC. Therefore, the amount of THC in a recipe depends on the amount of butter you use. Still following? Good.

For instance, if you use ½ cup of butter to make a batch of 36 cookies, then the entire batch would be 1,400 milligrams. Divide the 1,400 mg into the number of servings– or in this case 36 cookies– in order to determine the amount of THC in each cookie, which would be 38.8 milligrams.

So, let's review for a moment. First, you need to estimate the amount of THC in your plant material in percentage (or you can use the known number from a lab test). This number can then be divided into 1,000 to get a specific per milligram amount.

The next step is to determine the number of milligrams in your infusion and the amount that you are going to use to make your cannabis recipe. Divide the number by the number of servings a recipe makes, and you will have a per serving dose.

This formula can be used to create cannabis recipes that ensure you are delivering a specific THC dose to meet your particular needs. If you find your recipe is giving you too strong of a THC dose, you can reduce the amount of cannabutter or oil by diluting with regular butter or oil to make up the difference in the recipe. On the other hand, if you find the recipes aren't strong enough, you can add more THC with decarboxylated kief, hash, or hash oil.

Testing Edibles for Strength

Now that we've got math and percentages out of the way, let's start talking about candy and the logistics involved. It is important that you test your cannabis candies to determine their strength.

Eat a small piece to start and note both the taste and potency by giving it about 45 minutes to 2 hours. If at 45 minutes you have a strong effect, then you shouldn't take any more—it is one of those situations where you do not know it until you feel it. Instead, just wait for the euphoria to pass and the, high to completely come down and see how long this process takes.

Then you'll know how strong each candy is and how long you should wait before re-dosing with more of it. This will also help you determine how long before different activities you should take your cannabis candy so you are not hindered by the effects.

For instance, if you have a chaotic work shift in the next hour or so, it is definitely not recommended to eat cannabis candy when you are not too sure of what effects it will have on you. Use your logic to find the best time and plan out your schedule by prioritizing. Make it a point to take note of the characteristics of the cannabis strain you are using so you can have the proper knowledge in the future when making other cannabis candies.

Candies will dissolve in the stomach at various rates and release cannabinoids at different frequencies. This will help you in determining what strain and type of cannabis candy you want for different activities.

Well now, let's get into the part of this book you've been waiting for. Are you ready? What are you waiting for? Check out the following cannabis candy and desserts recipes to get you started, and soon you'll be making your own wide range of cannabis edibles. Some of these recipes will have tips included to make the cooking process go smoothly, so keep them in mind as you read through.

Recipes

Cannabis Lollipops



Equipment:

- Medium-Sized Saucepan
- Lollipop Sticks
- Lollipop Mold
- Candy Thermometer

Ingredients:

- Cannabis Tincture
- 1 cup Sugar
- ½ cup Corn Syrup
- ¼ cup Clean Filtered Water
- Citrus or another choice of flavoring

Steps:

1. Combine the sugar and corn syrup and ¼ cup of the clean filtered water in a saucepan. Turn heat to medium while stirring the sugar until dissolved.
2. Bring the liquid to a boil.

*A neat trick to prevent the sugar from crystalizing along the sides of the pan is to dip a clean brush or a clean cloth in water and wet the inside perimeter where the mix meets the pan. This ensures the sugar will not heat unevenly.

1. After the liquid is boiling, measure the temperature with a candy thermometer until the mixture reaches 300 degrees Fahrenheit.

*Remember to not place the thermometer directly at the bottom of the saucepan, but rather in the middle of the mix to get an accurate reading.

1. Remove the pan from the heat and keep reading the temperature with the candy thermometer.
2. Allow the liquid to cool down to 250 degrees Fahrenheit, then stir in the cannabis tincture and flavoring of your choice. If the tincture is alcohol based, make sure it isn't exposed to flames or other sources of fire.
3. Pour the mixture into your chosen lollipop molds and insert the lollipop sticks.
4. Allow the liquid to cool completely for about 20 minutes, and your cannabis lollipops are ready to go.

It is important to note that the lollipops are going to be as strong as the tincture amount you've used divided by the number of lollipops. Make sure you know of the strength of your tincture (or how much cannabis was used to make the tincture). Also test your lollipops by eating one and waiting at least two hours to see what the effects are.

Cannabis Gummies



Equipment:

- Gummy bear molds or candy molds
- Medium-Sized Saucepan
- Heat Resistant Spatula
- Whisk
- Measuring Glass

Ingredients:

- 1 ounce Cannabis Tincture
- 3 tablespoons Raw Honey
- 5 tablespoons Gelatin
- 1 cup Fruit Juice of your choice
- Pinch of salt

Steps:

1. Boil your fruit juice, honey, and salt in a saucepan.
2. Whisk in the gelatin and stir for up to five minutes, so everything is well-mixed.
3. Add in your cannabis tincture and stir it until it is completely combined.

4. Use a spoon or other heat-proof utensil to carefully transfer the hot liquid into the desired gummy molds.
5. Place the molds in the refrigerator for a minimum of 15 minutes.
6. Once the gummies have hardened, you can place them in an airtight container, and eat them for the remainder of the week.

Test by eating one gummy and noting the effects over 45 minutes to two minutes. Use caution to avoid overdosing.

Cannabis Hard Candies



Equipment:

- Medium-Sized Saucepan
- Scissors
- Candy Thermometer
- Pan Greased with Cannabutter
- Candy Molds
- Baking Dish

Ingredients:

- $\frac{3}{4}$ cup Light Corn Syrup
- 1 cup Water
- $\frac{1}{8}$ cup Powdered Sugar
- 2 cups Sugar
- Hash or Canna Oil
- 1 teaspoon Peppermint flavoring or other desired flavoring
- 2 drops of desired food coloring, optional

Steps:

1. Ensure you have all your equipment ready since you need to move fast when making candy.

2. Place your water, corn syrup, and sugar in a saucepan and cook on high until the sugar dissolves.

*Remember the trick of wetting a brush or a clean cloth and swiping some water along the sides of the saucepan so the sugar does not crystallize.

1. Reduce to medium heat for 15 minutes, then check with the candy thermometer until the liquid reaches 300 degrees Fahrenheit.

*Never let the candy thermometer touch the bottom of the pan. Instead, keep it in the middle of the mixture, which will give you an accurate reading of the candy, not the heat source beneath the pan.

1. Remove the liquid from the heat and add your desired food coloring, canna oil, and desired flavoring.
2. Pour your liquid into the baking dish and allow it to cool.
3. Once semi-hardened, use candy molds or scissors to form into the desired shape. If you used a ½ ounce of cannabis in making your oil, then cut the candy into 14 or 28 pieces about the size of a jolly rancher.
4. Place the candy pieces into the pan buttered with cannabutter and allow them to become greasy.
5. Cover your baking dish in a generous coat of powdered sugar.
6. Roll the buttered candy in the powdered sugar.
7. Allow your candy to harden a few more hours, then enjoy.

Cannabis Caramels



Equipment:

- Medium-Sized Saucepan
- 9x13 heat-proof dish

Ingredients:

- 1 cup Cannabutter
- 1 cup Corn Syrup
- 2 ½ cups Brown Sugar
- 14 ounces Condensed Milk
- 1 tablespoon Vanilla
- Dash of salt

Steps:

1. Melt the Cannabutter down in a medium-sized saucepan on the stove.
2. Mix in the salt and brown sugar.
3. Once combined, stir in the condensed milk and corn syrup. At this point, start constantly stirring to mix throughout the rest of the process.

*Reminder: To prevent the sugar from crystallizing on the sides of the pan, take a clean brush or rag, dip it in water, and quickly wet all around the inside of the pan right at the edge where the caramel mix stands at.

1. Allow the mixture to heat on medium to high heat for 12 to 15, minutes or until it turns into a golden brown bubbling goo with a delicious warm and sweet scent, and hardens slightly.

*Caramel tip: If you are worried about reaching the right consistency, you can very carefully use a spoon to scoop up a small amount of the caramel and drop it inside a glass of cold water. After five seconds, you will be able to fish out the caramel blob with your fingers, which will give you an idea of what the texture will be like once the whole mix cools. If it dissolves in the water as you touch it, then it will be very soft and almost like a sauce. If you can actually press it together and bend it gently, it will be fairly chewy and solid. The harder you want it to get, the longer you leave it on the stove.

1. Once you reach your desired consistency, mix in the vanilla and ensure it is evenly dispersed.
2. Carefully and gently pour the caramel mixture into a 9x13-inch pan and allow to cool.
3. Cut the caramel and wrap or serve as needed.

Cannabis Chocolate and Salt Balls



Equipment:

- Cookie Scoop
- Cookie Sheet
- Desired Molds

Ingredients:

- 4 pounds Chunky Peanut Butter
- 2 pounds Powdered Sugar
- 1 cup Cannabutter
- 9 cups Rice Krispies
- 8 cups Dark Chocolate

Steps:

1. For the centers, mix the peanut butter with the cannabutter.
2. Add in the powdered sugar and the Rice Krispies to the peanut butter and cannabutter blend.
3. Take a small cookie scoop and make balls from the mixture and place them on a cookie sheet to firm up in the refrigerator or the freezer if you want it to go faster.
4. Coat your desired molds with a fine layer of cocoa butter.

5. Melt the dark chocolate to a temperature of about 115 degrees Fahrenheit, then immediately cool it to about 95 degrees Fahrenheit.
6. At about 90 degrees Fahrenheit, add in 20 grams of cocoa butter or coconut oil if you would like better fluidity to your chocolate and an added shine.
7. Place a thin layer of chocolate into the molds and allow it to cool and set.
8. Press the previously refrigerated balls of the peanut butter and Rice Krispy mix onto the layer of chocolate.
9. Ladle more chocolate over the center in order to fully cover the dessert and finish by sprinkling with salt if desired.
10. Refrigerate or freeze until solid, and you are good to go.

Peanut Butter Cannabis Chocolates



Equipment:

- Heavy Saucepan
- Chocolate or Candy Molds of your choice, or even silicone ice cube trays
- Electric Blender

Ingredients:

- 2 pounds of dark chocolate
- 2 ounces or $\frac{1}{4}$ cup of oil-based cannabis tincture
- 1 cup peanut butter
- $\frac{2}{3}$ cup powdered sugar
- 2 cups chopped walnuts or other nuts
- 1 tablespoon chili powder or another topping if desired

Steps:

1. In the heavy saucepan, melt the chocolate and add the 2 ounces or $\frac{1}{4}$ cup of cannabis tincture, making sure to stir constantly until smooth.
2. Blend the powdered sugar and peanut butter together until they are fully combined and there are no streaks of white. You can also add

the tincture if you want.

3. Cover the bottom of your desired mold with a layer of the chocolate and/or chocolate tincture mix.
4. Place about 1 teaspoon of the peanut butter mix on top of the chocolate.
5. At this point, you can add a sprinkle of any additions you want such as chili powder or salt, or more options less on the savory side.
6. Cover the mixture with another layer of chocolate.
7. Cover with chopped walnuts or another nut of choice.
8. Allow cooling until firm or place in the freezer if you want them to harden faster.
9. Remove the snacks from the molds, and you are ready to go.

Chocolate Cannabis Mints



Equipment:

- Hand Mixer
- Parchment Paper
- Cookie Sheet
- Small Saucepan
- Spoon

Ingredients:

- ½ cup Coconut Oil
- ¼ cup Raw Honey
- ¾ teaspoon Peppermint Extract
- ¾ to 1 cup Semisweet Chocolate Chips
- Cannabis tincture can be added at any point in the process in whatever amount you can tolerate

Steps:

1. Using the hand mixer, whip together the coconut oil, raw honey, and peppermint extract. If the coconut oil is liquid, you may want to refrigerate it until it is slightly solid, but not rock hard.

2. Place this filling in the refrigerator for 5 minutes.
3. Use a small spoon, cookie dough scoop, or ½ tablespoon measuring spoon to scoop out small pieces for the mint filling.
4. Place each small piece on a cookie sheet lined with parchment paper.
5. Return the mint fillings to the freezer until you are prepared to coat them with chocolate.
6. In a small saucepan, melt the chocolate chips over low heat gently and stirring frequently as to prevent the bottom portions from burning.
7. Once the chocolate is melted, remove it from the heat.
8. Remove the mints from the freezer and remember to work quickly so nothing melts at an alarming rate, since coconut oil tends to soften at room temperature.
9. Use the small spoon to dip and coat each mint disk into the melted chocolate.
10. Return the chocolate-covered mints to the parchment-covered cookie sheet and return to the freezer.
11. Keep the mints in the freezer until the chocolate coating hardens.
12. You can serve the mints immediately, or you can store them in the refrigerator.

Cannabis Tootie Rolls



Equipment:

- 2 Bowls
- Parchment-Lined Cookie Sheet

Ingredient:

- 2 Tablespoons Melted Cannabutter or Coconut Oil
- ¼ cup Unsweetened Cocoa Powder
- 1 and ½ cups Powdered Sugar
- 1 teaspoon Vanilla Extract or Flavoring of your choice
- ¼ cup Dry Milk Powder
- ¼ cup White Corn Syrup
- 1 pinch of salt

Steps:

1. In one bowl, mix together the cocoa, the salt, and powdered sugar, then set aside.
2. Add melted cannabutter or coconut oil to the corn syrup and mix well.
3. Add in the desired flavoring.
4. Mix in the milk powder until it reaches a creamy consistency.
5. Combine your wet and dry ingredients by adding the liquid mixture into the cocoa and powdered sugar mixture.
6. Continue mixing until everything is evenly distributed and it looks like there isn't going to be enough liquid. When the mix starts to take

on a more solid, doughy form, you can start kneading it on a clean, flat surface coated in powdered sugar.

7. Roll into individual pieces and refrigerate to allow it to firm up. You can cut into smaller pieces at this point if you want and store them in the refrigerator.

Cannabis Chocolates



Equipment:

- Double Boiler
- Chocolate Molds

Ingredients:

- ¼ cup Cannabutter or Raw Organic Cocoa Butter
- 1 pound dark chocolate

- 1 teaspoon Vanilla Extract
- 1 teaspoon Superfine Sugar
- 1 teaspoon Dark Cocoa Powder

Steps:

1. In a double boiler, add the cannabutter or cocoa butter, vanilla, sugar, and cocoa powder. Whisk until the sugar dissolves completely and there is no graininess.
2. Slowly add in the chocolate and stir gently until completely melted and the mixture has a silky shine.
3. Pour the mixture into your desired chocolate molds. If you do not have chocolate molds, silicone ice cube trays work just as well.

4. Allow to cool and harden, then remove from molds and enjoy.

Cannabis Hard Candies



Equipment:

- Hard Candy Molds
- Candy Thermometer
- 1 Quart Non-Stick Saucepan
- Large Saucepan

Ingredients:

- ½ cup Cannabis Alcohol Tincture reduced to a Syrup
- 2 cups Sugar
- ⅔ cup Light Corn Syrup
- ¾ cup Water
- ½ teaspoon Lemon Emulsion
- 1 teaspoon flavor oil of your choice
- 5 to 10 drops of food coloring of your choice

Steps:

1. Place your tincture in the 1-quart saucepan and turn the heat to low.

Cook until nearly all the alcohol evaporates, which typically takes about 5 minutes. It should have the look of molasses when it is done.

2. Add the emulsion and desired flavoring extract to complement the flavor of the hard candies you want to make. Stir well.
3. Remove the mixture from the heat and allow to cool for five minutes.
4. In a large saucepan, mix the corn syrup with the water and stir on medium heat until the sugar dissolves.

*Tip reminder you can happily skip if you already have read it before: To prevent the sugar from crystallizing on the sides of the pan, take a clean brush, dip it in water, and quickly wet the edge between the sugar and the inside of the pan.

1. Insert the candy thermometer, and make sure it doesn't come into contact with the bottom of the pan. Bring the mixture to a boil without stirring.
2. Continue to cook without stirring until the temperature is 260 degrees Fahrenheit. Add the food coloring, but don't stir just yet. Continue to cook until the mixture is 300 degrees Fahrenheit. Be cautious with the mixture, as it is extremely hot and may cause severe burns if one of the bubbles pops on your skin.
3. Remove the mixture from the heat at exactly 300 degrees Fahrenheit. Add in the flavoring and tincture reduction. Stir quickly and carefully as to not splash the molten caramel.
4. Then quickly pour into the prepared candy molds and allow to sit at room temperature for five minutes until it cools completely.
5. Once it is completely cool to the touch, break apart the pieces or separate them from the candy mold. If desired, you can coat with powdered sugar.

Cannabis Taffy



Equipment:

- Marble or Rock Slab
- Heavy Saucepan
- Wax Paper
- Candy Thermometer

Ingredients:

- 1½ mugs Cocoa Sugar
- ½ glass Cannabis Corn Syrup
- 3 tablespoons Cannabutter or regular Margarine, depending on how strong you want the taffy to be
- 1 ½ teaspoons Salt
- 1 ½ teaspoons Vanilla Concentrate or desired flavoring

Steps:

1. In a saucepan, combine the cocoa sugar, corn syrup, butter, and water.
2. Heat with infrequent mixing until the temperature reaches 256 degrees Fahrenheit.

3. Add in the salt and blend.
4. Pour the mixture onto a greased marble/stone section and allow to cool until you are able to touch it.
5. Stretch the taffy by pulling at it from both ends with your hands, having both ends meet again, and repeat until it is light in color.
6. Include the vanilla concentrate or other desired flavoring as you extend the taffy.
7. Pull out 1-inch strings of taffy. Softly oil scissors and cut the taffy into small pieces.
8. Wrap each piece of taffy in wax paper and twist the ends to close.

Cannabis Cups



Equipment:

- Muffin Tin with Liners
- Bowl and Whisk
- ¼ Cup Measuring Spoon

Ingredients:

- ½ cup Melted Coconut Oil
- ½ cup Raw Cocoa Powder
- ½ cup Melted Coconut Butter
- 1 tablespoon CBD or Cannabis Oil
- 1 tablespoon Syrup/Raw Honey if desired

Steps:

1. Line your muffin tin with the liners and set aside.
2. In a bowl, melt the coconut oil and whisk in the cocoa powder until there are no lumps remaining.
3. You can add a sweetener to the coconut oil and cocoa powder mixture at this point if you choose.
4. Once everything is fully mixed, use a ¼ cup measuring spoon to evenly distribute the mixture into the muffin tin; there should be

enough to fill six to eight liners.

5. Next, add ½ teaspoon of CBD, or cannabis oil, to each muffin tin and stir to combine with the mixture in each.
6. Place the muffin tin in the refrigerator and allow to cool for 30 minutes.
7. In a separate bowl, melt the coconut butter.
8. Remove the muffin tin from the refrigerator and quickly top each “muffin” with 1 tablespoon of coconut butter. Everything will start to melt, and you want to make sure the coconut butter remains on top. So fill each tin quickly and return to the refrigerator for another 30 minutes.
9. After the ingredients have cooled, remove the muffin tin and enjoy. They should be stored in the freezer if you aren’t going to eat them right away.

Cannabis Crème Brulee



Equipment:

- Medium-Sized Saucepan
- Ramekin
- Heat-safe Bowl
- Deep Baking Dish

Ingredients:

- 8 Egg Yolks
- ½ cup Honey
- 2 cups Cannabis Cream

Steps:

1. Mix the egg yolks in your saucepan on medium high heat for 2 minutes stirring constantly.
2. Gently warm the honey by placing the correct measurement in a heat-safe bowl and dipping the outer bottom of it into a larger container of hot water. Stir the honey until it softens and there are no crystals or lumps.

*It is recommended to do this step before mixing and heating the egg yolks, otherwise you might end up with an interesting batch of scrambled eggs instead of a custard base.

1. Once the yolks are fluffy and light, add the warmed honey as you stir to increase volume.
2. Slowly add and stir in warmed cannabis cream. After everything is combined, pour the resulting mix into the ramekin.
3. Place the deep baking dish in the oven and top it with the ramekin, then fill the dish with enough water to reach about half of the ramekin. Leave the water bath and the ramekin in it in the oven at 325 degrees Fahrenheit until firm. This takes about 25 to 40 minutes based on the size of your ramekin.
4. Feel free to decorate with caramel or torched crystalized sugar for a crunchy surface in contrast with the soft creamy dessert.

Cannabis Fudge



Equipment:

- Medium Saucepan
- Wooden Spoon
- Candy Thermometer
- 8x8 Pan lined with Wax Paper

Ingredients:

- 4 tablespoons Cannabutter
- 3 cups Sugar
- 4 ounces Unsweetened Chocolate
- 1 cup Cannabis Cream
- 1 tablespoon Raw Honey

Steps:

1. Mix together the sugar, chocolate, cannabis cream, honey, and cannabutter in a medium saucepan.
2. Turn on medium heat and start stirring with a wooden spoon.
3. Cook until the candy thermometer reads 234 degrees Fahrenheit.
4. Remove the mixture from the heat, and allow it to cool at room temperature for 8 to 10 minutes.

5. Add in vanilla or other desired flavoring and thoroughly combine.
6. Pour into an 8x8 pan lined with wax paper and allow to harden until it is solid to the touch.
7. Cut into desired sized squares.

Cannabis Coconut Joy



Equipment:

- Large Bowl with Large Spoon
- Flat-Bottomed Glass Container
- Non-Stick Cooking Spray
- Double Boiler

Ingredients:

- 1 pound sifted Powdered Sugar
- 5 tablespoons Palm Shortening
- 1 tablespoon Peppermint Extract
- 1 teaspoon Vanilla Extract
- 6 tablespoons Cannabis Honey
- 10 ounces Semisweet Chocolate

Steps:

1. Combine the sugar, 3 tablespoons of shortening, peppermint and vanilla extracts in a large bowl.
2. Add in the honey and mix completely with a large spoon.
3. Scoop out portions and roll into small balls.
4. Chill for one hour.
5. Flatten each ball with the back of a glass sprayed with non-stick cooking spray.
6. Chill again for one hour.
7. Melt the chocolate in a double boiler, stirring at intervals of 30 seconds so it doesn't burn, and add the rest of the shortening as you

continue stirring. The result should be a glossy, smooth chocolate mixture.

8. Dip each flattened ball into the chocolate mix, line them back in the glass container, and chill them for another hour. Enjoy.

Cannabis Jellies



Equipment:

- Two Medium-Sized Saucepans

Ingredients:

- 1 Orange
- 1 ½ cup Orange Juice
- 2 tablespoons Lemon Juice
- 2 cups Sugar
- ½ cup Cannabis Glycerin
- 1 tablespoon Butter
- 2 pouches Certo Premium Liquid Fruit Pectin

Steps:

1. Cook all ingredients aside from the pectin on high heat for five minutes.
2. Stir in the pectin and pour into a pan, allow to set overnight.
3. Cut the set mixture into desired pieces.

4. Toss on a generous coat of sugar to preserve, and enjoy.

Cannabis Chocolate Mousse



Equipment:

- Medium Saucepan
- Whisk
- Spoon
- Strainer
- Bowl
- Electric Mixer
- Spatula

Ingredients:

- 4 Large Egg Yolks
- 4 tablespoons Raw Honey
- 2 cups Cannabis Heavy Cream
- 8 ounces Melted Bittersweet Chocolate
- 1 teaspoon Vanilla Extract

Steps:

1. In a medium saucepan, whisk together the egg yolks, 2 tablespoons honey, and $\frac{3}{4}$ cup of the cannabis heavy cream.
2. Cook over medium-low heat, stirring until the mixture coats the back of the spoon, or about 3 to 4 minutes. Do not allow the mixture to boil.
3. Remove from the heat and whisk in the melted chocolate and vanilla until you achieve a smooth texture.
4. Strain the mixture into a bowl as to remove any bits and pieces or lumps.
5. Place the strained mix into the refrigerator so it cools down.
6. Using the electric mixer, beat the remaining cannabis heavy cream and honey until stiff peaks form.
7. Stir in $\frac{1}{3}$ of the cream and honey mixture into the cooled chocolate custard mixture.
8. Gently fold in the rest of the cream with a rubber spatula until there are no streaks of white from the cream and honey and you are left with a fluffy, airy, rich mousse.
9. Chill and serve while still cold, optionally topped with chocolate shavings or more fresh whipped cream.

Cannabis Chocolate Truffles



Equipment:

- Glass or Metal Bowl
- Double Boiler
- Spatula
- Heat Resistant Glass Dish
- Baking Tray lined with Parchment Paper

Ingredients:

- 85 grams Cannabutter
- 110 mL Heavy Cream
- 900 grams of Semisweet or Dark Chocolate
- 340 grams Milk or White Chocolate
- Optional additives of fruits, nuts, etc.

Steps:

1. Start by making your truffles following these steps.
2. Place the cream in a glass or metal bowl in a double boiler. You can also place the bowl over a pot of boiling water to create your own double boiler.

3. Allow the cream to heat to the point of steaming and just at the start of a simmer, but don't allow it to boil.
4. Remove the bowl of cream from the heat.
5. Add in Cannabutter and dark chocolate.
6. Return to the double boiler or pot of boiling water, melt and mix the butter and chocolate with a spatula.
7. Now is the time to add any flavoring or additives that you want, so it spreads evenly throughout.
8. You'll now have a good ganache, or a mixture of cream and melted chocolate. Using the spatula, evenly spread your ganache into a glass dish.

*Pro Tip: If your ganache has a layer of oil on the top, or it is not mixing quite properly, add a little bit of cream at a time until it is smooth.

1. Allow to firm up by placing the dish in a dark and cool place for three to four hours.
2. Line a baking tray with parchment paper or other non-stick cooking paper.
3. Using your hands or an ice cream scoop, form your ganache into small balls.
4. Place the balls onto the baking tray and place in the fridge to completely set.
5. Next, prepare to coat your truffles.
6. Place your milk or white chocolate in a metal or glass bowl.
7. Allow it to melt/warm by placing over a pan of boiling water and stirring at intervals of 30 seconds so the chocolate does not burn.
8. Once the chocolate is melted, take a skewer and individually dip the set ganache into the mix.
9. Place each coated ball back onto the lined baking tray.
10. Place the truffles back into the refrigerator and allow the coating to set.
11. Enjoy your new truffles and keep them in the refrigerator as you eat them throughout the day or the week.

Cannabis Joy Ranchers



Equipment:

- Medium-sized Saucepan
- Cooking Tray lined with Wax Paper
- Candy Thermometer

Ingredients:

- 2 cups Raw Sugar
- $\frac{2}{3}$ cup Light Corn Syrup
- $\frac{3}{4}$ cup flavoring of your choice
- 1-2 grams Hash

Steps:

1. Combine the sugar, hash, and syrup until well mixed.

*You know it, remember the sugar and wet brush pro-tip from previous recipes!

1. Heat the liquid to 295 degrees Fahrenheit on the candy thermometer, ensuring it does not reach the bottom of the pan but rather the middle of the mixture.

2. Remove from heat and add in your desired flavoring.
3. Line the mixture onto cooking trays covered in wax paper.
4. Place in the freezer for one hour, then cut the pieces into their desired size.

Last Words

Now you know how to make a variety of tasty cannabis candies and desserts. Most of these recipes can be adapted and tweaked to offer a variety of flavors, styles, and strengths all depending on your own preferences. You can make them with CBD for medicinal purposes, or with THC for a unique way to experience your high.

No matter how you use them, learning to make cannabis candies is an excellent way to expand your horizons and try alternatives from the comfort and safety of your own home. Enjoy, and cook safely.

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