

The  
**Marijuana Chef  
Cookbook**

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Now With  
**Smoothies  
+Gummies**

S.T. Oner



The  
**Marijuana Chef  
Cookbook**

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S.T. Oner

GREEN CANDY PRESS

Published by Green Candy Press  
San Francisco, CA

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Photography by Virginia Haze and Thomas Blanchard.

ISBN: 978-1-937866-86-0

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The aim of the Publisher is to educate and entertain. Whatever the Publisher's view on the validity of current legislation, we do not in any way condone the use of prohibited substances.

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Dedicated to NORML and everyone who has  
fought against the war on drug users.

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## Chapter 1

# Using Marijuana

There are many reasons why people choose to cook with marijuana, ranging from concerns about the health risks of smoking to the convenience of being able to carry the drug discreetly. Some medical marijuana users prefer eating the plant to smoking it, since many are not recreational drug users or cigarette smokers, and are therefore not accustomed to inhaling. The resultant high from eating marijuana can be a very pleasant experience in and of itself, and many people treating themselves with marijuana prefer to cook with the plant. When it is eaten, marijuana's effects range from mild to intense. While there have not been any recorded overdoses as a result of smoking marijuana, the effects of marijuana can be very intense when eaten. If not consumed in moderation, marijuana can induce dizziness, vomiting, and extreme anxiety. Knowing the potential effects that the drug can have on your body will help you weigh the benefits and risks of adding marijuana to your diet.

### **THC: The Main Ingredient**

The most potent of all the chemicals contained in marijuana is Tetrahydrocannabinol, or delta 9 THC. THC comes in many forms, called *isomers*. The THC isomers are subgroups of cannabinoids (monoterpene compounds) of which at least 50 have been isolated. The interaction of these cannabinoids causes a high that varies from strain to strain and gives each plant its distinct scent. For example, some highs tend to be more euphoric, while others cause drowsiness and relaxation. When

marijuana is eaten, depending on the ingestion method, the psychoactive effects are dramatically different due to the various pathways through which the chemicals are absorbed into the body.

When marijuana is smoked or inhaled, the THC transfuses almost instantly through the thousands of capillaries on the surface of the lungs. Increasing the contact with the capillaries increases the amount of THC in the smoke that will, in turn, be assimilated into the bloodstream. As a rule, marijuana smoke should be held in the lungs for at least twenty seconds — and up to fifty seconds — in order to absorb the maximum amount of THC.

Once it is in the bloodstream, the THC travels to the brain where it binds to certain receptors — receptors that appear to be designated specifically for this task. The presence of these receptors is often used to bolster the theory that an ancient genetic link exists between humans and marijuana. Another school of thought maintains that THC mimics the natural chemical anandamide, which also binds to these receptors. Anandamide is found in areas of the brain that regulate memory, coordination of movement, and emotions. Most prescribed drugs attempt to duplicate the body's own chemical processes but are decidedly not natural, whereas THC seems to be an all-natural drug that helps the body continue to function normally.

The direct transmission of marijuana from the lungs to the brain when it is smoked helps account for the quick onset of the high. This high wears off once the THC molecules no longer bind to the receptors. Ultimately, the same process occurs when marijuana is eaten, but there are important differences: the effects are multiplied. When marijuana is eaten, it is metabolized into a THC metabolite in the liver. The term *metabolized* simply describes the body's process of changing and using a substance to best suit its needs — it is the process of digesting food and absorbing vitamins. When THC is metabolized, it changes into a compound called 11-hydroxy-THC. This new compound is at least 15 percent more potent than delta 9 THC. Therefore, when 11-hydroxy-THC hits the brain, a more powerful high is induced. The initial effects can take a long time to set in,

depending on how much food is already in the stomach, as well as the strength of the marijuana being used in the recipe. The effects, though, can last for up to five hours, or even longer. Since the food containing the drug may not be broken down all at once, the 11-hydroxy-THC high may surge in phases. When marijuana is eaten, users often report feeling an initial rush, followed by coming down, and then peaking once again. The change in THC's composition may account for the fact that vivid hallucinations and other wild effects are experienced after eating marijuana, whereas these reactions are relatively rare after inhaling it. The possibility of experiencing an intense buzz is often a favorable argument cited by devoted marijuana eaters. This probably accounts for so many groups using the plant for religious purposes — the experience can be surreal.

## **Marijuana Mastery: Knowing the Risks**

Now that you know how the drug works in your body, you should learn about the short- and long-term effects of marijuana use. One point cannot be stressed enough:

Do not dose people without their knowledge!

Make sure that anyone who is about to consume food containing marijuana is well aware of exactly what is involved. There are obvious reasons for this; the psychoactive properties of marijuana can be overwhelming even for experienced users if they are unaware of the oncoming effects. Also, there are times when being high for six to eight hours may not be convenient or welcome. Another thing to watch out for is inadvertently using too strong a dosage. Make sure that people know if the dish is particularly strong, as they might want to have just a small amount. It is a good idea when cooking cannabis to have some marijuana-free food lying around. Even though you may have just eaten, the munchies do still occur, especially a few hours into the high. At that point you probably will not be looking to become any higher, so eating some regular food would be wise. Plus, eating straight food — and sometimes taking a nap — can help relieve any unwanted reactions to the intensity of the high.

Cannabis highs are slightly unusual, as different strains can mimic the effects of many other psychoactive drugs. Some weed can seem speedy, while other weed is much more mellow. In addition, each person's reaction can vary according to his or her individual chemical makeup. Although there are distinctions between the sativa (energetic, light) and indica (soporific, tranquil) states, marijuana does not generally fit into any of the normal psychoactive groups of depressants, stimulants and hallucinogens. Instead, users fluctuate between these states, feeling at times energized and at other times sleepy. What will happen at any given time depends on many factors such as: what else has been consumed, how much marijuana was eaten, one's emotional state before using and so on. Also, the amount of previous exposure to the drug will change how the body functions under the influence. Long-term users tend not to suffer certain side effects that commonly afflict first-time or novice users, such as red eyes. Of course, the chance of experiencing side effects depends on the quality of the pot being consumed. Even though studies have been conducted to determine and identify what takes place within the body, the results are either contradictory or meaningless. Basically, a combination of positive and negative effects will occur. Feelings of euphoria are common, as are increased mental energy and awareness. People seem to be more in touch with their surroundings and may experience a distortion of the senses; people feel as though time is playing tricks on them. They also tend to feel a general sense of mirth — often resulting in fits of laughter.

These effects are not necessarily always positive. The increased awareness of one's social environment can cause paranoia, and distortion of time may lead to a sense of being out of control. However, it should be noted that a good deal of the paranoia is probably due to the fact that one is committing an illegal act. It can be upsetting to zone out and forget where things are, or forget what you were saying. Inexperienced smokers will often notice an increase in their heart rate. This can be accompanied by anxiety and in some cases panic. Every drug, including alcohol and caffeine, has side effects. It is important to know what effects may occur and to decide whether or not you believe that the drug is worth taking. The

answer to this question will differ for everyone, but it is something that should be considered before ingesting any type of drug.

## **The Truth Is Out There: Marijuana Research**

Due to marijuana's status as a "Schedule I" narcotic, it has been next to impossible to study the drug in a scientific manner for much of the last century. This has led to contradictory, misleading and often anecdotal information being spread as the gospel truth. In fact, attempts to re-search marijuana's long-term effects have produced mostly inconclusive data from sources that have staked out clear positions. However, it can be safely said that repeated long-term use of the drug will have lasting effects on a person's brain and respiratory system. No one fully understands how the brain reacts to cannabis; however, brain scans show that the brain of a user is different after a few years of marijuana use when compared to that of a nonuser. Exactly what this information implies is unknown. There is no proof that marijuana causes the death of brain cells, and it is unlikely that it does so to the same degree as alcohol because it would therefore be measurable, as is the case when alcohol is consumed. Even if brain cell loss could be proven, there is no further link establishing a fundamental change in a person's behavior or intelligence. The same can be said about the rumored links between marijuana and mental illness. Though some people definitely "wig out" while on the drug, this behavior subsides as soon as the marijuana has ceased binding to the receptors — when the person has "come down."

Although marijuana has never been shown to be physically addictive, there is probably a level of social addiction that occurs. In these cases, users will seek out cannabis because they have habitually done so — not to simply satisfy a physical craving. Some studies have tried to demonstrate that users become more aggressive and irritable when deprived of the drug. This could very well be true; coffee drinkers tend to experience similar reactions when lacking caffeine. However, the rush to ban caffeine has not even begun. Some studies claim that long-term users suffer from what has been labeled "amotivational syndrome." This probably has as much to do with the particular user as it does with THC levels.



It is often reported that consuming the plant can lead to either a reduced libido and/or impotency. There is no basis to this claim of impotency whatsoever. But, like coffee drinkers, male cannabis users have been shown to produce a relatively higher amount of two-tailed sperm. When viewed as a percentage of the total amount of sperm produced, however, they are statistically insignificant. The typical human male produces millions of sperm in one day, and barring any preexisting conditions, will produce millions more the next day.

## **Common Effects of Marijuana**

- Red eyes
- Increase in appetite
- Altered sense of time
- Dry mouth
- Heightening of senses
- Laughter, general mirth
- Anxiety
- Drowsiness
- Muscle relaxation
- Vertigo, dizziness
- Vomiting
- A depressed feeling
- Relaxed inhibitions
- Paranoia
- Hallucinations
- Confusion

An important thing to consider when hearing claims and reading studies about marijuana is that most research has been performed on heavy users. Since the definition of the “recreational user” varies for everyone, and since we each have a unique biochemistry, it would be foolhardy to accept any study (whether favorable or negative) as the final word. Much more research is needed, and in some countries — especially Europe — that work is now underway.

## **To Eat or Not to Eat?**

Concerns about the safety of smoking are very high, which is one reason why people prefer to cook with marijuana. The smoke from a joint contains three times more tar than a standard cigarette, and five times more carbon monoxide. This information, combined with the fact that marijuana smoke hits the lungs at a higher temperature, leads people to believe that cannabis smoke is more likely to cause respiratory disease

or cancer of the lungs than tobacco smoke. However, marijuana does not contain nicotine — a drug that is thought to be even more addictive than heroin. While marijuana smoking is definitely not “healthy,” it should be noted that most pot smokers do not have the same “pack-a-day” habits as cigarette smokers. One way to counteract the toxins contained in the smoke is to use a bong or water pipe, which can help filter out some of the impurities and carcinogens. However, bongs are not very easy to conceal, and in many places the legal ramifications of having paraphernalia are as severe as having the plant in one’s possession.

Of course nothing will minimize the effect of smoking as much as simply not smoking at all. Smoking pot may not be as convenient as eating it, especially for medicinal users, since the effects wear off sooner. It is not always possible to maintain your high if you smoke pot, especially if you are in a public place. There are many events that might be enhanced by a marijuana high, such as concerts, movies, and trips to the zoo, but these are not good places to light up. However, if you eat cannabis, there will be nothing to confiscate, and your high will continue.

## **Marijuana as Medicine**

People who use the marijuana plant for medical purposes (especially to relieve constant pain) often have to smoke up to five or six joints a day — a habit that may not be easily concealed from coworkers, the authorities, and others who might disapprove. Obviously if you are on the job, you don’t want the entire staff to know about your marijuana use even if the drug has been prescribed by a doctor to alleviate your suffering. Many people still have not accepted the use of marijuana as medicine, and combating other people’s personal bias when you are in pain is an unwelcome, additional stress. People who suffer from chronic pain may want to eat marijuana because the long-lasting high enables muscle relaxation and relief. Recreational users typically want a high to kick in quickly. However, medical users might actually want a slower release of the drug into their system, since it enables the high to last longer. This may mitigate the extreme of the high, but consistent relief is what some consider most important. To achieve this, consider eating doses of marijuana with larger

serving sizes. As the body breaks down the food, the marijuana will be released in stages — a process very similar to a “time-release” capsule.

People have found marijuana to be effective in the treatment and relief of numerous ailments and terminal conditions. One of the first illnesses that pot was legally made available for was glaucoma. Marijuana has been proven effective in reducing ocular pressure, a condition that damages the eye over time. Glaucoma is the second leading cause of blindness in the United States, and most sufferers of the disease are not physically helped by the medications currently available. Unfortunately, most of these people do not live in areas where their doctors can prescribe marijuana. There are many glaucoma patients who credit their remaining eyesight to marijuana use. Other advocates include cancer patients undergoing chemotherapy, who use cannabis to stimulate their appetites. Their increased appetite helps them maintain the weight and strength to fight their illness. People living with multiple sclerosis, AIDS, and chronic migraines are all helped by marijuana’s properties. Since most medicinal users don’t want to smoke, for obvious health reasons, eating marijuana is their best option.

People may also choose to eat marijuana simply for economic reasons. Although you certainly can cook the flowers and the bud of the plant, it is just as effective to cook with the plant’s leaves. The leaves are useless to the grower once the plant is harvested, and they have to be pruned off the plant. Be aware that leaves are still just as dangerous to have in your possession — the penalties for a pound of leaf are the same as those for a pound of bud — so the grower has an incentive to get rid of the leaves as soon as possible. But, because the leaves are harsh to smoke and are not nearly as high in THC, they are not very valuable and are often given away or destroyed as soon as possible. When cooked, the leaves will be stronger than their equivalent weight in buds.

## **CBD vs THC**

CBD-high edibles are now as ubiquitous as vegan brownies, and everyone’s favorite grandma is on them to help manage their aching joints. But why are they so popular? Well, we all know that cannabis contains

Tetrahydrocannabinol (THC), but this is just one of the 113 cannabinoids that have been identified in cannabis. Cannabidiol (CBD) is a non-psychoactive compound that also occurs in weed, and when you consume cannabis, CBD does the work of balancing out the effects of the THC.

CBD encourages relaxation, acts as a sleep aid and provides relief from anxiety and paranoia when your high gets a little too much. The physical effects of CBD include a feeling of lightness in the body, and high-CBD strains and edibles can produce this feeling without much of the psychological effects of THC. In other words, you get all the positive physical effects of cannabis without getting high.

It's this that makes CBD of interest to the medical cannabis community especially (but your Great-Aunt Lucille too), as many people who want to get the therapeutic effects of cannabis don't want to be too stoned or high to go about their daily business. The high of cannabis is one of the things that can discourage potential medical users who've never been interested in smoking and have never used cannabis before. High-CBD strains and edibles offer a way for these users to get all the therapeutic benefits of cannabis without putting themselves through the unwanted psychological effects.

Many people use cannabis simply to relax or to ease away the tensions that their body holds on to. If you're enjoying cannabis for this reason, or if you're using cannabis to alleviate the physical effects of a certain condition, high-CBD edibles could be the way to go. CBD is said to help with neurological diseases such as Alzheimer's, MS and Parkinson's as well as helping to manage long-term pain and discomfort from several other illnesses. There's been research into its use as a treatment for PTSD and related disorders, and it's also said to be of great help to cancer sufferers, especially those going through chemotherapy or those dealing with terminal cancer. Certain research has also suggested that CBD might form part of a treatment for epilepsy. If you don't suffer from any of these conditions, however, it can simply give you the light-body feeling from cannabis without the brain-muddled feeling.

Although you can smoke CBD-high strains, a lot of people prefer to ingest them. If you're dealing with an illness, it's often best to avoid the

negative effects of smoking, and it can often be easier to properly dose with edibles. It's also much easier to carry and consume edibles in public, as they come without any of the tell-tale smell of smoking weed. This is where your sweeties come in.

Making candy edibles is a fantastic way to accurately dose your cannabis and to carry it in a form that won't alarm or upset anyone (or alert anyone to what you're doing). A cannabis gummy bear or lollipop looks exactly like a normal one—and while this means you need to go the extra mile to ensure that they stay out of reach of any curious little hands, it also means that you can slip them into your bag with no worries at all, and can consume your edibles on the go, wherever you are.

The following recipes are simple, require just a few specialist pieces of equipment (most of which can be found cheaply online) and can be made with either THC-high or CBD-high strains, meaning that you can alter them to your needs and ensure that you're getting exactly what you need every time.



## Chapter 2

# Marijuana Cooking Basics

Marijuana, unlike most other drugs, is oil-based. It is essential to know this distinction when cooking with the drug; it is important to ensure that the psychoactive properties are evenly distributed through the food. The THC of a marijuana plant is contained in the capitate glands that cover its leaves, but the flowers contain the highest density of the drug. Using an oil product, such as butter or vegetable oil, does a fine job of dissolving the capitate glands and releasing the THC. So, it follows that making pot tea solely with water will not be as effective unless milk or honey is also used. There are two basic ways to break down the plant for cooking: one is to make flour out of the leaves, and the other is to make marijuana leaf butter. To make the flour, you should grind very dry leaves in a food processor or coffee grinder until they are very fine. To make marijuana butter, simply combine about a pound of butter for every four ounces of marijuana leaf. Be sure to melt it down completely, and then strain the liquid from the mixture and store it in the refrigerator. It is common for people to add marijuana to desserts because desserts have a high fat content, usually have small serving sizes, and are very tasty in their own right. The fat is the key: it dissolves the plant's capitate glands and helps maintain even distribution throughout the food. When the serving size is smaller, the high will take effect much faster since there is less food to digest.



Of course, the main thing to worry about when cooking with marijuana is that the dosage is correct — ingesting too much of the drug can leave you incapacitated. Since your aim is for people to have a good time, as a good cook you should pay special attention to dosage guidelines. Additionally, you want to make sure that the dose is spread out evenly in the food. Dosage has as much to do with the quality of the plant as it does with the individual body weights of the people who are eating the food, as well as their experiences with marijuana. Generally speaking, the concentration of THC in a plant is between 4 and 8 percent, though some high-grade products could be as high as 10 percent. Inexperienced users should stay within the lower ranges, eating less than 1/2 gram per serving. More experienced users can eat stronger servings, but should still be careful as they approach 1 1/2 grams. As a general rule, eating 1 gram of pot will bring you to a peak in about two hours. Your peak will likely last for a couple of hours and then you'll start to come down. All in all, the effects of the marijuana will be felt for a total of seven hours. Be especially careful with dosage when substituting pot butter in a straight recipe, or one that does not call for marijuana. In these cases, the tendency might be to add a little more than necessary, which you should avoid doing. Remember — you can always eat more.



## Marijuana Butter

Marijuana Butter can be used in any number of recipes, from desserts to entrees and appetizers. For best results, Marijuana Butter should be prepared one full day before using.

- 1 Grind the marijuana up well, using a coffee grinder if possible.
- 2 Combine the butter and marijuana in a large crock pot.
- 3 Add enough water to cover the bud and butter by a couple of inches.
- 4 Turn the crock pot on low and allow the butter to melt, then stir.
- 5 Simmer on the lowest heat for 3 hours or longer to attain maximum extraction.
- 6 Turn off the crock pot and allow mixture to cool slightly.
- 7 Pour the mixture through a fine mesh strainer lined with cheesecloth into a glass bowl.



**8** Press the remaining liquid from the marijuana.

**9** Refrigerate for a few hours or overnight, until the butter has solidified on top of the water.

**10** Lift the butter away from the water and drain the water away, then remelt the butter gently in a crock pot or pan.

**11** Divide into several smaller containers ready for use.

**12** Freeze until needed.

**Recommended Dosage**

Approximately ½ ounce of bud for every 1 pound of butter

**Preparation Time**

5 minutes

**Cooking Time**

3 hours



## Marijuana Coconut Oil

Marijuana Coconut Oil is an easy vegan alternative to Marijuana Butter, made much the same way and used in a similar fashion. If you avoid dairy in your diet, or are looking for a healthier extraction method, give this a try. It's delicious too!

- 1** Grind the marijuana up well, using a coffee grinder if possible.
- 2** Pour a couple of inches of water into your crock pot, and set the heat to low.
- 3** Add the room-temperature coconut oil into the crock pot and allow it to melt into the water.
- 4** When melted, add the ground marijuana and stir.
- 5** Lower the heat and simmer for 3 hours or longer to attain maximum extraction.



- 6** Turn off the crock pot and allow mixture to cool slightly.
- 7** Pour the mixture through a fine mesh strainer lined with cheesecloth into a glass bowl.
- 8** Press the remaining liquid from the marijuana.
- 9** Refrigerate for a few hours or overnight, until the coconut oil has solidified on top of the water.
- 10** Lift the solidified oil away from the water and drain the water away, then remelt the oil gently in a crock pot or pan.
- 11** Divide into several smaller containers ready for use.
- 12** Freeze or keep in the fridge until needed.

**Recommended Dosage**

Approximately ½ ounce of bud for every 450 gram / 2 cups of coconut oil

**Preparation Time**

5 minutes

**Cooking Time**

3 hours



# Marijuana Flour

An easy way to prepare marijuana for baking is to process either leaf or bud into flour. The difference between leaf and bud is that the strength is different so the dosage will differ. Marijuana Flour can then be added to recipes.

**Recommended Dosage**

½ to 2 grams per serving

**Preparation Time**

10 minutes

- 1** Make sure that the bud and/or leaf is dry enough to crumble easily between your fingers.
- 2** Grind the marijuana in a food processor or coffee grinder to a powder-like consistency. A food processor might be best for larger quantities.
- 3** Place a sieve over a bowl and with the back of a wooden spoon, work the marijuana flour through the sieve to break down larger stubborn pieces.
- 4** You might notice a fine dust being thrown up during the process. This is precious, potent stuff, rich in THC, so hang on to it!
- 5** Store in an airtight container and refrigerate.





# Marijuana Alcohol

Marijuana Alcohol can be used to create an intoxicating and mouthwatering array of beverages. It should be prepared at least two weeks before using. Remember not to drink too much; one cocktail should be more than enough.

## **Recommended Dosage**

2 ounces of leaf per liter  
of vodka\*

## **Preparation Time**

5 minutes

## **Cooking Times**

5 minutes to mix,  
at least 2 weeks to stand

\* Vodka may be  
substituted with Brandy  
for some recipes

- 1** Trim 2 ounces of leaves off their stems.
- 2** Add them to a mason jar with the vodka, making sure all the leaves are submerged.
- 3** Label the jar with the date, so you don't forget when you started it.
- 4** Place the jar into a cool, dark place and wait for a minimum of 2 weeks.
- 5** When the time is up, strain the vodka through a sieve into a glass bowl.
- 6** Store into a small jar or tincture bottle with eyedropper. Use sparingly.





## Chapter 3

# Dessert First

If you're like me, dessert is the food you reach for first when you're enjoying marijuana in any form. It seemed perfectly natural, then, to blend marijuana and the following dessert classics to create the perfect treat to satisfy both your marijuana craving and the munchies. Take it from me, the Marijuana Chef: when you're cooking with cannabis, always enjoy your Dessert First!



# Gone Bananas Bread

You'll go ape for this tasty treat!

- 1** Preheat oven to 350°F/175°C.
- 2** Butter and flour a 9 x 5 x 2½-inch metal loaf pan.
- 3** In a medium bowl, stir the flour, baking soda, baking powder and salt together.
- 4** Combine the chocolate chips (and walnuts, if using) in a small bowl then add 1 tablespoon of flour mixture, and toss to coat.
- 5** Beat butter in a large bowl until fluffy. Gradually add the sugar, beating until well blended.
- 6** Beat in the eggs one at a time.



**7** Beat in mashed bananas, lemon juice and vanilla extract.

**8** Beat in the flour mixture.

**9** Spoon  $\frac{1}{3}$  of the batter into the prepared pan and sprinkle with half of the nut mixture.

**10** Spoon  $\frac{1}{3}$  of the batter over the top, then sprinkle with the remaining nut mixture.

**11** Cover with the remaining batter, then run a knife through the batter in a zigzag pattern.

**12** Bake until a fork or knife inserted into the center of the loaf comes out clean. This should take 1 hour and 5 minutes.

**13** Turn it onto a rack and allow it to cool.

## Ingredients

$\frac{1}{3}$  cup of Marijuana Butter  
(page 16)

1  $\frac{1}{2}$  cups of all-purpose flour

1 teaspoon of baking  
powder

1 teaspoon of baking soda

$\frac{1}{4}$  teaspoon of salt

$\frac{3}{4}$  cup of semisweet  
chocolate chips

$\frac{3}{4}$  cup of walnuts, toasted,  
chopped (optional)

$\frac{1}{3}$  cup of unsalted butter,  
room temperature

1 cup of sugar

2 large eggs

1 cup of mashed ripe  
bananas

1  $\frac{1}{2}$  teaspoons of vanilla  
extract

2 tablespoons of fresh  
lemon juice

## Servings

Makes one 9-inch loaf  
that makes 10 slices

## Recommended Dosage

1 slice

## Preparation Time

10 minutes

## Cooking Time

Approximately 1 hour



# Pumpkin Muffins

Get smashed out of your pumpkin with these muffins.

- 1** Preheat oven to 350°F/175°C.
- 2** Mix together the flour, baking soda, baking powder, salt, cinnamon, ginger, nutmeg and allspice in a medium bowl and set aside.
- 3** In a large bowl, whisk together the light brown sugar, granulated sugar, Marijuana Butter, normal butter and eggs.



- 4 Add the dry mixture and mix until smooth.
- 5 Whisk in the pumpkin puree.
- 6 Place paper liners in your muffin tray and fill halfway with batter.
- 7 Bake until the tops of the muffins spring back when touched, and a toothpick inserted in the center comes out clean. This should take 20 to 25 minutes.
- 8 Leave to cool, then chow down!

## Ingredients

- 1/3 cup of Marijuana Butter  
(page 16)
- 1/3 cup of butter
- 2 cups of all-purpose flour
- 1 teaspoon of baking soda
- 1 teaspoon of baking powder
- 1 teaspoon of salt
- 1 teaspoon of ground cinnamon
- 1 teaspoon of ground ginger
- 1/4 teaspoon of ground nutmeg
- 1/4 teaspoon of ground allspice
- 1 cup of packed light brown sugar
- 1 cup of granulated sugar
- 4 large eggs, lightly beaten
- 1 15-ounce can of pumpkin puree

## Servings

Makes 12 to 14 muffins

Recommended Dosage

1 muffin

## Preparation Time

15 minutes

## Cooking Time

20 to 25 minutes



# Peanut Budder Cups

You'll be butterly smashed!

- 1** Grease a cupcake tray or mini-cupcake tray, covering the whole inside of each cup.
- 2** Melt half the chocolate in a double boiler, being careful not to burn it, and stir in half the Marijuana Butter.
- 3** Divide the melted chocolate between the cupcake cups, just covering the bottom of each one.
- 4** Put the pan into the freezer.
- 5** In a bowl, cream together the peanut butter and powdered sugar.
- 6** Roll the peanut butter mixture into 12 or 24 little balls, so there's one per cup.
- 7** When the chocolate has frozen, remove from the freezer and press 1 ball into each cup, making sure it doesn't touch the sides.
- 8** Melt the rest of the chocolate, adding in the remaining Marijuana Butter, and stir until combined.
- 9** Divide between the cups evenly, making sure the chocolate covers the peanut butter, and swirl with your finger to create a nice effect on top.
- 10** Freeze for an hour, then store them in the fridge until ready to eat!

## Ingredients

¼ cup of Marijuana Butter  
(page 16)  
3 cups of chocolate chips  
¼ cup of powdered sugar  
1 cup of peanut butter  
Oil

## Servings

12 large cups or 24 small ones

## Recommended Dosage

2 large cups or 4 small ones

## Preparation Time

15 minutes

## Cooking Time

1 hour 30 minutes, with the hour being freezing time



# Sweet Sensations Sugar Cookies

Surrender to the sugar high!

- 1 Preheat oven to 350°F/175°C.
- 2 In a mixer or with a fork or whisk, cream together the Marijuana Butter, unsalted butter and sugar until light and fluffy.
- 3 Add in the egg, milk and vanilla extract and mix until combined.
- 4 In a separate bowl, sift together the flour, salt and baking powder.
- 5 Stir the flour mixture into the butter mixture until just combined.
- 6 Transfer the dough onto a floured surface and work into a ball.
- 7 Cover with Saran wrap and place in the refrigerator for 1 hour.
- 8 Remove the dough from the refrigerator and allow it to soften slightly.
- 9 Pinch off teaspoon-sized pieces of dough and roll into a ball, then place onto a cookie sheet lined with parchment paper and flatten slightly. Repeat for all the dough.
- 10 Alternatively, roll out to ¼-inch thickness and use cookie cutters to cut into shapes, then place on the cookie sheet.
- 11 Bake for 8 to 10 minutes, until lightly browned, then transfer to wire racks to cool.
- 12 Decorate with icing or just serve as they are.

## Ingredients

- 6 tablespoons of Marijuana Butter (page 16)
- 2 tablespoons of unsalted butter
- 2 cups of all-purpose flour
- ¼ teaspoon of salt
- ½ teaspoon of baking powder
- 1 cup of sugar
- 1 large egg
- 2 tablespoons of milk
- ½ teaspoon of vanilla extract

## Servings

24 cookies

## Recommended Dosage

1 cookie

## Preparation Time

15 minutes

## Cooking Time

1 hours to chill, 10 minutes for cooking



# Dirty Date Cookies

Get down and dirty with these date cookies.

- 1** Preheat oven to 350°F/175°C.
- 2** Chop the dates, then in a bowl, stir together the melted Marijuana Butter and brown sugar.
- 3** Add in the flour and baking soda.
- 4** Beat the egg in a cup, then add it to the flour mixture along with the vanilla extract, chopped dates and the oats.
- 5** Stir well, then drop tablespoons of the dough onto a large ungreased baking sheet (you might need to use 2). Leave a space of at least 2 inches between each cookie.
- 6** Bake for 18 to 20 minutes, until the cookies are golden brown.
- 7** Cool and enjoy!

## Ingredients

- ½ cup of Marijuana Butter (page 16), melted
- 1 ¼ cups of pitted dates
- ¾ cup of packed light brown sugar
- ⅔ cup of all-purpose flour
- ¾ teaspoon of baking soda
- 1 large egg
- 1 teaspoon of vanilla extract
- 1 ½ cups of quick-cooking oats

## Servings

24 cookies

## Recommended Dosage

1 cookie

## Preparation Time

15 minutes

## Cooking Time

18 to 20 minutes



# Outrageous Oatmeal Chip Cookies

So good they oat to be illegal!

- 1** Preheat oven to 350°F/175°C.
- 2** In a large bowl, beat together the brown sugar, Marijuana Butter, unsalted butter and sugar until creamy.
- 3** Add the eggs, milk and vanilla and beat well.
- 4** Stir in the flour, baking soda and salt.
- 5** Mix in the oatmeal and chocolate chips.
- 6** Drop by teaspoonfuls onto an ungreased baking sheet and bake for 10 to 12 minutes or until cookies start to brown.
- 7** Cool slightly before removing them from the baking sheet.

## Ingredients

½ cup of Marijuana Butter  
(page 16)

1 ¼ cups of brown sugar,  
firmly packed

¼ cup of butter, softened

½ cup of sugar

2 eggs

2 tablespoons of 2 percent  
milk

2 teaspoons of vanilla

1¾ cups of flour

1 teaspoon of baking soda

1 teaspoon of salt

2½ cups of quick-cooking  
oatmeal

12 ounces of semisweet  
chocolate chips

## Servings

24 cookies

## Recommended Dosage

1 cookie

## Preparation Time

15 minutes

## Cooking Time

10 to 12 minutes



# Nutty Peanut Butter Cookies

Nothing could be better!

- 1 Preheat oven to 375°F/190°C.
- 2 In a large bowl, cream together the Marijuana Butter, plain butter and the sugars.



- 3** Add the egg, peanut butter, salt and baking soda.
- 4** Mix the flour into the batter, and add the vanilla extract.
- 5** Roll the dough into 30 small balls and flatten with a fork dipped in water.
- 6** Bake for 10 to 15 minutes.

## Ingredients

- ½ cup of Marijuana Butter  
(page 16)
- ¼ cup of butter
- ½ cup of brown sugar
- ½ cup of white sugar
- 1 cup of peanut butter
- 1 ½ cup of flour
- 1 egg
- 1 teaspoon of salt
- ½ teaspoon of baking soda
- ½ teaspoon of vanilla  
extract

## Servings

30 cookies

## Recommended Dosage

1 cookie

## Preparation Time

15 minutes

## Cooking Time

10 to 15 minutes



# Crazed Carrot Cake

420 vision!

- 1** Preheat oven to 325°F/160°C.
- 2** Stir the flour, sugar, baking soda, cinnamon and salt into a mixing bowl.
- 3** Mix in the grated carrots, vanilla extract and eggs.
- 4** Beat the mixture and slowly add oil.
- 5** Pour the batter into a greased 8 x 12-inch pan, or two 8-inch diameter pans.
- 6** Bake for 35 to 45 minutes, or until a tester placed in the center comes out clean.



### **Frosting directions**

- 1** Beat the cream cheese, butter, Marijuana Butter and vanilla extract together.
- 2** While beating, add the powdered sugars in thirds.
- 3** Frost the cake, or the top of the cake and between the layers if you made two layers, and enjoy!

### **Ingredients**

- 2 cups of flour
- 2 cups of sugar
- 2 teaspoons of baking soda
- 2 teaspoons of cinnamon
- 1 teaspoon of salt
- 3 cups of grated carrots
- 4 eggs
- 1 teaspoon of vanilla extract
- 1 ¼ cups of vegetable oil

### **Frosting:**

- 8 ounces of cream cheese
- 2 tablespoons of butter
- ½ cup of Marijuana Butter  
(page 16)
- 1 tablespoon of vanilla  
extract
- 3¾ cups of powdered  
sugar

### **Servings**

- 1 cake, serves 20

### **Recommended Dosage**

- 1 slice

### **Preparation Time**

- 30 minutes

### **Cooking Time**

- 35 to 35 minutes



# “Choc-ful-‘o-Pot” Chocolate Chip Cookies

Melts in your mouth, not in your hands!

- 1 Preheat oven to 350°F/175°C.
- 2 Cream the butter, Marijuana Butter and sugars together until smooth.
- 3 Beat in the eggs one at a time, with a pinch of the flour.
- 4 Stir in the vanilla.



**5** Dissolve the baking soda in the hot water and add it to the batter, with the salt.

**6** Stir in the flour, chocolate chips and nuts (if using).

**7** Drop large spoonfuls of batter onto an ungreased baking tray.

**8** Bake for about 10 minutes, or until the edges are slightly browned.

## Ingredients

½ cup of butter, softened

½ cup of Marijuana Butter  
(page 16)

1 cup of packed brown  
sugar

1 cup of white sugar

2 eggs

2 teaspoons of vanilla  
extract

3 cups of all-purpose flour

½ teaspoon of salt

1 teaspoon of baking soda

2 teaspoons of hot water

2 cups of semisweet  
chocolate chips

1 cup of chopped walnuts  
(optional)

## Servings

24 cookies

## Recommended Dosage

1 cookie

## Preparation Time

20 minutes

## Cooking Time

10 minutes



## Baked Brownies

Unlike Mom used to make.

- 1 Preheat oven to 350°F/175°C.
- 2 Grease a 13 x 9-inch pan.
- 3 Beat the eggs, butter, sugar and vanilla extract in a large bowl.
- 4 Mix in the cocoa, flour, Marijuana Flour, salt and baking powder and blend.



- 5 Stir in the nuts (if using) and the chocolate chips.
- 6 Pour into a pan and bake for 20 to 22 minutes.
- 7 Cool 'em, cut 'em and eat 'em up!

### Ingredients

- $\frac{3}{4}$  cup of melted butter
- 1  $\frac{1}{2}$  teaspoons of vanilla extract
- 1  $\frac{1}{2}$  cups of sugar
- 3 eggs
- $\frac{1}{2}$  cup of Hershey's cocoa (or a comparable brand)
- $\frac{1}{2}$  cup of flour
- $\frac{1}{3}$  cup of Marijuana Flour (page 20)
- $\frac{1}{2}$  teaspoon of baking powder
- 1 cup of chopped nuts (optional)
- 1 cup of chocolate chips

### Servings

12 brownies

### Recommended Dosage

1 brownie

### Preparation Time

15 minutes

### Cooking Time

20 to 22 minutes



## Stoner Scones

Enjoy “high” tea every day!

- 1** Preheat oven to 400°F/200°C.
- 2** Mix together the flour,  $\frac{1}{3}$  cup of the sugar, baking powder and baking soda.
- 3** Cut the Marijuana Butter into the flour mixture, eventually using your fingers to rub the butter into the flour until it resembles breadcrumbs.
- 4** In a separate bowl, whisk the sour cream and egg together.
- 5** Stir the sour cream mixture into the flour mixture until it begins to form a



dough. Press the dough together into a ball.

**6** Stir the raisins into the dough and knead it to combine evenly.

**7** Turn out onto a floured surface and divide the dough into 8 portions. Pat into discs just less than an inch thick.

**8** Place onto a greased cookie sheet and bake for 15 minutes, until golden.

**9** Serve with cream, jam and a cup of tea!

### Ingredients

- ½ cup of Marijuana Butter (page 16), cold
- 2 cups of all-purpose flour
- ⅓ cup of powdered sugar
- 1 teaspoon of baking powder
- ¼ teaspoon of baking soda
- ½ cup of raisins
- ½ cup of sour cream
- 1 large egg

### Servings

8

### Recommended Dosage

1 scone

### Preparation Time

15 minutes

### Cooking Time

20 minutes



## Chapter 4

# Soups and Starters

There really is nothing more comforting on a cold winter's day than a soup laced with your favorite strain; maybe a Cream of Cannabis laced with Exodus Cheese, or Off Your Noodle Soup with a hint of OG Kush. Or, if you're serving up a stoner dinner party, with the starters in this sections you can be sure that once you've hit the main course, your guests are ravenous for more...and more, and more!



# Off Your Noodle Soup

Just what the doctor ordered!

- 1** In a large pot, melt the butter and Marijuana Butter over a low heat.
- 2** Add the carrots, celery, onions and pepper.
- 3** Cook and stir over a medium heat for about 5 minutes.
- 4** Add the mushrooms and cook for 2 to 3 more minutes or until the carrots are tender.
- 5** Add the broth and bring to a simmer.
- 6** Add the chicken and noodles.
- 7** Simmer for 2 to 3 minutes longer.
- 8** Garnish with the fresh herbs and serve.

## Ingredients

- 1/3 cup of butter
- 2 tablespoons of Marijuana Butter (page 16)
- 1 cup of carrots, diced
- 1 cup of celery, diced
- 1/2 cup of onion, chopped
- 1/2 teaspoon of freshly ground pepper
- 1 1/4 cups of white mushrooms, sliced
- 6 cups of chicken broth
- 1 cup of cooked chicken cubes
- 2 cups of wide egg noodles, cooked
- 2 to 3 tablespoons of fresh dill or parsley, chopped

## Servings

6

## Recommended Dosage

1 1/2 cups

## Preparation Time

20 minutes

## Cooking Time

20 to 22 minutes



# Cream of Cannabis Soup

Good to the last drop!

- 1** Trim the roots and the leaves from leeks, leaving only the white and about 2 inches of the green sections.
- 2** Rinse well, split lengthwise and slice crosswise (about 1/2-inch thick). Sauté the leeks in butter in a large pan over a low heat for about 10 minutes.
- 3** Stir in the chicken broth, potatoes, salt and pepper and bring to a boil over a high heat.
- 4** Trim off and discard the stem ends of the asparagus.
- 5** Chop the remaining asparagus into 1-inch pieces and add to the boiling soup.
- 6** Reduce the heat and simmer uncovered for about 10 minutes or until vegetables are tender.
- 7** Transfer soup to a food processor or blender and process until pureed.
- 8** Return the soup to a clean saucepan.
- 9** Stir in the cream and heat.
- 10** Serve with a little cream on top of the soup.

## Ingredients

- 2 large leeks
- 2 tablespoons of butter
- 2 tablespoons of Marijuana Butter (page 16)
- 4 cups of ready-to-serve chicken broth
- 2 medium potatoes, peeled and diced
- 1/2 teaspoon of salt
- 1/2 teaspoon of pepper
- 20 spears of asparagus
- 1/2 cup of whipping cream

## Servings

6

## Recommended Dosage

1 1/4 cups

## Preparation Time

5 minutes

## Cooking Time

45 to 50 minutes



# Tofu Asparagus Hash

Tip your hat to this mouthwatering meal.

**1** Cut the bottom third off the asparagus spears, chop into thin pieces then place them into a steamer or in a sieve above a pan of simmering water and steam for 10 minutes until tender.

**2** In a bowl, break the tofu up with a fork until it resembles scrambled eggs.



## Ingredients

600 grams of firm tofu  
2 tablespoons of Marijuana  
Butter (page 16)  
16 spears of asparagus  
1 medium onion, diced  
3 tablespoons of soy sauce  
2 teaspoons of cumin  
2 teaspoons of coriander  
1 teaspoon of turmeric  
3 cloves of garlic

## Servings

4

## Recommended Dosage

1 serving

## Preparation Time

5 minutes

## Cooking Time

20 minutes

- 3** Stir in the soy sauce, cumin, coriander and turmeric and set aside.
- 4** Melt the Marijuana Butter in a frying pan and sauté the garlic and onion for 3 minutes.
- 5** Add the tofu mixture to the pan and heat, stirring often, for 5 to 7 minutes.
- 6** Add in the asparagus and stir to combine.
- 7** Serve with crusty bread.



## Vinaigrette

You don't always make friends with salad, but you will with this one.

- 1 Start by slowly simmering the oil and shake in a pan over medium low for 15 to 30 minutes.
- 2 Remove from the heat, cool and strain.



**3** Discard the shake and combine the oil, vinegar and all the other ingredients together in a bowl.

**4** Pour over a mixed greens salad.

### Ingredients

½ ounce of shake

¼ cup of balsamic vinegar

½ cup of olive oil

2 cloves of garlic

1 shallot, diced

1 tablespoon of Dijon  
mustard

1 tablespoon of maple  
syrup

Basil, oregano, parsley and  
rosemary to taste

Pinch of salt and pepper

### Servings

4

### Recommended Dosage

1 serving

### Preparation Time

10 minutes

### Cooking Time

15 to 30 minutes



# Gazpacho Soup

This soup will definitely get you chilled!

**1** Begin by simmering the olive oil with the ganja for about 30 to 45 minutes. Keep the temperature low and try not to burn the weed to ensure a better flavor. I find the taste of the weed can be a bit overpowering so I don't use all of the oil for this first stage, and use the rest to cut the flavor later.

**2** Once the oil is finished simmering to extract the THC, the plant matter can be strained out and discarded.

**3** Place the tomatoes, celery, onion, bell pepper, garlic and 1 cup of diced tomatoes in a blender and puree.

**4** In a large bowl, mix the puree with all the other ingredients and the remaining oil, stirring well to properly combine.

**5** Cover the mixture and refrigerate for 2 hours.

**6** Divide between 6 bowls and serve cold.

## Ingredients

1/3 cup of olive oil

1/2 ounce of ground weed

2 large tomatoes, chopped  
into quarters

2 cans of diced tomatoes

1 cup of green bell pepper,  
diced

1 onion, diced

2 cloves of garlic, minced

2 small red chilies,  
de-seeded and chopped

1/3 cup of red wine

1 teaspoon of hot sauce

3 sticks celery, chopped

## Servings

6

## Recommended Dosage

1 bowl

## Preparation Time

20 minutes

## Cooking Time

30 minutes, then 2 hours  
chilling time



## Chapter 5

# Main Courses

Why restrict your cannabis cuisine to just desserts when you could be enjoying marijuana main meals too? Why not put some Diesel into your Dreamspell Bourbon Barbeque Sauce or some Big Bud into your Bombed Bolognese? These main meal recipes will give you a bigger dose of your favorite medicine along with a huge whack of deliciousness.



## Pothead Pancakes

You'll flip over these pancakes

- 1** Beat the egg, milk and Marijuana Butter together in a bowl.
- 2** Mix together the flour, sugar, baking powder and salt together then add to the egg mixture.
- 3** Pour  $\frac{1}{3}$  cup of batter into a heated, greased frying pan.



**4** When bubbles appear on top of the pancake, flip it and cook for the same amount of time, then serve.

**5** Repeat for the rest of the batter, stack the pancakes and drizzle with maple syrup or fruit sauce.

## Ingredients

1 egg

1 ¼ cups of milk

2 tablespoons of Marijuana

Butter (page 16)

1 ¼ cups of flour

2 teaspoons of sugar

2 teaspoons of baking powder

¼ teaspoon of salt

## Servings

4

## Recommended Dosage

1 serving

## Preparation Time

20 minutes

## Cooking Time

20 minutes



## Grilled Chronic King Salmon

You'll eat like royalty!

- 1 Season the salmon with salt and pepper and grill until cooked through.
- 2 Add the white wine, lemon juice and shallots to a heavy-bottomed saucepan and reduce to a syrup.



- 3** Add the heavy cream and the hash.
- 4** Let it reduce, then slowly add in the butter over a low heat.
- 5** Strain the sauce and season to taste.
- 6** In a bowl, mix the fennel, cumin, oil, red pepper, chives, onion and salt together.
- 7** Sprinkle on top of the salmon steaks and serve everything on a bed of rice, topping it with a slice of lemon.

## Ingredients

- 4 to 6 grams of hash
- 4 salmon fillets
- 1 lemon, sliced
- $\frac{1}{8}$  cup of shallots, chopped
- $\frac{1}{8}$  cup of white wine
- $\frac{1}{8}$  cup of lemon juice
- Salt to taste
- $\frac{1}{8}$  cup of heavy cream
- $\frac{1}{2}$  cup of butter
- 1 red onion, sliced thinly
- $\frac{1}{2}$  teaspoon of olive oil
- 1 pinch of ground cumin
- $\frac{1}{4}$  teaspoon of olive oil
- $\frac{1}{4}$  red bell pepper, julienned
- 1 tablespoon of chives, chopped

## Servings

4

## Recommended Dosage

1 serving

## Preparation Time

10 minutes

## Cooking Time

24 to 30 minutes



# Turkey Pot Pies

Gobble one down today!

- 1** Preheat the oven to 400°F/200°C.
- 2** Heat the chicken broth and 1 cup of water in a large pan over a high heat. Bring to a boil.
- 3** Add the turkey and water and cover; reduce heat to low and simmer



uncovered for about 25 minutes per pound of turkey until cooked through.

- 4** Remove from the broth and let cool.
- 5** Cut turkey into cubes and set aside.
- 6** Skim and discard the fat from the broth.
- 7** Strain the broth and measure 1 cup for sauce.
- 8** Melt 1 tablespoon of Marijuana Butter in a

## Ingredients

- 2 cans ready-to-serve chicken broth
- 1 cup of water
- 1 fresh boneless and skinless turkey breast
- 3 tablespoons of Marijuana Butter (page 16)
- 1 package of frozen pearl onions, thawed and drained
- ½ teaspoon of sugar
- ¼ cup of all-purpose flour
- 2½ cups of milk
- ½ teaspoon of dried marjoram, crushed
- 1 package frozen petite peas, thawed and drained
- 2 cups of carrots, julienned

## Piecrust pastry

- 1 package shortcrust pastry
- 1 egg and 1 tablespoon of water, beaten together



large saucepan. Add the onions and sugar, then reduce heat to medium and sauté for 3 minutes.

**9** Remove the onions, and stir the remaining 2 tablespoons of Marijuana Butter and the flour into the saucepan.

**10** Cook for 1 to 2 minutes or until mixture is bubbling and slightly golden, stirring constantly.

**11** Whisk in the milk and 1 cup of reserved broth; cook until thickened, stirring constantly.

**12** Season with marjoram, salt and pepper.

**13** Stir in the cubed turkey, onions, peas and carrots and remove from the heat.

**14** Roll half the pastry out and cut 6 rounds big enough to cover 6 small aluminum pie dishes.

**15** Push the rounds into the dishes.

**16** Divide the turkey mixture between the dishes.

**17** Roll out the rest of the pastry, creating 6 rounds the same size, and top the pies with the top crust.

**18** Pinch the edges of the crusts and trim and excess.

**19** Bake for 10 minutes.

**20** Reduce the oven temperature to 350°F/175°C and bake for 25 minutes or until the filling is bubbling and the crusts are golden.

## Servings

6

## Recommended Dosage

1 pie

## Preparation Time

35 minutes

## Cooking Time

35 minutes



# Tacos

Ole!

- 1** In a large frying pan, sauté the onion and garlic in olive oil. Add in the bud.
- 2** Add the meat or TVP and brown it with the bud until cooked dry.
- 3** Add the spices and cook for another 2 minutes.



**4** Add in the rest of the ingredients and cook on low, stirring often, until it reaches the desired thickness.

**5** Spoon into taco shells and top with lettuce, tomatoes and cheese.

**6** Chopped avocado and salsa are also tasty toppings.

## Ingredients

1 to 2 grams of ground bud  
Hard or soft taco shells  
1 pound of lean ground beef (or TVP for a vegetarian option)  
2 tablespoons of cumin  
2 tablespoons of paprika  
1 to 2 tablespoons of chili powder  
Chopped jalapeño or chilies (to taste)  
1 tomato cut into chunks  
1 cup of tomato sauce  
1 onion, chopped  
1 red pepper, chopped  
2 cloves of garlic, crushed  
Olive oil  
Salt

## Toppings

Shredded lettuce  
Shredded cheese  
Chopped tomato

## Servings

6

## Recommended Dosage

1 serving

## Preparation Time

15 minutes

## Cooking Time

15 minutes



# Bud Burger

So good the hamburglar will be after it too.

- 1** Mix the grated cheese with the chopped bacon and sliced onion and set aside.
- 2** Combine the hamburger, ground bud, seasoning salt and beer and mix thoroughly, then shape into 6 thin patties.
- 3** Cook the patties for 14 to 16 minutes on the barbecue until cooked though, flipping midway through cooking
- 4** Put one patty on a burger bun, top with  $\frac{1}{3}$  of the cheese mixture, top with another patty and finish with the top of the bun. Repeat for the other burgers and serve.

## Ingredients

- 1  $\frac{1}{2}$  grams of ground bud
- 1 pound of ground beef
- 6 strips of bacon, crispy
- $\frac{1}{2}$  red onion, sliced
- 1 cup of cheddar cheese, grated
- $\frac{1}{2}$  teaspoon of salt
- 2 tablespoons of beer
- 3 burger buns

## Servings

3

## Recommended Dosage

1 burger

## Preparation Time

20 minutes

## Cooking Time

14 to 16 minutes



## Chicken and Asparagus Fettuccini surprise

Surprise!

- 1** Cook the fettuccini according to package directions, adding the asparagus during the last 5 minutes of cooking.
- 2** While the pasta is cooking, heat the butter, Marijuana Butter and cream in a large saucepan over medium heat until both butters are melted and



the mixture starts to bubble.

**3** Stir in the cheese, garlic powder, ground black pepper and cayenne pepper. Continue cooking over medium heat until the mixture is thickened and bubbly.

**4** Stir in the chicken.

**5** Drain the pasta and asparagus; combine with the sauce and toss to coat evenly. Serve immediately with additional Parmesan cheese, if desired.

## Ingredients

- 2 tablespoons of Marijuana
- Butter (page 16)
- 12 ounces of dry fettuccini pasta
- 2 cups of fresh asparagus, trimmed and cut into 2½-inch pieces
- ¼ cup of butter
- 2 cups of half-and-half
- ¾ cup of grated Parmesan cheese
- ¼ teaspoon of garlic powder
- ¼ teaspoon of ground black pepper
- 1 pinch of cayenne pepper
- ½ pound of skinless, boneless chicken breast, cooked and cubed

## Servings

4

## Recommended Dosage

1 serving

## Preparation Time

10 minutes

## Cooking Time

15 minutes



## He-man Quiche

This dish is pot-ent!

- 1** Preheat the oven to 350°F/175°C.
- 2** Melt the Marijuana Butter in a large skillet over a medium heat, then add the onions and mushrooms and sauté until tender. Remove from the heat, place in a bowl and set aside.
- 3** Add the sausage to the skillet. Stirring occasionally, sauté until crumbled and cooked through. Drain and stir the onion mixture into the pan with the sausage.
- 4** Unfold the piecrust and place into a greased, 8-inch round cake pan,



pressing firmly against the pan to form a crust.

**5** Sprinkle half the cheese over the crust. Alternatively you can split the crust between several aluminum pie dishes to create mini quiches.

**6** Top with the sausage mixture, then sprinkle with the remaining cheese.

**7** In a medium bowl, whisk together the cream and eggs.

**8** Pour over the cheese and sausage, then bake for 50 to 55 minutes, or until a knife inserted in the center comes out clean.

**9** Cool for 10 minutes before slicing and serving.

## Ingredients

- 3 tablespoons of Marijuana
- Butter (page 16), room temperature
- 2 medium onions, finely chopped
- 3 cups of fresh mushrooms, chopped
- ½ pound of hot Italian sausage, casings removed
- 1 refrigerated folded piecrust
- 2 cups of shredded Colby-Jack cheese blend
- 1 ½ cups of heavy cream
- 3 eggs

## Servings

6

## Recommended Dosage

1 slice

## Preparation Time

15 minutes

## Cooking Time

50 to 55 minutes



## Dreamspell Bourbon Barbeque Sauce

It'll put you right to sleep.

- 1 Start by soaking your cannabis in the bourbon for about 24 hours, or as long as possible, in a cool, dark place.
- 2 After the soaking is done, strain out and discard the plant matter.



**3** Combine the ingredients in a heavy-bottomed saucepan and bring to a boil.

**4** Allow this mix to simmer for about 20 minutes or until it reaches the desired consistency. Stir occasionally.

**5** Cool and mix in a blender for a smoother sauce. Keep refrigerated until ready to use.

## Ingredients

7 grams of bud  
1 cup of bourbon  
½ can of tomato paste  
½ cup of cider vinegar  
1 tablespoon of  
    Worcestershire sauce  
2 teaspoons of soy sauce  
Juice of 1 lemon  
¼ cup of brown sugar  
3 cloves garlic, minced  
½ onion, minced  
½ teaspoon of mustard  
    seed, crushed (or Dijon)  
½ teaspoon of cayenne  
    pepper  
Pinch of salt

## Servings

Makes 1 cup of sauce

## Recommended Dosage

2 to 3 tablespoons

## Preparation Time

Overnight to soak, then  
20 minutes

## Cooking Time

20 minutes



# Enchanted Cottage Pie

Fairy tales do come true!

- 1** Preheat the oven to 350°F/175°C.
- 2** Boil the potatoes until they're soft and drain them. Mash with the milk and the ½ cup of Marijuana Butter.
- 3** Melt the 1 tablespoon of Marijuana Butter in a pan and add the onion, carrot and garlic to it. Fry for 5 minutes.
- 4** Add in the beef and ¼ of the beef stock and cook, stirring, until the meat is browned. Add the rest of the stock and the mushrooms, and season.
- 5** Cover with a lid and cook for 15 minutes.
- 6** Sprinkle the flour over the beef mixture and stir until the mixture is thickened.
- 7** Place the meat mixture into a deep ceramic dish or 4 mini dishes, and cover with the mashed potato. Cook for 30 minutes, until the mashed potato is crisp on top. Serve right away.

## Ingredients

½ cup of Marijuana Butter  
(page 16) + 1  
tablespoon reserve  
900 grams of potatoes,  
peeled and quartered  
6 tablespoons of milk  
2 cups of ground beef  
1 cup of onion, diced  
2 cloves of garlic, minced  
1 cup of carrot, chopped  
2 cups of beef stock  
1 cup of button  
mushrooms, chopped  
1 tablespoon of flour

## Servings

1 pie or 4 mini pies

## Recommended Dosage

¼ of the pie, or 1 mini pie

## Preparation Time

30 minutes

## Cooking Time

45 minutes



# Bombed Bolognese

Get Bombed!

- 1** Melt the Marijuana Butter in a large saucepan, then add the onion and garlic and sauté over a medium heat until the onions are translucent.
- 2** Add the carrot and celery and sauté for 5 minutes, then add the beef.



- 3** When the meat is browned, add the tomatoes, oregano and hot sauce and turn the heat down.
- 4** Stir and cook for 30 minutes over a low heat.
- 5** Serve on top of spaghetti or other pasta, and top with cheese.

## Ingredients

- ½ cup of Marijuana Butter  
(page 16)
- 1 onion, chopped
- 3 cloves of garlic, crushed
- 1 stalk of celery, chopped
- 2 cups of ground beef
- 1 can of crushed tomatoes
- 2 tablespoons of dried  
oregano
- 1 tablespoon of hot sauce

## Servings

6

## Recommended Dosage

1 serving

## Preparation Time

10 minutes

## Cooking Time

40 minutes



## Chapter 6

# Vegetarian

Whether you're trying to get more veggies into your diet of Cheetos and uncooked brownie mix or you've never touched a plate of beef in your life, you shouldn't have to give up your favorite vice while you give up the meat. These dishes are perfect for a sprinkling of pot, and they're healthier to boot! Double servings, anyone?



# Smashed Pot-atoes

A classic Yu

- 1** Peel the potatoes if desired, and cube.
- 2** Place the potatoes in a large saucepan and cover with water.
- 3** Cook over a medium heat until the potatoes are tender—usually 15 to 20 minutes.



- 4** Drain and place the cooked potatoes in a large bowl.
- 5** Mash the potatoes with the Marijuana Butter, and add salt and pepper to taste.
- 6** Once mashed, stir in the mayonnaise, mustard and sour cream, mixing well.
- 7** Serve warm or at room temperature.

### **Ingredients**

- 5 red potatoes
- 5 Yukon Gold potatoes
- 2 tablespoons of Marijuana Butter (page 16)
- Salt and pepper to taste
- ½ cup of mayonnaise
- ½ cup of prepared mustard
- ½ cup of sour cream

### **Servings**

6

### **Recommended Dosage**

1 serving with a meal

### **Preparation Time**

10 minutes

### **Cooking Time**

15 to 20 minutes



## Potso Pesto

Buon Appetito e Buona Notta!

- 1** Begin by simmering  $\frac{1}{4}$  cup of the olive oil with the ganja for about 30 to 45 minutes. Keep the temperature low and try not to burn the weed for a better flavor.
- 2** Once the oil is finished simmering to extract the THC, the plant matter can be strained out and discarded.
- 3** Combine all ingredients except the cheese and the majority of the oil in a blender or food processor. Slowly add the rest of the oil while blending on low.



**4** Once this mixture is blended to the desired consistency pour it into a bowl and mix in the cheese by hand. Spread over your favorite pasta and enjoy.

**Need an extra kick?**

Place mushrooms caps upside down on a cookie sheet with a bit of garlic and Marijuana Butter in the middle. Broil until golden brown. Add to the top of your pasta dish and garnish with fresh tomatoes and parsley.

**Ingredients**

- 1/2 ounce of bud
- 2 cups of basil leaves
- 4 cloves of garlic
- 1/2 cup of olive oil
- 1/2 cup of pine nuts
- 4 teaspoon of salt
- 1/2 cup of Romano cheese

**Servings**

4

**Recommended Dosage**

1 serving with bread

**Preparation Time**

5 minutes

**Cooking Time**

45 to 60 minutes



# Couscous Your Consciousness

Caution: may induce heightened awareness.

- 1 Over a medium-low heat, melt the Marijuana Butter in a saucepan.
- 2 Add the couscous and stir until evenly coated in butter.
- 3 Add 1 cup of water, bring to a boil, then reduce heat to a simmer.
- 4 Cover and cook until all the water is absorbed.
- 5 Set aside to cool.
- 6 In a salad bowl, combine the couscous, red onion, pepper, parsley, garbanzo beans, almonds and raisins.
- 7 Stir and mix well.
- 8 Whisk together the salad dressing, yogurt, cumin, salt and pepper.
- 9 Drizzle the dressing over the salad and stir until well combined, seasoning with salt and pepper. Chill and serve.

## Ingredients

- 3 tablespoons of Marijuana Butter (page 16)
- ½ cup of couscous
- 1 red onion, chopped
- 1 red bell pepper, chopped
- ⅓ cup of parsley, chopped
- ⅓ cup of raisins
- ⅓ cup of toasted, sliced almonds
- ½ cup of garbanzo beans, drained
- ½ cup of creamy salad dressing
- ¼ cup of plain yogurt
- 1 teaspoon of ground cumin
- Salt and pepper to taste

## Servings

6

## Recommended Dosage

1 serving

## Preparation Time

10 minutes

## Cooking Time

10 to 15 minutes



# Carrot Casserole

Always a grate choice.

- 1 Preheat oven to 325°F/160°C.
- 2 Grease a 1-quart casserole dish or 6 mini casserole dishes.
- 3 In a large mixing bowl, combine the cooked carrots and the Marijuana Butter and stir well.
- 4 Mix in the sugar, milk, salt, cinnamon, nutmeg, eggs and vanilla extract.
- 5 Pour into the casserole dish/es.
- 6 Bake for 20 to 30 minutes, or 10 to 15 minutes for mini casseroles, just until set. Serve.

## Ingredients

- 2 cups of mashed, cooked carrots
- 3 to 4 tablespoons of Marijuana Butter (page 16)
- 1 cup of white sugar
- 1/3 cup of milk
- 1/2 teaspoon of salt
- 1 teaspoon of ground cinnamon
- 1 teaspoon of ground nutmeg
- 3 eggs
- 1 teaspoon of vanilla extract

## Servings

6

## Recommended Dosage

- 1/6 of the casserole, or
- 1 mini casserole

## Preparation Time

10 minutes

## Cooking Time

45 minutes



# Corny Casserole

You'll niblet all night long!

- 1** Preheat oven to 350°F/175°C.
- 2** In a medium bowl, cream together the Marijuana Butter and cream cheese.
- 3** Mix in the whole-kernel corn, the cream-style corn, chilies, chopped onions and 1/2 can of the French-fried onions.
- 4** Pour the mixture into a 1-quart casserole dish or 8 mini dishes.
- 5** Bake for 15 minutes, or 10 minutes for the mini casseroles.
- 6** Remove from the oven and sprinkle the remaining French-fried onions over the top of the casserole.
- 7** Return to the oven and bake for an additional 15 minutes, or 10 minutes for the mini casseroles.

## Ingredients

- 1/3 cup of Marijuana Butter (page 16)
- 2 (3 ounce) packages of cream cheese
- 1 can of whole-kernel corn, drained
- 1 can of cream-style corn
- 1 can of chopped green chilies
- 1/2 cup of onion, chopped
- 1 can of French-fried onions

## Servings

8

## Recommended Dosage

- 1/8 serving of the casserole, or 1 mini casserole

## Preparation Time

5 minutes

## Cooking Time

30 minutes



## Primeval Pasta

Get back to the stoned age!

- 1** Cook the pasta in boiling water for 10 minutes or until it's done, then drain.
- 2** Melt the butter and Marijuana Butter over a medium heat in a large saucepan.
- 3** Sauté the onions, mushrooms and garlic until tender.



**4** Stir in sun-dried tomatoes, olives, artichoke hearts, wine and lemon juice.

**5** Bring to a boil and cook until the liquid is reduced by about a third. This should take about 4 minutes.

**6** Top with tomatoes and cheese, season and serve.

## Ingredients

- 2 tablespoons of Marijuana Butter (page 16)
- 1 package of rotini
- 2 tablespoons of butter
- 3 cloves of garlic, crushed
- 2 cups of mushrooms, sliced
- 1 medium onion, chopped
- 10 ounces of marinated artichoke hearts
- 1 cup of sun-dried tomatoes, packed in oil
- ½ cup of black olives, sliced
- 1 teaspoon of black pepper
- 1 ripe tomato, chopped
- 2 tablespoons of lemon juice
- 1 cup of dry white wine
- 1 cup of Parmesan cheese

## Servings

4

## Recommended Dosage

1 serving

## Preparation Time

10 minutes

## Cooking Time

20 minutes



## Veg-Out Stoner Pie

The perfect meal for all couch potatoes.

- 1** Preheat oven to 350°F/175°C.
- 2** Gently boil the potatoes in a large pot of water for 20 minutes, or until tender. Drain and return to the pot.
- 3** Mash the potatoes with the 3 tablespoons of Marijuana Butter,  $\frac{3}{4}$  tea-



## Ingredients

- 3 tablespoons of Marijuana
- Butter (page 16)
- 5 russet potatoes, peeled and cut into chunks
- 2 tablespoons of butter
- 1 ½ teaspoon of salt
- Ground black pepper
- 2 cups of milk
- 3 cups of water
- ½ cup of kasha
- 2 tablespoons of butter
- 2 cups of chopped onion
- 2 cloves of garlic, minced
- 2 carrots, diced
- 2 cups of fresh mushrooms, sliced
- 1 ½ tablespoons of all-purpose flour
- 1 cup of whole-kernel corn, blanched
- 3 tablespoons of fresh parsley, chopped

spoon of salt and ½ cup of milk until fairly smooth, then set aside.

**4** In a saucepan, bring 1 ½ cups of water with ½ teaspoon of salt to the boil.

**5** Stir in the kasha, reduce the heat and simmer, uncovered, for 15 minutes.

**6** Add 1 ½ cups more water and bring to a boil.

**7** Cover and remove from the heat. Let stand



for 10 minutes.

**8** In a large saucepan, melt 2 tablespoons of butter over a medium heat.

**9** Add the onions, garlic and carrots and sauté until the onions soften.

**10** Add the mushrooms and cook and stir for 3 to 4 minutes.

**11** Sprinkle the flour over the vegetables and stir for 2 minutes.

**12** Pour the remaining 1½ cups of milk over the vegetables and increase the heat to high.

**13** Stir with a whisk until the sauce is smooth.

**14** Reduce the heat and simmer for 5 minutes.

**15** Stir in the corn, ¼ teaspoon of salt and black pepper to taste.

**16** Mix together the vegetable mixture and kasha mixture.

**17** Spoon into a buttered 10-inch pie pan, and smooth with a spatula.

**18** Spread mashed potatoes over the top, leaving an uneven surface.

**19** Bake for 30 minutes.

**20** Garnish with the chopped parsley and serve.

### Servings

4 to 6

### Recommended Dosage

¼ or ⅓ of the pie

### Preparation Time

20 minutes

### Cooking Time

1 hour and 45 minutes



## Veggie Chili

A hearty meal that will leaf you wanting more!

- 1** Soak the lentils in boiling water for 30 minutes, then drain and rinse.
- 2** Fry the onion, garlic, chili powder, cumin and paprika and the melted Marijuana Butter.
- 3** Add the pepper, carrots and lentils and cook for 5 minutes.



**4** Add the tomatoes, puree, stock and peas, bring to a boil then turn down and simmer for 30 minutes.

**5** Add the mushrooms and simmer for 5 minutes.

**6** Add the kidney beans and simmer for 5 minutes

**7** Serve with rice and a slice of lime.

## Ingredients

- 3 tablespoons of Marijuana Butter (page 16)
- 1 cup of red lentils
- 1 large onion, chopped
- 2 cloves of garlic, crushed
- 2 teaspoons of chili powder
- 1 teaspoon of cumin
- 1 teaspoon of paprika
- 1 red bell pepper, chopped
- 400 grams of chopped tomatoes
- 1 tablespoon of tomato puree
- 1 cup of vegetable stock
- 1 cup of frozen peas
- 2 carrots, chopped
- 2 cups of mushrooms, chopped
- 1 can of kidney beans, drained

## Servings

4 to 6

## Recommended Dosage

1 serving

## Preparation Time

30 minutes

## Cooking Time

40 minutes



## Chapter 7

# More Desserts

It is a truth, universally acknowledged, that a person can never have enough dessert. This is especially true for stoners; that second brownie is never quite enough when you're high as a kite with cut strings. Desserts are also really useful if you overindulge a little (yes you, at the back, you know who I'm talking about) as the sugar content can help bring you back to reality a little. If you feel yourself on the verge of a white out, a glass of orange and an oatmeal cookie will work magic!



# Going Bananas

A peel-good recipe.

- 1** In a large, deep skillet, melt the Marijuana Butter and butter over a medium heat.
- 2** Stir in the sugar, rum, vanilla and cinnamon.
- 3** When the mixture begins to bubble, place the bananas and walnuts in a pan.
- 4** Cook until the bananas are hot; about 1 to 2 minutes.
- 5** Serve at once over vanilla ice cream

## Ingredients

- 2 tablespoons of Marijuana Butter (page 16)
- 1 ¼ cup of butter
- ⅔ cup of dark brown sugar
- 3½ tablespoons of rum
- 1½ teaspoons of vanilla extract
- ½ teaspoon of ground cinnamon
- 3 bananas, peeled and sliced
- ½ cup of walnuts, coarsely chopped
- 1 pint of vanilla ice cream

## Servings

4

## Recommended Dosage

1 serving

## Preparation Time

3 minutes

## Cooking Time

4 minutes



# Fruit Salad

Orange you glad you tried this?

- 1 Dissolve the ginger in the brandy tincture.
- 2 Combine the oranges, pineapple cubes and grapes in a bowl.
- 3 Pour the brandy over the fruits, basting them for a few moments.
- 4 Cover the bowl and chill for 3 hours. Arrange the salad on lettuce leaves in bowls and serve.

Note: You can use other fruit and / or melon combinations with this brandy dressing but the pineapple soaks up a lot of brandy.

## Ingredients

- ½ cup of brandy tincture  
(page 22)
- 2 teaspoons of powdered  
ginger
- 2 oranges, peeled and  
thinly sliced
- 1 cup of fresh or canned  
pineapple cubes
- 1 cup of grapes

## Servings

2

## Recommended Dosage

1 serving

## Preparation Time

20 minutes to prepare,  
3 hours to chill



# Skunky Shortbread

A shortbread but a long high!

- 1 Preheat oven to 325°F/160°C.
- 2 Mix the flour and sugar together in a bowl.
- 3 Chop the Marijuana Butter in small chunks and add it to the bowl.
- 4 Rub the Marijuana Butter into the flour mixture until you get a crumbly mixture that stays together when pressed.
- 5 Add the vanilla extract and work to distribute evenly.
- 6 Press the dough into a greased baking pan (something like an 8 x 8-inch pan) and bake for 30 minutes.
- 7 Cut, cool and enjoy!

## Ingredients

- ½ cup of Marijuana Butter  
(page 16), room  
temperature
- 1 ¼ cups of flour
- ⅓ cup of sugar
- 1 teaspoon of vanilla extract

## Servings

24 pieces

## Recommended Dosage

2 to 3 pieces

## Preparation Time

10 minutes

## Cooking Time

30 minutes



# Decadent Chocolate Bud Cake

Perfect for you and your buds.

- 1** Preheat oven to 350°F/175°C.
- 2** Grease two or three 9-inch round cake pans.
- 3** In a medium bowl, pour boiling water over the cocoa and whisk until smooth. Set aside to cool.
- 4** Sift together the flour, baking soda, baking powder and salt and set aside.



**5** In a large bowl, cream together the butter, Marijuana Butter and sugar until light and fluffy.

**6** Beat in the eggs one at a time, then stir in the vanilla extract.

**7** Add the flour mixture and the cocoa mixture alternately, then stir to combine.

**8** Spread the batter evenly between the prepared pans.

**9** Bake for 25 to 30 minutes, then set aside to cool.

**10** Decorate with chocolate butter cream or your favorite frosting and enjoy!

## Ingredients

2 tablespoons of Marijuana

Butter (page 16)

$\frac{2}{3}$  cup of boiling water

$\frac{1}{3}$  cup of unsweetened  
cocoa powder

$\frac{3}{4}$  cup and 2 tablespoons  
of all-purpose flour

$\frac{1}{4}$  teaspoon of baking soda

$\frac{1}{8}$  teaspoon of baking  
powder

$\frac{1}{8}$  teaspoon of salt

$\frac{1}{3}$  cup of butter, softened

$\frac{3}{4}$  cup of white sugar

1  $\frac{1}{3}$  eggs

$\frac{1}{2}$  teaspoons of vanilla  
extract

## Servings

4

## Recommended Dosage

1 serving

## Preparation Time

10 minutes

## Cooking Time

25 to 30 minutes



## Shiva's Chai Cupcakes

You'll wish that you "chai-ed" these before!

- 1** Preheat oven to 350°F/175°C and line a cupcake tin with cupcake wrappers.
- 2** Heat the milk in a pan until it's almost boiling, then remove from the heat and throw in the 2 chai tea bags. Allow to sit for 10 minutes.
- 3** Remove the tea bags from the milk and stir in the apple cider vinegar.
- 4** In a bowl, sift together the flour, icing sugar, baking soda, cinnamon,



ginger and nutmeg.

**5** Stir the melted Marijuana Butter and vanilla extract into the milk mixture, then combine the milk mixture with the flour mixture. Stir until just combined.

**6** Divide between the cupcake wrappers and bake for 20 minutes.

**7** Allow to cool, then frost with your favorite frosting—a vanilla cinnamon buttercream works great!

## Ingredients

- 1/3 cup of Marijuana Butter (page 16), melted
- 2 cups of all-purpose flour
- 1 cup of powdered sugar
- 2 teaspoons of baking soda
- 1 1/2 cups of almond milk
- 2 good quality chai tea bags
- 1 tablespoon of apple cider vinegar
- 2 teaspoons of vanilla extract
- 1 teaspoon of ground cinnamon
- 1 teaspoon of ground ginger
- 1/2 teaspoon of ground nutmeg

## Servings

12 cupcakes

## Recommended Dosage

1 cupcake

## Preparation Time

20 minutes

## Cooking Time

20 minutes



# Baked Apple Crumble

You'll be truly baked!

- 1** Preheat oven to 350°F/175°C.
- 2** In a bowl, combine the brown sugar, oats, flour and melted Marijuana Butter. Rub the mixture together with your fingers until it resembles breadcrumbs.
- 3** Combine the apples, white sugar and cinnamon in a separate bowl and stir to combine.
- 4** Place the apple mixture in the bottom of a ceramic dish, or divide between 4 smaller dishes.
- 5** Top with the crumble and bake for 40 to 50 minutes, until the top is golden brown.

## Ingredients

- ½ cup of Marijuana Butter (page 16), melted
- 1 cup of brown sugar
- 1 cup of rolled oats
- 1 cup of all-purpose flour
- 3 cups of apples, peeled, cored and chopped
- ½ cup of white sugar
- 2 teaspoons of ground cinnamon

## Servings

- 1 large crumble or 4 mini crumbles

## Recommended Dosage

- 1 mini crumble or ¼ of a large crumble

## Preparation Time

- 20 minutes

## Cooking Time

- 20 minutes



# Marijuana Drinks

Over the last several years, flavored alcohol has become very popular and since cannabinoids dissolve well in alcohol, it's easy and worthwhile to make marijuana alcohol. Generally, for this purpose, the stronger the alcohol content, the better. Grain alcohol is pure alcohol—odorless, tasteless and very potent. At 190 proof, grain alcohol makes an extremely strong brew that I recommend only to be used in moderation. Instead, I prefer to use vodka. Most midlevel vodkas are now triple-filtered and this helps to make them purer. Fewer impurities mean less of a hangover.

The alcoholic cocktail and shots recipes use the basic Marijuana Extraction Method on page 22. I'd recommend one of these cocktails and two at the maximum. After that, switch to something softer!

While many appreciate the two-for-one intoxication of Marijuana Alcohol, there is a time and place. Sometimes you need something a little more mellow. Our marijuana smoothies are the perfect solution for a tasty beverage to give you just a little buzz. Three of our recipes use the Marijuana Coconut Oil on page 18, but the other three use raw cannabis. Raw cannabis will provide purely medicinal benefits without any type of high, so it is a safe-for-work option for anyone looking for a little something to make the desk job easier on the body.

## Dirty Bong Water

1 ounce Of Chambord Raspberry Liqueur

1 ounce of Malibu Coconut Rum

Splash of sweet & sour mix

Splash of pineapple juice

½ ounce of blue curaçao

½ gram of ground bud

**Directions:**

Mix well. Makes 2 shots.





## Cocktails and Shots

# Motherfucker

This one doesn't need any weed!

½ ounce of absinthe

1 ounce of rum

**Directions:**

Mix well.



IMPORTED

Jose Cuervo  
**Gold**

JOSE CUERVO  
HECHO EN MEXICO

122

Jose Cuervo

## Vlad the Inhaler's Vodka

1 ounce of Marijuana Vodka (page 22)

½ ounce of gin

½ ounce of light rum

½ ounce of tequila

2 dashes of cola so you can see when you get  
to the bottom of the glass.

Juice of ½ lemon

### Directions:

Combine the ingredients  
and pour over ice in a  
highball glass.

Garnish with a slice of lemon.





## Cocktails and Shots

# Mary Jane's Martini

2 ounces of Marijuana Vodka  
(page 22)


1 ½ ounces of Apple Barrel  
Schnapps

3 drops of Midori

**Directions:**

Shake with ice and strain.

Garnish with a slice of  
green apple and enjoy!



Cocktails and Shots

## Ghetto Booty

$\frac{1}{2}$  ounce of raspberry vodka

$\frac{1}{2}$  ounce of Grand Marnier Orange  
Liqueur

$\frac{1}{4}$  gram of ground bud

**Directions:**

Mix well.



## Cocktails and Shots

# Bourbon High

2 ounces of bourbon

Ginger ale or club soda

½ gram of ground bud

### Directions:

Fill highball glass with bourbon, ginger ale or club soda and ice cubes. Add in the bud.

Add ice and twist of lemon peel, if desired, and stir.

Cocktails and Shots

## Indian Summer

1 ounce of amaretto

½ ounce of vodka

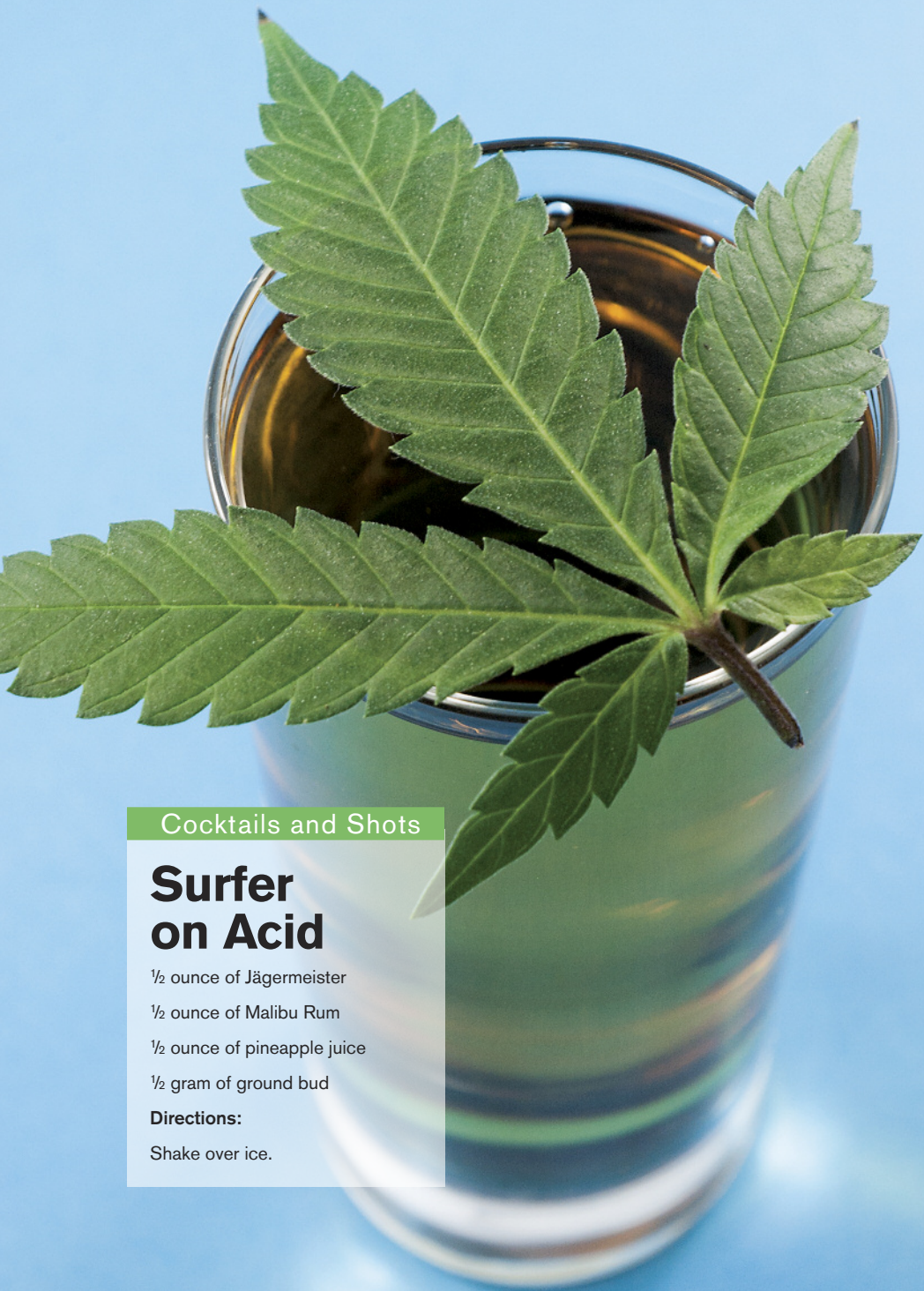
½ ounce of Kahlua

½ gram of ground bud

**Directions:**

Mix well. Makes 2 shots.





## Cocktails and Shots

### **Surfer on Acid**

½ ounce of Jägermeister

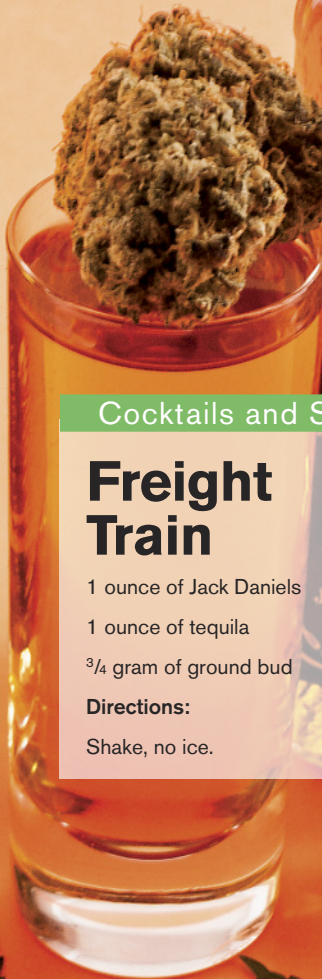
½ ounce of Malibu Rum

½ ounce of pineapple juice

½ gram of ground bud

**Directions:**

Shake over ice.



## Cocktails and Shots

### Freight Train

1 ounce of Jack Daniels

1 ounce of tequila

$\frac{3}{4}$  gram of ground bud

**Directions:**

Shake, no ice.



# Sangria

Smashing sangria for the girly-man in all of us.

4 shots of Marijuana

Brandy (page 22)

1 bottle of red wine

1 lemon, cut into wedges

1 orange, cut into wedges

2 tablespoons of sugar

2 cups of ginger ale or club soda

## Directions

Mix the sugar into the wine.

Add the lemon, orange and any other fruit you desire, Marijuana Brandy and club soda or ginger ale.

Add ice to chill.

Stir and serve.

## Servings

4

## Recommended Dosage

4 to 6 servings

## Preparation Time

10 minutes







Non-alcoholic Drinks

## Coffee Chai

Your klatch will be staggering.

- 1 Place the milk and honey into a pan over a medium heat and cook until almost boiling.
- 2 Add the marijuana and simmer at a low heat for at least half an hour.
- 3 Strain the milk through a cheesecloth and discard the marijuana.



## Ingredients

- 4 cups of milk
- 1 tablespoon of honey
- 2 grams of finely chopped marijuana
- 1 tablespoon of instant or freeze-dried coffee
- 1/4 cup of brown sugar
- 3 cinnamon sticks
- 6 cardamom pods
- 1/8 teaspoon of grated nutmeg
- 1/8 teaspoon of allspice
- 4 cinnamon sticks, optional

## Servings

4

## Recommended Dosage

1 cup

## Preparation Time

30 minutes

## Cooking Time

30 minutes

**4** Put the milk back in the pan with all the other ingredients. Stir and simmer for 5 minutes over a low heat.

**5** Remove from the heat and sit for 20 minutes.

**6** Pour through a clean sieve and serve!



# Bhang Lassi

Spice up your life!

- 1 Quickly rinse the plant matter in cold water. This is believed to prevent headaches sometimes experienced from ingesting bhang.
- 2 Next, boil the water and pour it into a clean pot.
- 3 Add the dry ingredients and allow it to steep for about 7 minutes.
- 4 Strain the liquid through a muslin cloth; as much water as possible should be squeezed out. Set liquid aside.
- 5 Crush the bud and spices with 2 tablespoons of warm milk in a pestle and mortar and mash into a paste.
- 6 Strain off the milk and repeat Step 5 until about 1 cup of milk has been used.
- 7 Trash the bud and spices and keep the milk.
- 8 Combine the milk with the rosewater and the initial tea and add honey to taste. Chill and enjoy!

For a much quicker and easier method, try simmering the dry ingredients with 1 to 2 cups of milk for 30 minutes or more; longer is better. Strain this mixture and cool. Add 2 cups of yogurt and some honey and voila! Your day is set.

## Ingredients

- 1 gram of ground bud
- 2 cups of water
- 4 cups of warm milk
- 3 tablespoons of chopped almonds
- ½ teaspoon of cinnamon
- Pinch of nutmeg
- Pinch of cardamom
- Pinch of caraway
- ½ tablespoon of poppy seeds
- ½ tablespoon of chopped ginger
- 1 teaspoon of rosewater
- Honey to taste

## Servings

4 to 6

## Recommended Dosage

1 glass

## Preparation Time

15 minutes

## Cooking Time

10 minutes



Non-alcoholic Drinks

## Pot Chocolate

Don't forget the marshmallows!

- 1** Put the milk, chocolate, 2 cinnamon sticks and the weed into a heavy-bottomed saucepan and bring it to a boil. Milk burns easily, so stir constantly.
- 2** Once the mixture is boiling, reduce the heat and simmer for about 5 minutes.



- 3** Remove from the heat and strain.
- 4** Pour into cups and garnish with a cinnamon stick for stirring.
- 5** Sweeten to taste, then serve.

### **Ingredients**

- 1 gram of ground bud
- 1 cup of milk / soy milk
- 4 ounces of semisweet chocolate
- 6 cinnamon sticks
- Sugar or honey

### **Servings**

4

### **Recommended Dosage**

1 cup

### **Preparation Time**

5 minutes

### **Cooking Time**

8 minutes



# Cappuccino Chill Out

Chillax yourself!

- 1** Put the milk and weed into a heavy-bottomed saucepan and heat gently, stirring often, for 1 hour.
- 2** Strain the plant matter from the milk and allow it to cool.
- 3** Stir the sugar and coffee into the marijuana milk until the coffee is dissolved, then pour it into a 13 x 9-inch baking pan.
- 4** Cover loosely with plastic wrap and freeze overnight.
- 5** To serve, scrape with a spoon or ice cream scoop.
- 6** Place in a glass and sprinkle with cinnamon.

## Ingredients

- 2 to 3 grams of bud, ground
- 4 cups of milk
- 2 tablespoons of instant espresso or coffee crystals
- 6 tablespoons of sugar
- Cinnamon for garnish

## Servings

4

## Recommended Dosage

1 glass

## Preparation Time

5 minutes

## Cooking Time

1 hour, with resting overnight



# Stir-Crazy Shake

It'll have you looking beyond the stars!

- 1** Put the milk and weed into a heavy-bottomed saucepan and heat gently, stirring often, for 1 hour.
- 2** Strain the plant matter from the milk and allow it to cool.
- 3** Stir all the ingredients together or quickly blend them, then divide between 3 glasses and serve.

## Ingredients

- 2 grams of bud, ground
- 3 cups of milk
- 3 scoops of vanilla ice cream
- 3 tablespoons of chocolate topping

## Servings

3

## Recommended Dosage

1 glass

## Preparation Time

5 minutes

## Cooking Time

1 hour



Non-alcoholic Drinks

# Spaced-Out Banana Shake

You'll be in a different galaxy!

- 1 Put the milk and weed into a heavy-bottomed saucepan and heat gently, stirring often, for 1 hour.
- 2 Strain the plant matter from the milk and allow it to cool.



### **Ingredients**

- 2 grams of bud, ground
- 2 cups of milk
- 1 large scoop of ice cream
- 3 small bananas
- 1 apple, peeled and cored

### **Servings**

3

### **Recommended Dosage**

1 glass

### **Preparation Time**

5 minutes

### **Cooking Time**

1 hour

- 3** Pour the milk, ice cream, bananas and apple into a blender and pulse for 30 seconds.
- 4** Serve with crushed nuts on top.



## Infused Smoothies

Those who can't take in the mornings don't like to start the day with candy and can't stand the thought of brownies before 11:00 am – behold, the cannabis smoothie!

Marijuana Coconut Oil is the perfect way to get some infused goodness into your blended drink. Not only will the taste of the oil enhance the flavor of the smoothie when paired with its natural friends, the oil will barely alter the consistency, and the whole thing will go down as smoothly as...well, oil.

The recipes here aim for a low-dose infused smoothie, assuming you've made your Marijuana Coconut Oil to the recipe on page 18. If you need a stronger drink, you can make your infused oil with more cannabis matter, or simply add more oil to the smoothie. Drink them fresh, and keep them out of the way of any little hands in your house.

# The Ultimate Breakfast Canna Smoothie

A pick-me-up like no other

**1** Place all ingredients into a blender or smoothie maker and blend until smooth.

**2** Thin out with a little water if necessary. Pour into a tall glass and enjoy.

### Ingredients

¼ cup oats

½ cup milk (or vegan milk if you like)

½ banana

1 to 2 teaspoons Marijuana Coconut Oil (page 18)

½ cup frozen blueberries

1 tablespoon peanut butter

1 teaspoon honey

### Servings

1

### Recommended Dosage

1 smoothie

### Preparation Time

5 minutes



## Infused Smoothies

# Pina Canna Colada

For those who like getting caught in the rain

- 1 Place all ingredients into a blender or smoothie maker and blend until smooth.
- 2 Thin out with a little water if necessary. Pour into a tall glass and enjoy.

---

# A Green Smoothie with Extra Green

Kermit in a glass

- 1 Place all ingredients into a blender or smoothie maker and blend until smooth.
- 2 Thin out with a little water if necessary. Pour into a tall glass and enjoy.

### Ingredients

- ½ frozen banana
- ½ cup coconut milk
- 1 ½ cups pineapple, fresh  
or frozen, cut into chunks
- 1 to 2 teaspoons Marijuana  
Coconut Oil (page 18)
- 1 teaspoon honey

### Servings

1

### Recommended Dosage

1 smoothie

### Preparation Time

5 minutes

### Ingredients

- ½ banana
- 1 cup coconut milk
- 1 ½ cups kale
- 1 cup frozen mango
- 1 tablespoon grated ginger
- 1 to 2 teaspoons Marijuana  
Coconut Oil (page 18)
- a handful of ice

### Servings

1

### Recommended Dosage

1 smoothie

### Preparation Time

5 minutes



## Raw Smoothies

If you're looking to get all the health benefits of cannabis into your diet but don't want the high, raw cannabis smoothies might be the perfect way to get a health kick that doesn't kick your ass. They're good if you're just too lazy to make an infusion, too.

But how does it work? THC is activated by heat, and by avoiding heating the plant matter in these smoothie recipes, you'll absorb the CBD with all its anti-inflammatory and other health properties without getting any active THC. Make sure you chop any plant matter well before you place it into your smoothie maker, as leaves can get caught in the blades, and buds just need a helping hand to blend nicely.

Whether you want a sweet liquid treat or you like your drinks to taste as healthy as they are, there's a raw cannabis smoothie recipe here for you.

# Chocolate PB Canna Dream

A milkshake for grown ups

- 1 Place all ingredients into a blender or smoothie maker and blend until smooth.
- 2 Thin out with a little water if necessary. Pour into a tall glass and enjoy.

### Ingredients

- 1 banana
- 2 cups milk (or vegan milk)
- 2 tablespoons good quality cocoa powder
- ½ cup peanut butter
- 2 grams fresh cannabis bud, chopped
- a handful of ice

### Servings

1

### Recommended Dosage

1 smoothie

### Preparation Time

5 minutes



# The Leaf Lover

For all the tree huggers out there

- 1 Place all ingredients into a blender or smoothie maker and blend until smooth.
- 2 Thin out with a little water if necessary. Pour into a tall glass and enjoy.

---

# The Health Blaster

The goodness of joints – for your joints!

- 1 Place all ingredients into a blender or smoothie maker and blend until smooth.
- 2 Thin out with a little water if necessary. Pour into a tall glass and enjoy.

## Ingredients

- 1 avocado
- 2 cups kefir or coconut water
- ¼ cup chopped mint
- 1 cup spinach
- juice of ½ lime
- ¼ cup fresh cannabis leaves, chopped
- 1 tablespoon honey
- a handful of ice

## Servings

1

## Recommended Dosage

1 smoothie

## Preparation Time

5 minutes

---

## Ingredients

- ¼ cup milk (or vegan milk)
- ¼ cup plain yogurt
- ¾ cup frozen mango
- 1 tablespoon grated fresh ginger
- 1 tablespoon grated fresh turmeric
- 2 grams fresh cannabis bud, chopped
- 1 tablespoon honey
- a handful of ice

## Servings

1

## Recommended Dosage

1 smoothie

## Preparation Time

5 minutes



## Chapter 9

# Sweet Treats

Everyone needs an on-the-go option or two. These portable snacks allow you to wander the world with ease. From fruity gummies, cannabis-infused chocolates to lollipops, you can snack anywhere, any time. No need to bring a picnic basket or a travel thermos, just use a lightweight plastic baggie at most. How convenient is that? Careful though, the gummy bears have a bit of bite.



# Gummies

Everyone loves gummies, but that isn't the only reason they've been taking dispensaries by storm. Gummies are a fantastic way to consume your cannabis, as letting a gummy sweet melt slowly in your mouth allows cannabinoids to absorb into your bloodstream through the mucosal membranes under your tongue and around your mouth. This means that they can get to work much more quickly, as they don't need to metabolize—and this, in addition, means that cannabinoids won't be wasted in the metabolization process. Hooray!

The best way that we've found to dose your gummies is to use the tincture recipe on page 22. Make your tincture with an appropriate strain; if you're looking to make THC-high gummies, use a strain high in THC, but if you're looking for CBD-high gummies, find a strain that's high in CBD and use that. We're giving just two recipes here, as it's so easy to adapt this recipe; just use whichever juice you like to flavor them to your taste and make them sour if you want your gummies to give you a little extra zing.

This process is a lot simpler than you think. You'll need a few items that you can easily get online, but once you've bought them, you'll have a kit that'll keep you in homemade Canna Gummies for the foreseeable future. The first thing you'll need is a gummy mold sheet; you can get this in different sizes, with anything from 12 to 50 individual molds, and we highly recommend the silicone types. They're easy to keep clean, easy to get the gummies out of and you can use them for a whole range of treats, including for chocolates. They're also available with a lot of different mold shapes, so you can make gummies in the shape of hearts, monsters, worms, marijuana leaves—or if, like us, you're a traditionalist at heart, you can make teddy bear gummies. Just because.



# Dosed Gummy Bears

What do you call a stoner bear with no teeth?

- 1 Place the fruit juice and lemon juice in a medium saucepan and gently heat until warm. Do not bring to a boil.
- 2 Add in the Marijuana Alcohol and stir.
- 3 Add in the gelatine super slowly and whisk until combined.
- 4 Add in a tablespoon of the sweetener and taste. Add more until it has reached your desired sweetness.
- 5 Carefully pour or spoon the mixture into your gummy molds, or if you have a cooking syringe, use that. It's a lot easier.
- 6 Refrigerate for 4 hours.
- 7 If you're making sour gummies, mix the citric acid and sugar in a bowl. Pop the gummies out of the molds and roll them in the mixture.
- 8 Give one a try. Wait an hour. This will give you an idea of how strong they are, and whether you need to take more.
- 9 Store in an airtight container in the fridge, away from children. Consume within 2 weeks.

## Ingredients

- 1 ½ cups pure fruit juice – orange, pomegranate, apple or whatever juice you prefer
- ½ teaspoon lemon juice
- 4 tablespoons gelatine (vegan if you are)
- 3 tablespoons honey, agave or another liquid sweetener
- 4 teaspoons of Marijuana Alcohol (page 22)

for sour gummy bears:

- ½ cup caster sugar
- 2 teaspoons citric acid

## Servings

28 to 34 depending on your molds

## Recommended Dosage

1 to 2 gummies, depending on your Marijuana Alcohol strength

## Preparation Time

5 minutes

## Cooking Time

10 to 15 minutes



# Dosed Gummy Worms

Straight from the desert planet Arrakis!

**1** Place the preferred juice and lemon juice in a medium saucepan and gently heat until warm. Do not bring to the boil.

**2** Add in the Marijuana Alcohol and stir.

**3** Add in the gelatine super slowly and whisk until combined.

**4** Add in a tablespoon of the sweetener and taste. Add more until it has reached your desired sweetness.

**5** Carefully pour or spoon the mixture into your gummy worm molds, or if you have a cooking syringe, use that. It's a lot easier.

**6** Refrigerate for 4 hours.

**7** If you're making sour gummies, mix the citric acid and sugar in a bowl. Pop the gummies out of the molds and roll them in the mixture.

**8** Give one a try. Wait an hour. This will give you an idea of how strong they are, and whether you need to take more.

**9** Store in an airtight container in the fridge, away from children. Consume within 2 weeks.

## Ingredients

1 ½ cups pomegranate juice – or other juice of your choice

½ teaspoon lemon juice

4 tablespoons gelatine (vegan if you are)

3 tablespoons honey, agave or another liquid sweetener

4 teaspoons of Marijuana Alcohol (page 22)

for sour gummy worms:

½ cup caster sugar

2 teaspoons citric acid

## Servings

20, depending on your molds

## Recommended Dosage

1 gummy, depending on your Marijuana Alcohol strength

## Preparation Time

5 minutes

## Cooking Time

10 to 15 minutes



## Lollipops

Making weed candy lollipops requires a couple of things that you might not already have in your kitchen, but that you'll be able to use time and time again when you realize how easy this process is. One is a candy thermometer, as you will need to bring your candy to something called the "hard crack" stage, which involves taking your candy to 300 degrees Fahrenheit then removing it from the heat. This is what turns it into hard candy, so a candy thermometer is essential.

The other is a lollipop mold. This should come with wooden sticks too, but if it doesn't, you can get these elsewhere. Molds, like the ones for the gummy bears, are easy to come by and come in a variety of different



shapes, so if you really want to have weed-shaped weed lollipops, you can! We'd recommend getting the silicone molds as candy making tends to be messy and the hard candy will trail all over your molds (and probably your work surfaces) no matter how careful you are. Silicone molds can be scrunched up so the hard candy trails pop right off and into your mouth. It's also a good idea to put some Saran Wrap under the molds so you don't get the candy stuck anywhere you don't want it to be.

Although making hard candy isn't half as difficult as it looks, some people just don't get that hard candy vibe so you'll find recipes for cake pops in this section too. They're the spherical lollipops coated in chocolate that you might have seen in some dispensaries, and when you bite into them, they're pure (medicated) cake. I mean, who could say no?



# Peppermint Canna Lollies

In mint condition

- 1** Combine the sugar, corn syrup and water in a medium saucepan over a medium-high heat.
- 2** Stir until the sugar is totally dissolved and bring to the boil. Stop stirring when it starts to boil.
- 3** Place your candy thermometer in the pan and when it reaches 300 degrees Fahrenheit (149 degrees Celsius), immediately pull the pan from the heat.
- 4** Watch until the temperature cools to 250 degrees Fahrenheit, then add in the peppermint extract, the Marijuana Alcohol, and a few drops of food coloring. Stir to combine. Note: Alcohol is flammable, so make sure the pan is NOT near any heat at this point.
- 5** Carefully pour or spoon the mixture into your lollipop molds, making sure to cover the stick completely.
- 6** Allow to cool at room temperature.
- 7** After 30 to 60 minutes, pop out of the molds and store in an airtight container, away from children, for up to a month.

## Ingredients

- 1 cup sugar
- ½ cup light corn syrup
- ¼ cup water
- 1 ½ teaspoons peppermint extract
- green food coloring
- 3 teaspoons of Marijuana Alcohol (page 22)

## Servings

- 8 to 10 lollipops depending on your molds

## Recommended Dosage

- 1 lollipop

## Preparation Time

- 5 minutes

## Cooking Time

- 25 minutes



# Vanilla Extra-Strength Canna Lollies

A little something extra to get you through the day

- 1 Combine the sugar, corn syrup and water in a medium saucepan over a medium-high heat.
- 2 Stir until the sugar is totally dissolved and bring to a boil. Stop stirring when it starts to boil.
- 3 Place your candy thermometer in the pan and when it reaches 300 degrees Fahrenheit (149 degrees Celsius), pull the pan immediately from the heat.
- 4 Watch until the temperature cools to 250 degrees Fahrenheit, then add in the vanilla extract and the Marijuana Alcohol. Stir to combine. Note: Alcohol is flammable, so make sure the pan is NOT near any heat at this point.
- 5 Carefully pour or spoon the mixture into your lollipop molds, making sure to cover the stick completely.
- 6 Allow to cool at room temperature.
- 7 After 30 to 60 minutes, pop out of the molds and store in an airtight container, away from children, for up to a month.

## Ingredients

- 1 cup sugar
- 1/2 cup light corn syrup
- 1/4 cup water
- 1 1/2 teaspoons vanilla extract
- 4 teaspoons of Marijuana Alcohol (page 22)

## Servings

- 8 to 10 lollipops depending on your molds

## Recommended Dosage

- 1 lollipop

## Preparation Time

- 5 minutes

## Cooking Time

- 25 minutes



# Cannabis Cake Pops

Because everything tastes better on a stick

- 1** Break up the Decadent Chocolate Bud Cake into a large bowl.
- 2** Add the frosting to the bowl tablespoon by tablespoon to bind the crumbs together. Use only as much as you need to be able to press the mixture into balls that will stick together.
- 3** Roll into 4cm balls and place each one onto baking sheets covered in parchment paper. Place a lollipop stick into the middle of each one. When the mixture is all used up, cover the baking sheets in Saran Wrap and place into the freezer for 15 minutes.
- 4** While the sheets are in the freezer, set a glass or ceramic bowl over a pan of water and bring the water to a low boil. Make sure the bowl isn't touching the water.
- 5** Place the cocoa melts into the bowl and melt.
- 6** When the melts are all melted, stir in the Marijuana Coconut Oil until combined then remove from the heat.
- 7** Take a few of the cake pops out of the freezer at a time, leaving the rest in the freezer so they don't warm up too much.
- 8** Dip the cake pops into the melted coating one at a time, turning in the melted chocolate and ensuring that they are completely covered. Place onto a parchment-covered baking sheet and allow the coating to set.
- 9** Repeat until they are covered. Allow to set.
- 10** Keep in an airtight container for up to 2 weeks.

## Ingredients

- 1 Decadent Chocolate Bud Cake (page 112)
- 200 to 300 grams chocolate frosting
- 300 to 400 grams dark candy cocoa melts
- 3 teaspoons Marijuana Coconut Oil (page 18)

## Servings

- 42 to 48 cake pops

## Recommended Dosage

- 1 cake pop

## Preparation Time

- 5 minutes

## Cooking Time

- 20 minutes



# White Cannabis Cake Pops

With tiny sprinkles of joy

- 1** Heat the oven to 350 degrees Fahrenheit and grease a cake pan.
- 2** Microwave together the white chocolate and cream, cooking for 30 seconds at a time until combined and melted. Allow to cool.
- 3** Beat together the cake mix, sour cream, Marijuana Butter, eggs, and the cream mixture until well combined.
- 4** Pour the mixture into the pan and bake for 20 to 25 minutes until a toothpick comes out clean.

- 5 Allow to cool completely.
- 6 Break up the cake into crumbs in a large bowl.
- 7 Add the frosting to the bowl tablespoon by tablespoon to bind the crumbs together. Use only as much as you need to be able to press the mixture into balls that will stick together.
- 8 Roll into 4cm balls and place each one onto baking sheets covered in parchment paper. Place a lollipop stick into the middle of each one. When the mixture is all used up, cover the baking sheets in Saran Wrap and place into the freezer for 15 minutes.
- 9 While the sheets are in the freezer, set a glass or ceramic bowl over a pan of water and bring the water to a low boil. Make sure the bowl isn't touching the water.
- 10 Place the white chocolate melts into the bowl and melt slowly.
- 11 When the melts are all melted, stir in the Marijuana Coconut Oil until combined then remove from the heat.
- 12 Take a few of the cake pops out of the freezer at a time, leaving the rest in the freezer so they don't warm up too much. Place the sprinkles into a small bowl.
- 13 Dip the cake pops into the melted coating one at a time, turning in the melted chocolate and ensuring that they are completely covered. Immediately roll in the sprinkles then place onto a parchment-covered baking sheet and allow the coating to set.
- 14 Repeat until all cake pops are covered. Allow to set.
- 15 Keep in the fridge in an airtight container for up to 2 weeks.

## Ingredients

- 1 packet Betty Crocker Super Moist White cake mix
- 3 eggs
- 85 grams white chocolate
- 1 cup sour cream
- ½ cup Marijuana Butter (page 16), melted
- 200 to 300 grams white frosting
- 300 to 400 grams white chocolate candy cocoa melts
- 3 teaspoons Marijuana Coconut Oil (page 18)
- multicolored sprinkles

## Servings

- 42 to 48 cake pops

## Recommended Dosage

- 1 cake pop

## Preparation Time

- 5 minutes

## Cooking Time

- 20 minutes



# Hard Candies

So, apparently, not everyone loves lollipops. I know, it shocked me too. But never fear; if you're not into sucking on delicious things on sticks you can still enjoy cannabis hard candies, just without the lollipop styling. For those of you with kids, you might find that cannabis lollipops are a little too child-tempting to have in the house. No worries. Here are some recipes that can be made to any shape, and in some cases don't need shaping at all.

For this set of recipes, unless you're making the Cannabis Cracked Candy, you'll again need some type of candy mold. These come in a million different shapes and sizes, from your traditional rectangular type to roses, dinosaurs, and the ever-popular cannabis leaves. Again, silicone is always the best and will keep your level of kitchen mess down, so buy those ones if you can. If you choose a mold with smaller holes, be aware that you'll be making smaller candies that are less potent, so you'll probably have to double the dose to achieve your required effect, i.e., if you have small instead of medium candies, you'll need to pop 1 instead of 2.

These candies should keep for up to a month in an airtight container and really, you can take any of the recipes below and alter them to whatever flavor you prefer.



# Cinnamon Canna Rock Candy

Rock on!

- 1 Combine the sugar, corn syrup and water in a medium saucepan over a medium-high heat.
- 2 Stir until the sugar is totally dissolved and bring to the boil. Stop stirring when it starts to boil.
- 3 Place your candy thermometer in the pan and when it reaches 300 degrees Fahrenheit (149 degrees Celsius), pull the pan immediately from the heat.
- 4 Watch until the temperature cools until 250 degrees Fahrenheit, then add in the cinnamon oil, the food coloring and the Marijuana Alcohol. Stir to combine. Note: Alcohol is flammable, so make sure the pan is NOT near any heat at this point.
- 5 Pour onto a greased cookie sheet with a lip (not a totally flat one) or one covered in parchment paper.
- 6 Allow to cool at room temperature for up to an hour.
- 7 Break into pieces and store in an airtight container, away from children, for up to a month.

## Ingredients

- 2 cups sugar
- 1 cup water
- ½ cup light corn syrup
- ½ teaspoon cinnamon oil
- ½ teaspoon red food coloring
- 3 teaspoons of Marijuana Alcohol (page 22)

## Servings

28

## Recommended Dosage

1 or 2 pieces

## Preparation Time

5 minutes

## Cooking Time

25 minutes



# Marijuana Maple Hard Candies

For the deserving Canadian in your life

- 1** Pour the maple syrup into a medium heavy-bottomed saucepan over a medium-high heat.
- 2** Bring to the boil and place your candy thermometer in the pan.
- 3** When the thermometer reaches 300 degrees Fahrenheit (149 degrees Celsius), pull the pan immediately from the heat.
- 4** Watch until the temperature cools to 250 degrees Fahrenheit, then add in the Marijuana Alcohol. Stir to combine. Note: Alcohol is flammable, so make sure the pan is NOT near any heat at this point.
- 5** Carefully pour or spoon the mixture into your candy molds.
- 6** Allow to cool at room temperature.
- 7** After 30 to 60 minutes, pop out of the molds and store in an airtight container, away from children, for up to a month.

## Ingredients

- 2 cups pure maple syrup
- 3 teaspoons of Marijuana Alcohol (page 22)

## Servings

10 to 20 depending on your molds

## Recommended Dosage

1 to 2 candies

## Preparation Time

5 minutes

## Cooking Time

25 minutes



# Butterscotch Cannabis Hard Candies

Because butter is a health food

- 1** Grease a baking pan with 1 teaspoon butter, including the sides, and set aside.
- 2** Combine the sugar, corn syrup and water in a medium saucepan over a medium-high heat.
- 3** Stir until the sugar is totally dissolved and bring to the boil. Stop stirring when it starts to boil.
- 4** Place your candy thermometer in the pan and when it reaches 270 degrees Fahrenheit (132 degrees Celsius), add the honey, salt, and the rest of the butter.
- 5** Stir constantly until the temperature reaches 300 degrees Fahrenheit (149 degrees Celsius), then pull from the heat.
- 6** Watch until the temperature cools to 250 degrees Fahrenheit, then add in the rum extract and the Marijuana Alcohol. Stir to combine.  
Note: Alcohol is flammable, so make sure the pan is NOT near any heat at this point.
- 7** Pour onto the prepared pan and do not spread with a spatula.
- 8** Cool for 1 to 2 minutes then score into 30 equal-sized squares.
- 9** Allow to cool completely then break into pre-scored squares and store in an airtight container, away from children, for up to a month.

## Ingredients

- 1 teaspoon + 1 cup butter
- 2½ cups sugar
- ½ cup light corn syrup
- ¼ cup honey
- ½ teaspoon salt
- ½ teaspoon rum extract
- 3 teaspoons of Marijuana Alcohol (page 22)

## Servings

30

## Recommended Dosage

1 or 2 pieces

## Preparation Time

5 minutes

## Cooking Time

25 minutes



# Strong Lemon Canna Candy Drops

For when life gives you lemons

- 1 Combine the sugar, corn syrup and water in a medium saucepan over a medium-high heat.
- 2 Stir until the sugar is totally dissolved and bring to the boil. Stop stirring when it starts to boil.
- 3 Place your candy thermometer in the pan and when it reaches 300 degrees Fahrenheit (149 degrees Celsius), pull the pan immediately from the heat.
- 4 Watch until the temperature cools until 250 degrees Fahrenheit, then add in the lemon extract, the food coloring, and the Marijuana Alcohol. Stir to combine. Note: Alcohol is flammable, so make sure the pan is NOT near any heat at this point.
- 5 Pour into candy drop molds or into small puddles on a baking sheet. Ensure there's enough room between the puddles that they won't run into each other.
- 6 Allow to cool at room temperature for up to an hour.
- 7 Remove from molds or baking tray and store in an airtight container away from children for up to a month.

## Ingredients

- 2 cups sugar
- 1/2 cup water
- 2/3 cup corn syrup
- 1/2 teaspoon lemon extract
- 1/2 teaspoon yellow food coloring
- 3 tablespoons of Marijuana Alcohol (page 22)

## Servings

28

## Recommended Dosage

1 drop

## Preparation Time

5 minutes

## Cooking Time

25 minutes



# Cannabis Chocolate

Don't worry, we're not going to take you through the intricate stages of making chocolate from scratch. As far as we're concerned, chocolate is sacred, and there are a lot of people who've mastered the art. We're just big fans of their work.

Thankfully, it's easy to take your favorite chocolate and turn it into Canna Chocolate—almost as easy as it is to eat, in fact. We're including recipes for superfood cannabis bark too, so you can feel smug about getting your intake of whatever new food they're calling super this week while you're indulging your sweet tooth. We'll also include a couple more difficult methods for those of you who like a challenge.

We recommend buying silicone chocolate bar molds for this, because then you can pretend to be Willy Wonka and even sneak some golden tickets into some of the bars. If you prefer, you can also use your silicone molds from the gummy and hard candy sections, or even get some silicone mouse molds to make cannabis version of those chocolate mice you used to eat when you were a kid. In fact, you can get some of the fancy chocolate molds and make cannabis chocolate shells, buttons or whatever you desire.



# Cheat's White Chocolate Canna Truffles

Cheating isn't always a bad thing

- 1** Grab a few white chocolate chips and grate/shave them into shavings. Set them aside in the fridge.
- 2** Set a glass or ceramic bowl over a pan of water, and bring the water to a low boil. Make sure the bowl isn't touching the water.
- 3** Place the rest of the white chocolate chips, the Marijuana Butter and the heavy cream into the bowl and melt gently over a low heat.
- 4** When fully melted and combined, remove the bowl from the pan and allow to cool until it's cold enough to handle.
- 5** Cover the bowl with Saran Wrap and place into the fridge for 2 hours.
- 6** When the mixture is firm, use a melon baller or tablespoon to scoop out balls of 1 tablespoon each. Roll gently into a ball using your hands. You should end up with 14 balls. Place onto a baking tray or a plate. Alternatively, you can use a truffle mold to shape the truffles.
- 7** Sprinkle the chocolate shavings over the truffles.
- 8** Store in the fridge, and consume within a week.

## Ingredients

- 2 cups white chocolate chips, the best quality you can find
- 3 tablespoons Marijuana Butter (page 16)
- 1/4 cup heavy cream
- A pinch of salt

## Servings

14

## Recommended Dosage

1 or 2 truffles

## Preparation Time

5 minutes

## Cooking Time

2 1/2 hours



# Cheat's Vegan Canna Chocolate

When you 'canna' not have milk but you still want dosed treats

- 1** Set a glass or ceramic bowl over a pan of water and bring the water to a low boil. Make sure the bowl isn't touching the water.
- 2** Break the chocolate into the bowl and slowly stir to melt. If it melts too quickly, turn down the heat under the pan.
- 3** When all the chocolate is melted, add in the Marijuana Coconut Oil and stir to combine.
- 4** Remove from the heat and pour into your chocolate molds, whichever you're using.
- 5** Place in the fridge to set. When totally hardened, pop out of the molds and keep in an airtight container in the fridge for up to 2 weeks.

## Ingredients

- 1 bar vegan dark chocolate  
(most dark chocolate over 70% cocoa is vegan, but check to be sure)
- 3 tablespoons Marijuana Coconut Oil (page 18), melted

## Servings

10

## Recommended Dosage

1 or 2 pieces

## Preparation Time

5 minutes

## Cooking Time

10 minutes



# Marijuana White Chocolate

The solid you'll still try to inhale

- 1** Set a glass or ceramic bowl over a pan of water and bring the water to a low boil. Make sure the bowl isn't touching the water.
- 2** Break the Cannabis Cocoa Butter into the bowl and slowly stir to melt. If it melts too quickly, turn down the heat under the pan.
- 3** Grind the powdered milk into a grinder until very fine and sift that into the mixture along with the confectioner's sugar. Whisk to combine completely.
- 4** Stir in the Madagascan vanilla extract and pinch of salt, whisk to combine and remove from the heat.
- 5** Pour into molds and place in the fridge to set.
- 6** When totally hardened, pop out of the molds, and keep in an airtight container in the fridge for up to 2 weeks.

## Ingredients

½ cup Cannabis Cocoa  
Butter\*  
½ cup powdered milk  
⅔ cup confectioner's sugar  
2 teaspoons Madagascan  
vanilla extract  
a pinch of salt

## Servings

20

## Recommended Dosage

1 to 2 pieces

## Preparation Time

5 minutes (if you've already  
made the Cannabis  
Cocoa Butter)

## Cooking Time

20 minutes

\* To make Cannabis Cocoa Butter, simply follow the Marijuana Butter recipe on page 16 and replace the butter with food grade cocoa butter.



# Super Nutty Canna Bark

Cos you're crazy about chocolate!

- 1** Set a glass bowl over a pan of water and bring the water to a simmer.
- 2** Place the chocolate into a bowl and gently stir until melted.
- 3** Add in the Marijuana Coconut Oil and stir to combine.
- 4** Stir in the almonds, pistachios and a sprinkling of sea salt and stir to coat them well.
- 5** Cover a baking tray in Saran Wrap or use a silicone baking mat.
- 6** Spread the melted chocolate mixture onto it and quickly top with a little more sea salt.
- 7** Leave to set then break into 8 pieces.
- 8** Keep in a sealed, air-tight container in the fridge (but away from children) for up to a week – and enjoy!

## Ingredients

200 grams of high quality  
dark chocolate, broken up  
¼ cup almonds, roughly  
chopped  
¼ cup pistachios, shelled  
and roughly chopped  
¼ cup Marijuana Coconut  
Oil (page 18)  
sea salt

## Servings

8

## Recommended Dosage

2 pieces

## Preparation Time

5 minutes

## Cooking Time

5 minutes



## Chapter 10

# Eat, Drink and Detoxify

Kenn A. Biscranium

Drug testing is an unfortunate fact of life for many people. A worse fact is that few people know how to properly “study” for a drug test. When I say study, I mean eating the correct foods and drinking the right teas so that



if you are ever told to provide a urine sample for a drug test, you'll be able to pass. But before I list what foods to eat, which amino acids are needed, and how to make detox tea, I need to give you the basics of how the body's detoxification system works.

The human body changes all fat-soluble toxins to water-soluble toxins prior to excreting them. Therefore, stop believing that THC takes long periods of time to be eliminated from the body simply because THC is fat-soluble. (In this writing, when I refer to THC, I am referring to THC or THC metabolites.) The truth is that THC is quickly converted into a water-soluble toxin and rapidly eliminated when you eat the correct foods. And drink water. Lots of water. Liters and liters a day.

The liver is the organ that does most, if not all, of the body's detoxification. (The skin, lungs, and kidneys do help with detox a bit.) The liver is vital to



the body's circulatory system; it filters the blood. The liver catches the toxins from your blood, eliminates them, and keeps you healthy. At the same time, the liver is vital to the body's digestive system; it produces bile (which is stored in the gallbladder), metabolizes fat, and conjugates (changes) toxins for excretion from the body.

No organ in the body is more important than the liver. No organ in the body is larger than the liver—proof that size is important.

Another fact that emphasizes the importance of the liver to the body: the liver is one of the few parts of the body that will regenerate cells. The liver can actually repair itself after it has been injured, by growing new cells. More amazing, even if more than a majority of the liver was damaged from toxins, pesticides, or ingested metals it will still regenerate cells and be as good as new in a few weeks. (This is not inclusive of cirrhosis, cancer, or other diseases.) Keep your liver strong and healthy with the proper diet and you will be able to detox THC quickly – and pass a UA today type of drug test.

## **Cut to the Chase**

There are two phases of the body's detoxification system: phase 1 and phase 2. These phases are sometimes referred to as pathways.

Phase 1 is known as the cytochrome P450 enzyme system. This is where the liver cells (Hepatocytes) take the toxins, and through various chemical reactions known as oxidation, reduction, and hydrolysis turn the toxins into a less harmful substance. During these chemical reactions free radicals are generated. To prevent cellular damage, there is an important need for antioxidants, especially vitamin C.

To enhance the strength and effectiveness of the phase 1 cytochrome P450 enzyme system, eat more:

- Garlic
- Onions
- Artichokes
- Beets
- Natural carotenoids (carrots, sweet potatoes, mangoes, pumpkin)
- All kinds of berries (blue, black, rasp, straw)

- Glutathione (asparagus, spinach, avocados, papaya)
- Choline (milk, eggs, peanuts, wheat germ)
- Copper (shellfish, nuts, lima beans, peas, lentils)
- Iron (meat, wheat germ, oats, fortified cereal)
- Magnesium (lima beans, broccoli, artichokes, yogurt)
- Manganese (pineapples, nuts, leafy green vegetables)
- Molybdenum (peas, leafy green vegetables, cruciferous vegetables, oats)
- Selenium (seafood, meat, fortified cereal)
- Zinc (oysters, legumes, pumpkin seeds, wheat germ)
- Riboflavin, vitamin B2, sometimes called vitamin G (milk, cheese, leafy green vegetables, almonds)
- Niacin, vitamin B3 (meat, poultry, figs, prunes, brown rice) Note: There are two types of Niacin. Niacinamide and Nicotinic Acid. For flushing out the capillaries, make sure you're taking Nicotinic Acid.
- Pyridoxine, vitamin B6 (tuna, bananas, bell peppers, spinach)
- Cobalamin, vitamin B12 (meat, poultry, milk, eggs)
- Ascorbic Acid, vitamin C (citrus fruits, strawberries, kiwi, broccoli, bell peppers, guava) Vitamin E (eggs, almonds, wheat germ, spinach, avocado)

Phase 2 is also known as the conjugation pathway. The Hepatocytes add either a glycine or sulphate molecule to a toxin to make it water-soluble. It can then be eliminated from the body in a fluid such as urine or bile. In order to pass a drug test, you must strengthen the effectiveness of your phase 2 to conjugate those toxins to water-soluble and eliminate them from the body. Here is a list of what you need to eat more of:

- Garlic
- Onions
- Cruciferous vegetables (cabbage, broccoli, cauliflower, brussels sprouts, kale)
- Glutamine (meat, fish, beans, dairy products)
- Glycine (meat, fish, beans, dairy products)
- Cysteine (red peppers, cruciferous vegetables, oats, milk, wheat germ)
- Glucarate (apples, cruciferous vegetables, bean sprouts)



If you might have to take a drug test, stop eating fried, deep-fried, and fatty foods. Stop eating processed foods and foods with added chemicals. Also, stop eating smoked, cured, and salted meats. Eat much more fruits and vegetables, especially the ones on the two lists given above.

## **Finding the WMD (Way of Mucho Detox)**

It's not so much THC being fat-soluble that keeps it in your body for so long, it's the fact that marijuana contains the two drugs, cannabinol (CBN) and cannabidiol (CBD). These two drugs slow down the liver and prevent the detoxification process from happening. CBN and CBD prevent the production of the cytochrome P450 enzymes. When you ingest pot, you're taking drugs that signal your body's detox system (both phases) to slow down and not metabolize THC. This is the main reason why it takes so long to metabolize THC: you're taking drugs that tell your body not to eliminate drugs.

What is a stoner looking for a job or a pothead on parole going to do? Maybe consider no more ingesting of marijuana? Nah, that choice sucks. But there are polyphenols. Polyphenols are what you need to ensure that your detox system is not slowed down by CBN and CBD. Polyphenols from caffeinated tea work the best. When I say tea, I mean real tea from the *Camellia sinensis* plant (green, black, white, or oolong), not the infusion I describe later in this chapter that most everyone in America, myself included, calls "tea."

If you are facing the possibility of random drug tests, and you want to continue enjoying marijuana, you must overpower the effects of cannabinol and cannabidiol with the polyphenols in caffeinated tea. It's as simple as that. But if you drink a couple cups of tea a day, each and every day, then eat seaweed once in a while to offset any excess fluorine.

## **Spicy Meets Balls**

You have probably already noticed that garlic and onions made it onto both lists of what to eat to help each phase of the detoxification system. (Antonio, your momma would be so happy.) It's the sulphurated phytochemicals that make garlic so helpful, and to a lesser degree, onions

also. And there are other spices that you should be adding to your food every day if you might have to submit to a random drug test.

### CAYENNE PEPPER

Start with cayenne pepper. No other spice is as helpful as this one. Cayenne pepper improves blood circulation and is effective at removing any THC that is trapped deep inside fat tissue. Cayenne helps makes it possible to metabolize all the THC and eliminate it from the body. Add cayenne pepper to your recipes to help pass drug tests.

Additionally, cayenne pepper makes all the other spices and foods you're eating for detox work much better. For example, garlic helps both phases of your detox system, but garlic and cayenne kicks ass for detoxification.

### TURMERIC

Turmeric's active ingredient is curcumin, a polyphenol. Turmeric strengthens the liver, induces the flow of bile, and cleans toxins from the body.

### BURDOCK ROOT

Burdock root is excellent for cleaning the blood and detoxing the liver. It has been used for centuries as a blood cleanser. It also induces the flow of bile.

### MILK THISTLE

Milk thistle strengthens the liver and is a powerful antioxidant. It's an excellent enhancer for the regeneration of liver cells. Milk thistle has flavonoid-like compounds called flavonolignans, the group of which is collectively called silymarin.

### DANDELION

Dandelion could be called a superdetoxifier in that it stimulates the elimination of toxins from every cell in the body. Dandelion contains choline, which increases bile production and stimulates its flow to the gallbladder.



### GINGER

Ginger stimulates the vasomotor and respiratory systems as well as stimulating blood circulation. It aids digestion, and when combined with other herbs, ginger enhances their effectiveness (much like cayenne pepper).

### ALFALFA

Alfalfa, also known as lucerne, is excellent for detoxification. Its leaves contain flavones, isoflavones, sterols, and coumarin derivatives.

### LICORICE ROOT

Licorice root cleanses the colon and enhances microcirculation in the gastrointestinal lining.



#### FENNEL SEED

Fennel seed promotes good digestion by increasing production of bile. It also helps to break down fats.

#### FENUGREEK SEED

Fenugreek seed stimulates perspiration and helps remove toxins from the respiratory tract.

#### HIBISCUS

Hibiscus is a mild blood and digestive system cleaner.

You should be adding these spices and herbs to your food regularly if you want to pass your drug tests. The more of these spices you put in



your food, the more effective they will be at cleaning toxins out of your system.

## **They're Called Essential for a Good Reason**

If you don't regularly take in enough of the right vitamins you will get sick. You will get diseases. And you will die. Luckily for us, in today's world most foods are fortified with vitamins, so we don't have to concern ourselves with vitamin deficiency.

But just because today's foods are fortified to prevent malnutrition doesn't mean you're getting enough vitamins for detoxification — especially vitamin C.

Vitamin C is absolutely essential for detoxification. Vitamin C is an electron donor and it attaches to the toxin in order for the toxin to be eliminated. Without vitamin C to “fuel” your detox system, you won't be getting rid of toxins as quickly as possible. Without vitamin C, your detox system runs out of fuel and remains idle. Without plenty of vitamin C, toxins will stay in the body. That's not good.

You should be eating fruits and vegetables that have significant amounts of vitamin C every day — except for grapefruit. During your detoxification, do not eat any grapefruit. Grapefruits contain a chemical called narangin. The chemical narangin interferes with the cytochrome P450 enzymes.

In addition to all the fruits and vegetable you will now be eating that are loaded with vitamin C, eat vitamin C chewables. The recommended daily allowance (RDA) for vitamin C is 60mg. For detox, you should be eating at least 3,000mg a day, divided up throughout the day.

It's difficult to take too much vitamin C since it's a water-soluble vitamin. And due to the fact that vitamin C keeps detoxification happening in your body, each and every day you need to eat thousands of milligrams of vitamin C.

Vitamin A – Is a powerful antioxidant and is helpful for keeping the inside of the body clean. It is a fat-soluble vitamin. A person could take too much of vitamin A and should not take more than 5,000 International Units (I.U.) in a single day. Although the retinoids and carotenoids are



nontoxic, and you cannot eat too much of those.

Vitamin B – The entire B-complex group is beneficial for detoxification. In one way or another, all eight B vitamins help keep the metabolism, digestive system, and circulatory system running in top condition.

Many people already know that taking megadoses (500-1,000 mg) of Niacin is an excellent way to flush out THC from the body. Megadoses of Niacin are able to remove THC by opening the capillaries and allowing toxins that are deep inside your body to move into the circulatory system, get metabolized, then excreted.

Do not flush with Niacin the day of your drug test. Also, do not take Niacinamide and expect to get the “Niacin flush.” You must take mega doses of Nicotinic Acid to open the capillaries.

Niacinamide is a synthetic vitamin. It is manufactured to be time-



released in the body in order to specifically not give the Niacin flush. This synthetic, time-released form of Vitamin B3 is made because opening the capillaries with large dosage of Nicotinic Acid will give a person hot flashes, lightheadedness, and brief moments of dizziness. And as odd as it may sound, some people prefer not to have that happen.

All B Vitamins are water-soluble and therefore, it is difficult to take too much and suffer any long-term consequences. Also, taking Vitamin B is how to get some color in your urine sample if you plan on drinking lots of water before a UA.

Vitamin E – Is another powerful antioxidant and is helpful for improved blood circulation. It is also a fat-soluble vitamin and a person should not take too more than 400 I.U. in a single day.

## **“Water To Think, Water To Drink, Water Over Me”**

For those who don't recognize that, it's a line from a Peter Gabriel song. And for those who don't realize it, water is life. No animal or plant survives without water. Seventy-five percent of the human body is water.

Scientifically, water is known as the universal solvent. And from science class I'm sure you remember that a solvent is a fluid (liquid, gas, or plasma) that dissolves a solid or gaseous solute, resulting in a solution.

Water is crucial both as a solvent for dissolving many of the body's solutes and as an essential component of many metabolic processes within the body. No other single substance is as important for our health.

Water is just as important for detoxification as it is for sustaining life and health. Without plenty of clean water you cannot detox. Think about it: you rely on water to wash and rinse everything...to take a shower, wash your car, brush your teeth, clean your dishes, do your laundry. You can't do any of these without water.

Detox is no different. For detoxification of drug metabolites you must be cleaning and rinsing the inside of your body by drinking plenty of clean filtered water. If you drink water that has traces of chemicals in it, you're forcing your liver to work harder to eliminate those chemicals, instead of working to eliminate THC.

Drinking plenty of water means 7, 8, 9, maybe even 10 glasses of water a day. And if you smoke weed during a period of time in which you might have to take a random drug test, drink more water than that. Every day. The first thing to do when you wake up is drink a big glass of water. It's the healthiest habit you can practice for yourself. Your body has dehydrated throughout the night simply by you breathing. So you're dehydrated just from that, you urinate, then most of you drink a cup of coffee (the caffeine is a diuretic); you are in need of a lot of water just to start your day!

Water throughout the day and a glass of water before each meal is a must. It is a healthier habit for more efficient digestion if you drink all the fluids before you begin eating. You'll eat less and you won't dilute the digestive enzymes.

For detoxification, you must be drinking many glasses of water each day. Water is the only way to wash away toxins once you've turned them water-soluble.

## Detox Tea Recipe

Start by boiling 2 quarts of filtered water. Once the water starts to boil, remove from heat and let sit for 5 minutes. Then add:

2 cups of burdock root

1 cup of milk thistle

1 cup of red clover

1 cup of dandelion

1/2 cup of licorice root

Let steep for 25 minutes. Strain all ingredients. Drink, enjoy, and detoxify.

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Kenn A. Biscranium is the author of *Passing Drug Tests*, the humorous book that explains Kenn's episodes of being on parole, smoking weed just about every day, and what he did to pass all the random UAs. It's available at [amazon.com](http://amazon.com).

# Scheduling Definitions

## Scheduling definitions established by The Controlled Substances Act of 1970

### SCHEDULE I

#### Includes heroin, LSD, and marijuana

- A** The drug or other substance has a high potential for abuse.
- B** The drug or other substance has no currently accepted medical use in treatment in the United States.
- C** There is a lack of accepted safety for the use of the drug or other substance under medical supervision.

### SCHEDULE II

#### Includes Marinol, methadone, morphine, methamphetamine, and cocaine

- A** The drug or other substance has a high potential for abuse.
- B** The drug or other substance has a currently accepted medical use in treatment in the United States or a currently accepted medical use with severe restrictions.
- C** Abuse of the drug or other substances may lead to severe psychological or physical dependence.

### SCHEDULE III

#### Includes anabolic steroids

- A** The drug or other substance has a potential of abuse less than the drugs or other substances in Schedules I and II.
- B** The drug or other substance has a currently accepted medical use in treatment in the United States.
- C** Abuse of the drug or other substance may lead to moderate or low physical dependence or high psychological dependence.

## **SCHEDULE IV**

### **Includes Valium and other tranquilizers**

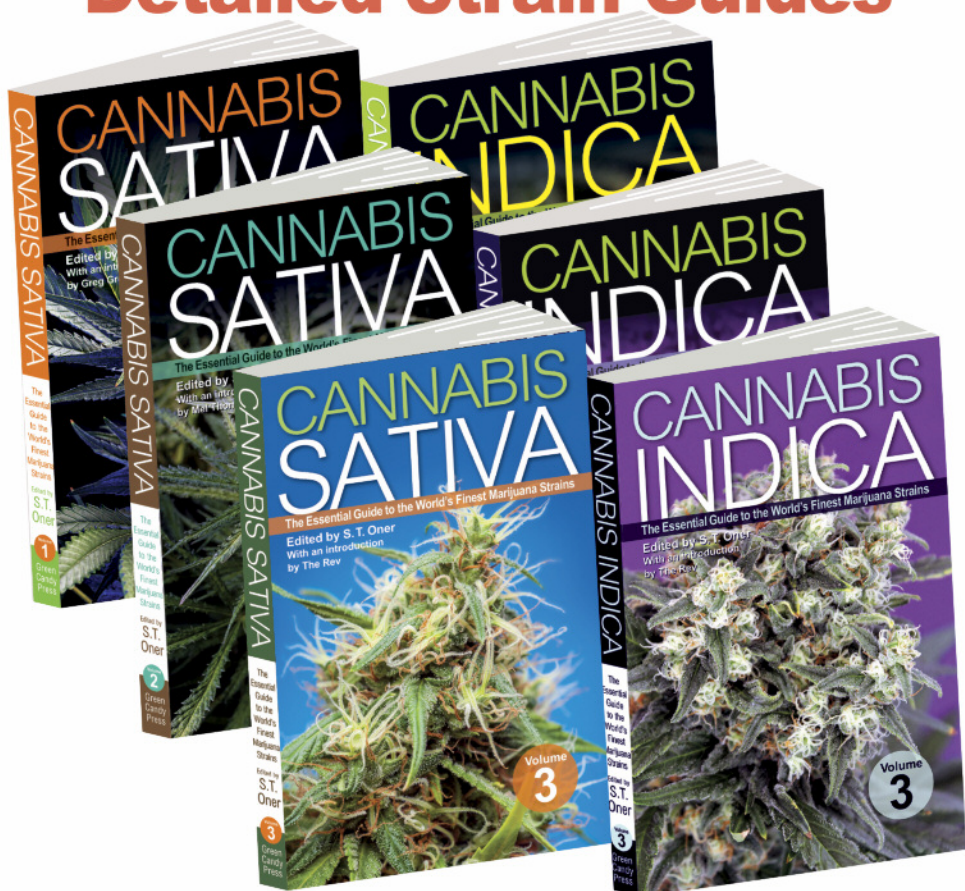
- A** The drug or other substance has a low potential for abuse relative to the drugs or other substances in Schedule III.
- B** The drug or other substance has a currently accepted medical use in treatment in the United States.
- C** Abuse of the drug or other substance may lead to limited physical dependence or psychological dependence relative to the drugs or other substances in Schedule III.

## **SCHEDULE V**

### **Includes codeine-containing analgesics**

- A** The drug or other substance has a low potential for abuse relative to the drugs or other substances in Schedule IV.
- B** The drug or other substance has a currently accepted medical use in treatment in the United States.
- C** Abuse of the drug or other substance may lead to limited physical dependence or psychological dependence relative to the drugs or other substances in Schedule IV.

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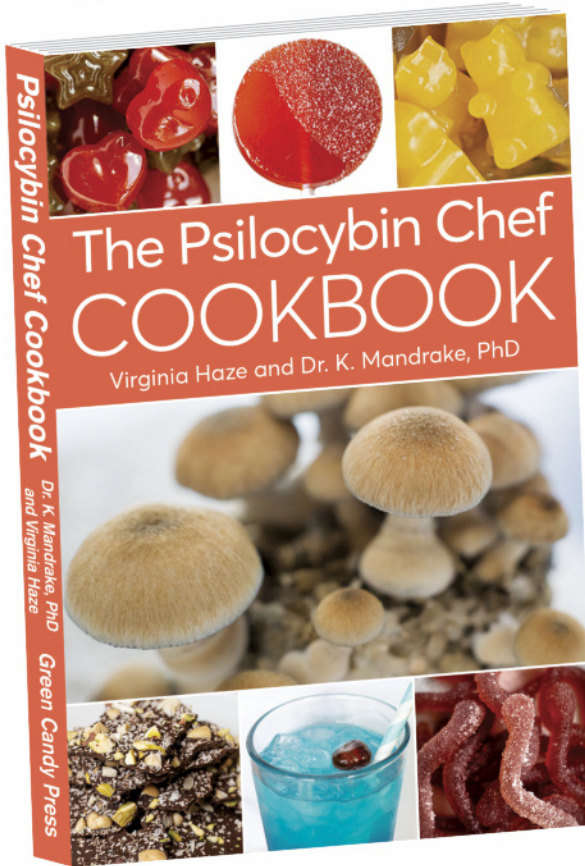


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