

A black plate filled with several golden-brown, fried dumplings. In the center is a small black bowl containing a dark dipping sauce, garnished with white sesame seeds. Two wooden chopsticks are placed diagonally on the right side of the plate. The background is a dark, textured surface.

COOKING WITH A

cannabis twist

by
*Rola
Oliver*

Recipes for Every Kind
of Weed Concoction
You Can Imagine!

The Most Popular Cannabis Recipes to Try at Home

Cooking with a Cannabis Twist

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By
Rola Oliver



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While it probably isn't the first time you stumble upon the legend, here it is again in case you've forgotten: Do not make any print or electronic reproductions, sell, re-publish, or distribute this book in parts or as a whole unless you have express written consent from me or my team.

Please help me protect my work so I can continue funding future projects by respecting the copyright, otherwise I'll have to spend more time in court than in my kitchen whipping up delicious new recipes!

Big hugs,

Rola O.



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My Nana always says that you should never say no to a gift, so I definitely hope you don't reject mine! It might not be a 24k ring or the winning lottery ticket, but it's something you'll certainly appreciate if you love cooking. The fact that you're reading this already tells me you do, so that's why I'm skipping all the formalities. Besides, who wants formalities just to receive a gift?

I'm giving away a couple of recipe books for FREE to all of my readers who subscribe to my mailing list. No, I'm not looking to spam you with daily emails — I genuinely need an email address to send the books to you! Occasionally, when my books are on sale you will also be notified, but is that really a nuisance? Saving money is never annoying!

Make sure to add your information and I'll make sure those books are sent your way ASAP because there's no time better spent than in the kitchen!



Table of Contents

Introduction

1. Canna-Oatmeal Cookies
2. Banana-Canna Bread
3. Cocoa Canna-Brownies
4. Magic Canna Cookies
5. Cannabis Cheesecake
6. Blueberry Mary Jane Muffins
7. Banana – Marijuana – Strawberry Pancakes
8. Breakfast Pot Burritos
9. Cannabis Coffee
10. Munchie Breakfast Balls
11. Carrot-Cannabis Fries
12. Canna Ahi Tuna
13. Curry with Chicken, Cannabis & Veggies
14. Canna Chicken
15. Mushroom-Cannabis Stew
16. Mini Canna Peppers
17. Garlic Cheesy-Canna Bread
18. Canna-Pasta
19. POT Stickers
20. Canna-Veggie Tart
21. Deviled Cannabis Eggs
22. Canna-Clam Chowder

[23. Vegan-Pot Stir Fry](#)

[24. Cheese Cannabis Straws](#)

[25. Canna-Fish Tacos](#)

[26. Potato Soup](#)

[27. Mashed Potatoes](#)

[28. Cannabis Veggie Pasta](#)

[29. Pumpkin-Cannabis Stir Fry](#)

[30. Chicken-Cannabis Noodle Soup](#)

[Author's Afterthoughts](#)

[About the Author](#)

Introduction



Have you ever wanted to make a cannabis-infused recipe, but didn't know where to start?

Well, now is your chance! In this book, you'll find dozens of cannabis-infused recipes that will help you explore the world of cannabis cuisine.

From snacks to full-course meals, there's something for everyone in these recipes.

Infused food is not only delicious; it can also provide a variety of health benefits. These dishes have a variety of healthy elements like vegetables and protein, but they also benefit from the addition of cannabis-infused butter, oil, and other condiments.

The 30 recipes included in *Cooking with a Cannabis Twist* all use cannabis in some way. So whether you're new to cooking with marijuana or just looking for new ideas, keep reading to find some HIGHly inspirational recipes.

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1. Canna-Oatmeal Cookies



Portion Size: 2-3 dozen cookies

Duration: 45 minutes

Ingredient List:

- 1 cup of chopped pecans
- 2 cups of oats, rolled
- 1 1/2 cups of raisins
- 1/2 teaspoon of baking soda
- 2 cups of flour, whole-wheat
- 1 tablespoon of cinnamon, ground
- 1 tablespoon of nutmeg, ground
- 2 teaspoons of vanilla extract, pure
- 2 cups of sugar, raw
- 3/4 cup of cannabis butter
- 2 eggs, large
- 2 tablespoons of water, filtered
- 1 teaspoon of sea salt

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Procedure:

- i. Preheat the oven to 350°F.

- ii. Cream vanilla, sugar, cannabis butter, and eggs together in a bowl.
- iii. Combine salt, baking soda, flour, and spices into the cream mixture.
- iv. Add pecans, oats, raisins, and water. Mix well.
- v. Chill the cookie dough in the fridge for 15-20 minutes.
- vi. Spoon 1-inch balls of dough onto a lined cookie sheet.
- vii. Bake at 350F for 12-18 minutes. Tops should become slightly browned. Cool and serve.

2. Banana-Canna Bread



Portion Size: 2 Servings

Duration: 1 hour & 35 minutes

Ingredient List:

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

[illegible]

Procedure:

- i. Preheat the oven to 350°F.
- ii. Spoon the flour lightly into measuring cups. Use a knife to level them.

- iii. Combine flour with salt and baking soda. Use a whisk to stir the mixture.
- iv. Place cannabis butter and sugar in a large bowl. Beat with a mixer until it has become well-blended. Add one egg and then the other. Beat well after each one is added.
- v. Add vanilla, banana, and yogurt, and beat the mixture until it is blended well.
- vi. Add in the flour mixture. Beat at a low speed until it is barely moist. Spoon the batter into a coated loaf pan.
- vii. Bake for an hour at 350°F. The toothpick in the center of the loaf should come out clean. Cool in the pan for 10 minutes. Remove from pan. Cool the rest of the way on a wire rack. Serve warm.

3. Cocoa Canna-Brownies



Portion Size: 25 Servings

Duration: 60 minutes

Ingredient List:

- i. 2/3 cup of pecan or walnut pieces
- ii. 1/2 cup of flour, all-purpose
- iii. 2 eggs, large
- iv. 1/2 tablespoon of vanilla, pure
- v. 1/4 teaspoon of salt, kosher
- vi. 3/4 cup of unsweetened cocoa powder
- vii. 1 1/4 cups of sugar, granulated
- viii. 10 tablespoons of cannabis butter

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Procedure:

- i. Line sides and bottom of 8" square baking pan. Leave the baking paper hanging over on two sides.
- ii. Set a heat-proof, medium-sized bowl in a large skillet with water. Bring to a Melt cannabis butter. Add the salt, sugar, and cocoa. Mix well.

- iii. Stir as the dish cooks. The mixture should be hot and smooth. Remove the bowl from the skillet and allow it to cool a bit.
- iv. Stir in vanilla. Add eggs, one after another, stirring briskly after every egg.
- v. When the batter is well-blended, shiny, and thick, add in flour. Stir to combine well. Beat for 40 more strokes. Blend in nuts.
- vi. Spread the mixture in the baking pan. Bake for 20-30 minutes at 325°F. Remove. Allow to completely cool on a wire rack.
- vii. Use the baking paper to transfer the brownies to the cutting board. Slice into 25 individual pieces. Serve.

4. Magic Canna Cookies



Portion Size: 4-6 Servings

Duration: 35 minutes

Ingredient List:

- 1 cup of chocolate chips, milk
- 1 cup of coconut, shredded
- 1 can of milk, condensed
- 1 cup of crumbs, graham cracker
- 1 cup of melted cannabis butter

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Procedure:

- i. Preheat the oven to 350°F.
- ii. Melt the cannabis butter. Pour into 13x9" baking dish. Then sprinkle the graham cracker crumbs on top. Press to form the crust.
- iii. Sprinkle chocolate chips and coconut over the graham cracker crust.
- iv. Pour the condensed milk over the
- v. Bake for 20-25 minutes. Cut into bars. Serve.

5. Cannabis Cheesecake



Portion Size: 8 Servings

Duration: 2 hours & 55 minutes

Ingredient List:

- 1 teaspoon of vanilla extract, pure
- 1/4 cup of lemon juice, fresh
- 1 x 14-oz. can of condensed milk, sweetened
- 2 x 8-oz. pkg. of room temp cream cheese
- 1/3 cup of coconut oil, cannabis-infused
- 1 large pie crust, graham cracker, ready to use

[illegible]

Procedure:

- i. Beat cream cheese and canna-coconut oil in a bowl until they are smooth.
- ii. Beat in condensed milk, and scrape the sides of the bowl, to make sure you don't miss anything. Beat in vanilla and lemon juice.
- iii. Pour filling into the Smooth top. Cover with stretch wrap, and refrigerate for two to three hours until it is firm. Add any toppings you like, then serve sliced.

6. Blueberry Mary Jane Muffins



Portion Size: 24 Servings

Duration: 55 minutes

Ingredient List:

- 1 cup of blueberries, fresh
- 1/3 cup of cannabis milk
- 1 egg, large
- 1/2 cup of cannabis oil
- 2 teaspoons of baking powder
- 1/2 teaspoon of salt, kosher
- 3/4 cup of sugar, granulated
- 1 1/2 cups of flour, all-purpose

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Procedure:

- i. Preheat the oven to 400°F . Place paper liners in muffin pan cups.
- ii. Combine the baking powder, salt, sugar, and flour. Set them aside.

- iii. Place 1/2 cup of canna oil into a 1-cup measuring cup. Add cannabis milk and egg to fill the whole cup. Add this to the flour mixture. Combine well.
- iv. Fold the blueberries into the
- v. Fill muffin cups with batter. Sprinkle with cinnamon.
- vi. Bake for 15-20 minutes. Serve warm.

7. Banana – Marijuana – Strawberry Pancakes



Portion Size: 6-9 Servings

Duration: 1 hour & 30 minutes including 1 hour setting time

Ingredient List:

- 3 mashed bananas, ripe
- 1 pint of fresh strawberries
- 2 eggs, large
- 1/2 teaspoons vanilla
- 1 1/2 cups milk, 2%
- 5 tablespoons of sugar, granulated
- 1 1/2 cups flour, all-purpose
- 3 1/3 tablespoons of marijuana butter, melted
- 1 1/2 teaspoons baking powder
- 1/2 teaspoons sea salt

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Procedure:

- i. Remove stems of strawberries. Slice and mash them lightly with 2 tablespoons of Set them aside for about one hour. Mash

- the bananas.
- ii. Combine flour, the last 3 tablespoons of sugar, baking powder, and salt together in a medium bowl.
 - iii. In a separate bowl, mix vanilla, eggs, bananas, milk, and marijuana butter (melted).
 - iv. Combine the dry and wet mixes in a large-sized bowl. This creates batter that should be a bit lumpy. That ensures the pancakes will be fluffy.
 - v. Heat some oil in a fry pan. Pour batter into pan. Cook each of the pancakes until the batter on top bubbles and firms up somewhat. Flip pancake. Cook until the second side is light brown.
 - vi. Serve pancakes with syrup, strawberries, butter, and whatever else you prefer.

8. Breakfast Pot Burritos



Portion Size: 4 Servings

Duration: 35 minutes

Ingredient List:

- 4 x 10” tortillas, flour
- 3 oz. of cheddar cheese, shredded
- 1/2 x 16-oz. can of beans, refried
- 4 eggs, large
- 2 tablespoons of butter, marijuana
- 6 oz. of bacon, lean

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Procedure:

- i. Place the bacon in a large skillet. Cook on med-high until browned evenly. Drain. Set the bacon aside. Wrap tortillas in aluminum foil. Warm them in the
- ii. Grease a skillet and fry eggs until firm. Mix with marijuana butter and allow butter to melt. Heat refried beans in a small pan.
- iii. Top tortillas with beans, 2 bacon strips, an egg, and some cheese. Roll them into a burrito shape. Serve hot.

9. Cannabis Coffee



Portion Size: 4-6 Servings

Duration: 10 minutes or so

Ingredient List:

- 8 tablespoons of coffee, ground
- 1/4 ounce of marijuana buds, ground
- Milk or cream, as desired
- Sweetener, as desired

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Procedure:

- i. Combine the coffee and marijuana. Brew as you normally would.
- ii. Add sweeteners and/or milk or cream, as you prefer.
- iii. This blend works well with drip and conventional coffeemakers, as well as pour-overs, French presses, and Turkish coffee pots.

10. Munchie Breakfast Balls



Portion Size: 10-12 Servings

Duration: 30 minutes including 15 minutes of freezer time

Ingredient List:

- 2 tablespoons of cocoa powder
- 3 tablespoons of honey, organic
- 1/4 cup of peanut butter, chunky
- 3 cups of oats, rolled
- 1 1/2 cups of cannabis butter

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Procedure:

- i. Melt cannabis butter on low heat in a medium pan. Add the remaining ingredients. Stir until combined well.
- ii. Stir continuously while cooking for two to three extra minutes on med-low.
- iii. Spread the mixture in a glass baking dish. Place in the freezer for about 10 or 15 minutes. Remove from the freezer and use an ice cream scoop to form the mixture into balls.
- iv. Place balls in a tupperware dish on wax paper. Store in refrigerator.

- v. NOTE: 1 ball will give you a moderate buzz if your tolerance is high. If you don't have a high tolerance, try a half-ball first.

11. Carrot-Cannabis Fries



Portion Size: 6 Servings

Duration: 45 minutes

Ingredient List:

- 1 tablespoon of Parmesan cheese, grated
- 2 tablespoons of cannabis butter
- 2 or 3 carrots, medium
- Seasonings and salt & pepper as desired

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Procedure:

- i. Preheat oven to 400 °F . Use parchment paper to line the rimmed cookie sheet.
- ii. Peel carrots. Slice off ends and tips. Slice carrots in half. Slice in half again, to make smaller “fries”.
- iii. Place sliced carrots in a medium bowl. Drizzle using cannabis butter. Sprinkle carrots with salt & pepper and Parmesan cheese. Add other seasonings you prefer. Mix and ensure that carrots are coated evenly.
- iv. Place carrots on a baking sheet. Lay in a single layer.
- v. Bake carrots for 15 to 20 minutes, or just until crisp as you like. Watch the mixture closely, so they don’t burn.
- vi. Remove carrots from the Allow cooling before serving warm.

12. Canna Ahi Tuna



Portion Size: 2-4 Servings Duration: 30 minutes

Ingredient List:

- 2-3 tablespoons of wasabi, prepared
- 3 tablespoons of honey, orange blossom
- 8 tablespoons of ginger, crystalized
- 1/2 cup of soy sauce, low-sodium
- 4 to 6 tablespoons of sesame seeds
- 12 to 16 ounces of ahi tuna, 1 piece, 2-4 inches in diameter
- 1/4 cup of cannabis butter oil, sunflower seed
- 1/4 cup of cannabis butter oil, sesame
- 1 lime leaf
- 2 tablespoons of lime juice, fresh

[illegible]

Procedure:

- i. Coat tuna with 1/2 of sesame seed oil. Then coat with sesame seeds. Place in fridge for about 15 minutes.
- ii. Use 1/2 of sunflower seed oil to coat a large pan on med-high heat. Allow it to become scorching hot.

- iii. Place tuna in the Sear all sides. Place on a plate and allow to sit in the refrigerator until you want to serve it. Cut and serve when desired.

13. Curry with Chicken, Cannabis & Veggies



Portion Size: 4-5 Servings

Duration: 1 hour & 10 minutes

Ingredient List:

- 1 cup of cooked rice, basmati
- 1/4 cup of coconut flakes, toasted
- 2 cans of milk, coconut
- 3 to 4 tablespoons of curry paste
- 5 halved new potatoes
- 1/2 head of cauliflower, cut into florets
- 1/2 sliced eggplant, large
- 4 to 5 chunked chicken thighs, skinless, boneless
- 4 to 5 tablespoons of oil, cannabis coconut

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Procedure:

- i. Preheat the oven to 400°F.
- ii. Sauté chicken pieces in cannabis coconut oil in a large pot.

- iii. Place veggies on a pre-greased rimmed baking sheet. Roast for 15-20 minutes.
- iv. Place cooked chicken and veggies in a single large pot with coconut milk and curry paste. Stir occasionally while simmering for 20-30 minutes.
- v. Serve curry over rice. Top with coconut flakes.

14. Canna Chicken



Portion Size: 4 Servings

Duration: 50 minutes

Ingredient List:

- 1 cup of flour, all-purpose
- 2 chicken breasts, boneless, pounded, and halved
- 1/4 cup of chopped parsley
- 1/3 cup of capers
- 1/2 cup of stock, chicken
- 1/2 cup of lemon juice, fresh
- 1/4 cup of cannabis oil
- 1/3 cup of cannabis butter
- Sea salt & ground pepper, as desired

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Procedure:

- i. Use salt & pepper to season the Dredge it in flour. Set chicken aside.
- ii. Melt 3 tablespoons of cannabis oil with 2 tablespoons of cannabis butter in a fry pan on med. heat.

- iii. Add the chicken to the Cook for several minutes on both sides. Remove from pan. Set aside.
- iv. Add the chicken stock, lemon juice, and capers to the frying When it is hot, place the chicken back in. Simmer for about five minutes.
- v. Remove the chicken from the fry pan. Arrange on the
- vi. Add remaining canna-oil and canna-butter to the fry pan. Whisk well.
- vii. Pour sauce over the Use parsley to garnish. Serve.

15. Mushroom-Cannabis Stew



Portion Size: 4-6 Servings

Duration: 50 minutes

Ingredient List:

- 1 pound of pasta, your fav type
- 2 rinsed, chopped leeks, w/o tops
- 4 to 6 tablespoons of oil, cannabis olive
- Uninfused olive oil if extra is needed
- 1/2 ounce of shiitake mushrooms, dried
- 1/2 teaspoon of salt, kosher
- 1/2 teaspoon of pepper, ground
- 2 tablespoons of fresh rosemary, chopped
- 2 pounds of mushrooms, sliced uniformly
- 2 cloves of peeled & sliced garlic
- 2 peeled, sliced carrots, medium

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Procedure:

- i. Combine a cup of hot water with dried mushrooms in a medium bowl. Allow them to sit for 15-20 minutes. Heat canna-olive oil in a large skillet.

- ii. Sauté carrots and leeks until they are tender and cooked. Add garlic. Stir to combine. Place in bowl. Add fresh mushrooms to the Cook until they release their moisture, usually in 7 to 10 minutes.
- iii. Add salt & rosemary. Return veggies to the pan, including mushrooms & their liquid.
- iv. Cook pasta according to package directions. Drain.
- v. Divide cooked pasta among six plates. Place mushrooms on top of pasta. Serve warm.

16. Mini Canna Peppers



Portion Size: 4 Servings

Duration: 45 minutes

Ingredient List:

- 2 to 3 tablespoons of crumbled goat cheese
- 5 sliced green onions
- 1 sliced sausage, chorizo
- 3 to 4 tablespoons of oil, canna-olive
- 8 split & seeded mini peppers
- 1 1/2 cups of bread crumbs, fresh
- 1 teaspoon of minced garlic
- Sea salt & ground pepper, as desired

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Procedure:

- i. Preheat the oven to 350°F.
- ii. Place pepper halves on a lined baking tray.
- iii. Heat canna-olive oil in a medium pan. Sauté chorizo, allow to cool, and chop. Set aside. Save the oil, too.
- iv. Add green onions to the Sauté for a few minutes. Add salt, pepper, garlic, and bread crumbs. If the mixture is dry, add one or two tablespoons of non-cannabis olive oil.

- v. Stir in chorizo and leftover canna oil. Mix.
- vi. Divide mixture among pepper halves. Press stuffing inside well.
- vii. Top peppers with pieces of goat cheese. Place in oven. Bake until goat cheese starts to turn light brown. Pepper should be tender. Serve warm.

17. Garlic Cheesy-Canna Bread



Portion Size: 4-6+ Servings

Duration: 25 minutes

Ingredient List:

- 2 cups of shredded cheese, Tex Mex
- 1 teaspoon of parsley, fresh, chopped
- 2 minced & smashed garlic cloves, large
- 1/2 cup of softened cannabis butter
- 1 x 16-ounce loaf of French or Italian bread

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Procedure:

- i. Preheat the oven to 350°F.
- ii. Cut bread horizontally in half.
- iii. Mix parsley, cannabis butter, and garlic in a small bowl. Spread the butter mixture on the Place on a baking pan that will withstand high temps, rather than a cookie sheet. Heat in the oven for about 10 minutes.
- iv. Remove the pan from the oven. Sprinkle the shredded cheese on the Return to the highest rack of the oven. Broil on high for two to three minutes. Edges of bread should start toasting and cheese begins bubbling. Watch carefully to avoid burning.

- v. Remove bread from the oven. Allow cooling a bit. Remove bread from pan. Slice. Serve hot.

18. Canna-Pasta



Portion Size: 4 Servings

Duration: 35 minutes

Ingredient List:

- 3 tablespoons of oil, canna-olive
- 1 pound of pasta, your fav style
- 2 to 3 tablespoons of oil, olive, non-infused
- 1 cup of cubed bread
- 1/2 pint of halved tomatoes, cherry
- 4 sliced bacon strips
- 1 bunch of sliced green onions
- 1 pound of trimmed and sliced asparagus
- Pepper flakes, red, crushed
- Sea salt & ground pepper

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Procedure:

- i. Heat the oven to 425°F.
- ii. Place bread cubes, bacon, tomatoes, green onions, and asparagus on a baking pan. Sprinkle using sea salt & ground

- pepper. Toss with 2-3 tablespoons of non-infused olive oil, extra-virgin.
- iii. Bake until asparagus becomes tender. Stir a few times. Bread crumbs should turn light brown. Bacon should be cooked but not overly crisp. Remove pan from oven. Set aside.
 - iv. Cook pasta using package instructions. When it is cooked, drain it. Toss all ingredients together. Add canna-olive oil. Add a bit more uninfused olive oil if the consistency still seems dry. You should have lots of juice from bacon and roasted veggies to use, too.
 - v. Adjust seasonings to your taste. Sprinkle pepper flakes. Serve hot.

19. POT Stickers



Portion Size: 9 Servings

Duration: 40 minutes

Ingredient List:

- 2 teaspoons of soy sauce + extra to dip, as desired
- 1 teaspoon of oil, sesame
- .08-oz. of Marijuana flowers, ground, decarboxylated
- 1/2 lb. of pork, ground
- 1/4 cup of scallions, chopped
- 3/4 cup of Napa cabbage, chopped
- 1 teaspoon of garlic, minced
- 1/2 teaspoon of 5-spice powder, Chinese
- 1 teaspoon of ginger, fresh, minced
- 1/4 teaspoon of pepper, ground

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Procedure:

- i. Chop garlic, ginger, scallions, and cabbage. This is the easiest to do in a food processor. Place vegetables in bowl with the other Mix and combine well.
- ii. Use waxed paper to line the baking sheet.

- iii. On the cutting board, use water to brush the outer edges of a wonton wrapper lightly.
- iv. Place 1 teaspoon of filling in the center of the wrapper. Fold in half, creating a triangle. Press out the air around the filling carefully. Seal by pinching edges.
- v. Fold the bottom two corners towards the center. Seal in place with a drop of water.
- vi. Repeat using the remaining filling and wrappers.
- vii. Heat a bit of canola or vegetable oil on med-high in a large skillet. Add the POT stickers to the skillet. Cook in place for three minutes until the bottoms have browned.
- viii. Add a half-cup of water to the heated skillet. Cover immediately. Reduce the heat to med-low. Allow dumplings to steam for four minutes. They should be cooked all the way through. Remove from skillet. Serve along with some soy sauce to dip in.

20. Canna-Veggie Tart



Portion Size: 4 Servings

Duration: 45 minutes

Ingredient List:

- 1/4 cup of crumbled goat cheese
- 1/4 bunch of torn Swiss chard
- 1/2 bell pepper, yellow
- 1/2 sliced leek
- 1/4 cup of cannabis butter
- 1/2 thawed sheet of frozen puff pastry
- 1/4 teaspoon of pepper, Cayenne
- 1/4 teaspoon of paprika, sweet
- Sea salt, as desired

[illegible]

Procedure:

- i. Preheat the oven to 450°F.
- ii. Place the thawed pastry sheet on a baking pan.
- iii. Heat the cannabis butter in a
- iv. Add peppers and leeks. Sauté for about five minutes.
- v. Add the Swiss chard. Sauté for another minute.

- vi. Spread the cooked veggies across the pastry shell evenly. Sprinkle the goat cheese on top of the
- vii. Bake until the crust is light brown and the cheese melts. Serve hot.

21. Deviled Cannabis Eggs



Portion Size: 8-10 Servings

Duration: 45 minutes

Ingredient List:

- 1 teaspoon of mustard, ground
- 2 teaspoons of vinegar, white
- 1/2 cup of cannabis mayonnaise
- 12 hard-boiled, peeled eggs, large
- 1/4 teaspoon of salt, kosher
- 1/4 teaspoon of pepper, ground
- Paprika to garnish

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Procedure:

- i. Begin by slicing the eggs in half across lengthways and separate the yolks. Then lay the eggs in a mixing bowl.
- ii. Use a fork to mash the yolks.
- iii. Add the cannabis mayo, salt & pepper, mustard, and vinegar to the yolks. Mix all ingredients until the consistency is creamy and smooth.
- iv. Fill the egg whites using the mixture with yolks. Sprinkle the top of all with the paprika. Refrigerate for a day or so. Serve.

22. Canna-Clam Chowder



Portion Size: 8 Servings

Duration: 2 hours & 10 minutes

Ingredient List:

- 1/2 tablespoon of vinegar, red wine
- 1/2 teaspoon of sugar, granulated
- 4 cups of water, filtered
- 2 cups of cream, heavy
- 1/2 cup of flour, all-purpose
- 1/2 cup of cannabis butter
- 1/2 tablespoon of minced parsley
- 1 3/4 cups of peeled, cubed potatoes, medium
- 1/2 cup of chopped celery
- 1/2 cup of diced carrots
- 1/2 cup of chopped onion
- 1 ounce of chopped bacon
- 1 x 12-oz. can of clams, minced, in juice
- 1/2 teaspoon of salt, kosher

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Procedure:

- i. Sauté the bacon in a pan until just short of becoming crispy. Drain the fat off.
- ii. Add the clam juice, parsley, celery, water, carrots, and onion to the pot and bring it to a
- iii. Reduce the heat. Simmer for 15-20 minutes.
- iv. Add the potatoes. Simmer for 20 additional minutes.
- v. Use a Dutch oven to melt the cannabis butter. Don't let it burn.
- vi. Add flour to the Dutch oven after the butter melts. Stir the mixture until it has a smooth consistency.
- vii. Pour the cream in. Stir consistently until it is smooth.
- viii. Transfer the cream sauce to a large pan.
- ix. Add in the vinegar, sugar, salt, and clams. Simmer until the chowder has become a bit thick, and smooth. Do not allow it to boil. Serve hot.

23. Vegan-Pot Stir Fry



Portion Size: 1-2 Servings

Duration: 30 minutes

Ingredient List:

- 2 tablespoons of oil, cannabis coconut
- 3 tablespoons of soy sauce, dark
- 1 tablespoon of ginger, crushed
- 1/2 cup of coriander, chopped
- 1 cup of tofu, extra firm, cubed
- 1 deseeded, cubed pepper, red
- 1 cup of green beans, trimmed
- 1/2 cup of Japanese eggplant, cubed
- 1 cup of pumpkin, cubed
- 1 tablespoon of garlic, crushed
- 1 lime, fresh
- Hot sauce, as desired

[illegible]

Procedure:

- i. Steam the cubes of pumpkin for about four minutes. Set aside.

- ii. Heat cannabis oil in a fry pan. Add tofu and eggplant. Fry until crisp. Add ginger and garlic. Combine by stirring.
- iii. Add pepper, beans, and soy sauce. Stir-fry until they are crunchy but cooked. Add pumpkin. Mix well.
- iv. Remove from heat. Squeeze in 1/2 lime juice and most of the
- v. Garnish using the remainder of the coriander and lime wedges and hot sauce. Serve hot.

24. Cheese Cannabis Straws



Portion Size: 2-3 Servings

Duration: 1 hour & 10 minutes including 30 minutes of refrigeration time

Ingredient List:

- 1 1/2 cups of flour, all-purpose
- 2 cups of cheddar cheese, shredded
- 1/2 cup of room-temp cannabis butter
- 1/4 teaspoon of pepper, cayenne
- 1 teaspoon of salt, kosher

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Procedure:

- i. Preheat oven to 300°F.
- ii. Add cayenne pepper, salt, flour, cheese, and cannabis butter to a food processor. Process until it forms a smooth dough.
- iii. Refrigerate dough for 1/2 hour. Roll on floured cutting board in a 1/4-inch rectangle. Cut into smaller-sized rectangles, roughly three x two inches. Bake for 10-15 minutes. They should be light brown. Remove and place to cool on wire racks. Serve warm.

25. Canna-Fish Tacos



Portion Size: 4 Servings

Duration: 55 minutes

Ingredient List:

- 1 diced avocado
- 4 tortillas, corn
- 1 diced jalapeno
- 1/2 diced onion
- 1/2 cup of salsa, mild
- 1 diced tomato, medium
- 1/4 cup of cannabis oil
- 3 tablespoons of cilantro, chopped
- 1 tablespoon of lime juice, fresh
- 2 cups of green cabbage, sliced
- 2 teaspoons of fajita seasoning
- 3/4-lb. of fish fillets, white
- 4 wedges of fresh lime, for garnishing
- 1/2 teaspoon of salt, kosher

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Procedure:

- i. Spray a pan lightly using non-stick spray.
- ii. Sprinkle fish on both sides with the fajita seasoning.
- iii. Grill the fish for three or four minutes on each side. Fish should easily flake when you test them using a fork.
- iv. Flake the fish into small pieces with the fork. Keep them warm.
- v. Mix cilantro, salt, lime juice, and cabbage in a small bowl.
- vi. In another bowl, mix jalapenos, salsa, onions, tomatoes, and cannabis oil.
- vii. Wrap tortillas in dry paper towels. Microwave for about 30 seconds, to warm them.
- viii. Fill tortillas with all ingredients. Serve with lime wedges on the

26. Potato Soup



Portion Size: 2-3 Servings

Duration: 10 minutes

Ingredient List:

- 1/4 cup of broth, chicken
- 1 cup of sour cream
- 1/4 teaspoon of chives, minced
- 3/4 teaspoons of basil, fresh
- 1 x 10.77-ounce can of cream of potato soup, condensed, undiluted
- 1 1/3 cups of cannabis milk

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Procedure:

- i. Place all ingredients in a food processor. Cover. Process until the mixture is smooth, then transfer it to a covered bowl.
- ii. Chill in the refrigerator until ready to serve.

27. Mashed Potatoes



Portion Size: 6 Servings

Duration: 55 minutes

Ingredient List:

- 1/2 cup of sour cream
- 1 cup of cheddar cheese, shredded
- 1 bunch of garlic
- 4 peeled potatoes, large
- 1/2 – 1 stick of cannabis butter
- Sea salt & ground pepper, as desired
- Dash of extra virgin olive oil for roasting the garlic

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Procedure:

- i. Cut off the top from the garlic bunch. Drizzle 1 tablespoon of uninfused olive oil into it. Wrap it in foil. Bake for 45 to 50 minutes. Garlic needs to be tender. It should come apart easily when you flake it using a fork.
- ii. As you wait for the garlic to finish cooking, cube the peeled potatoes. Boil in salted water. They should be tender. Drain potatoes. Mash in a large bowl.

- iii. Add cannabis butter and allow it to melt well and mix thoroughly into potatoes.
- iv. Add salt & pepper, roasted garlic, cheese, and sour cream. Mix well. Serve hot.

28. Cannabis Veggie Pasta



Portion Size: 4 Servings

Duration: 50 minutes

Ingredient List:

- 4 tablespoons of flour, unbleached
- 1/4 cup of cheese, Parmesan
- 1/4 cup of parsley, fresh
- 3 tablespoons of butter, cannabis-infused
- 1 diced clove of garlic
- 1/2 chopped onion
- 1/2 diced scallion
- 1 & 1/2 cups of cannabis milk
- 2 cups of pasta, your choice of style & shape
- 1/2 teaspoon of mustard, Dijon

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Procedure:

- i. Cook the pasta using the instructions on the Drain. Set pasta aside.
- ii. Sauté garlic, scallion, and onion in 1 tablespoon of canna butter. Cook over med-low until onions become translucent.

- Lower heat to low.
- iii. Remove veggies only from the Set aside with cooked pasta. Keep butter in the pan.
 - iv. Add the rest of the cannabutter to the Allow it to slowly melt. Stir constantly while adding flour to butter gradually, until it forms a thick paste.
 - v. Whisk cannabis milk, along with Dijon mustard in, until the sauce is evenly blended.
 - vi. Return veggies and pasta to pan. Stir to combine. Heat over low for a minute more.
 - vii. Use Parmesan cheese and parsley to garnish. Serve warm.

29. Pumpkin-Cannabis Stir Fry



Portion Size: 4 Servings

Duration: 40 minutes

Ingredient List:

- 4 eggs, large
- 1 tablespoon of fish sauce
- 3 peeled & minced garlic cloves, large
- 3 tablespoons of olive oil, cannabis-infused
- 1 x 2-lb. pumpkin, fresh
- 1 teaspoon pepper, ground

[illegible]

Procedure:

- i. Peel and quarter pumpkin. Scrape off fibers and seeds. Cut into cubes of about 1-inch. Put canna-olive oil in a fry pan on med. heat.
- ii. When the oil heats, add garlic. Stir-fry until it is fragrant. Add fish sauce and pumpkin to the Cover with water. Boil until the pumpkin is so soft that you can pierce it easily with a knife tip. Use water to soften the pumpkin and then evaporate, so you won't have to replenish water.

- iii. After the pumpkin becomes soft, form a deep well in middle. Crack eggs into the well. Stir.
- iv. After the eggs have cooked, remove the pan from the Sprinkle with pepper. Serve while still warm, over rice.

30. Chicken-Cannabis Noodle Soup



Portion Size: 4-5 Servings

Duration: 30 minutes

Ingredient List:

- 1 1/2 cups of noodles
- 60 oz. of broth, chicken
- 1/2 cup of onion, chopped
- 1/4 cup of peas
- 1/2 cup of celery, chopped
- 1/2 lb. of chicken breast, cooked, chopped
- Sea salt & ground pepper, as desired
- 14 1/2 oz. of broth, vegetable
- 1/2 teaspoon of oregano, dried
- 1 tablespoon of cannabis butter
- 1 cup of carrots, sliced
- 1/2 cup of carrots, chopped
- 1/2 teaspoon of basil, dried
- 1/4 ounce of marijuana, ground

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Procedure:

- i. Melt cannabis butter on med. heat in a large pot. Be sure not to boil. Use butter to cook celery and onion for five minutes.
- ii. Add veggie and chicken broth and stir to combine. Add noodles, carrots, oregano, chicken, salt & pepper, and basil.
- iii. Put the ground cannabis in. Bring the entire mixture to a low boil. Once it bubbles, turn down the heat and simmer the mixture for 20-25 minutes. Serve hot.

Author's Afterthoughts



Practice makes perfect in the same way that expressing gratitude paves the way to success because it allows you to become surrounded by people who know how much you value them in your journey. I've been blessed to have a loving family, amazing friends, and beautiful readers like you who support me and push me to constantly improve by trying out my recipes!

I'm so grateful that I'd like to give back to you and all of my readers by asking what kind of content you'd like to see more of. Is it a book on a particular cuisine or cooking style? Would you like me to work on more weeknight recipes? I'm excited to know what your thoughts are so I can start brainstorming on my next cookbook! I read all of my replies, reviews, and suggestions, so don't hesitate to leave me a comment because I WILL get to it and put it to good use in my writing and cooking.

Thanks a bunch!

Rola Oliver

About the Author

Cooking never really interested Rola until her family moved to Connecticut and the kids at her school began making fun of her because of her southern accent. From middle school all the way up to high school, Rola spent her afternoons at home. While life passed her by, her Nana was always in kitchen up to something delicious. Sometimes it would smell like onion, others of pie. Although Rola rarely left the sofa, her mind would wander to so many places with the smell of Nana's cooking. And when she ate, the flavors always surprised her!

Eventually, Nana was able to get Rola into the kitchen without saying a single word. The sounds of the kitchen knives and pans were a comforting feeling because they reminded her of Nana, her favorite person in the world.

At first, Rola spent up to 20 minutes chopping an onion... but fast forward twenty five years and Rola is now a celebrated southern cook in Connecticut! Nana isn't usually cooking anymore, but every now and then she still likes to pop in and watch her granddaughter at work. Together, they own a growing southern food joint, working hard to preserve traditions and authentic southern flavors.



Table of Contents

Introduction	6
1. Canna-Oatmeal Cookies	7
2. Banana-Canna Bread	9
3. Cocoa Canna-Brownies	11
4. Magic Canna Cookies	13
5. Cannabis Cheesecake	14
6. Blueberry Mary Jane Muffins	15
7. Banana – Marijuana – Strawberry Pancakes	17
8. Breakfast Pot Burritos	19
9. Cannabis Coffee	20
10. Munchie Breakfast Balls	21
11. Carrot-Cannabis Fries	23
12. Canna Ahi Tuna	24
13. Curry with Chicken, Cannabis & Veggies	26
14. Canna Chicken	28
15. Mushroom-Cannabis Stew	30
16. Mini Canna Peppers	32
17. Garlic Cheesy-Canna Bread	34
18. Canna-Pasta	36
19. POT Stickers	38
20. Canna-Veggie Tart	40
21. Deviled Cannabis Eggs	42
22. Canna-Clam Chowder	43
23. Vegan-Pot Stir Fry	45
24. Cheese Cannabis Straws	47
25. Canna-Fish Tacos	48
26. Potato Soup	50
27. Mashed Potatoes	51
28. Cannabis Veggie Pasta	53
29. Pumpkin-Cannabis Stir Fry	55
30. Chicken-Cannabis Noodle Soup	57

Author's Afterthoughts	59
About the Author	60