

# Cooking with cannabis

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AN EASY GUIDE FOR CANNABIS EDIBLES



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# Review

As with everything The Cannigma does, this cookbook has been thoroughly reviewed to ensure we're bringing you the most useful and accurate information possible. We hope you enjoy it as much as we've enjoyed creating it.

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## Our partners

This cookbook would not have been possible without the help of our partners.

Primary partner:  ardent



# 01 WELCOME

The world of cannabis edibles is full of stories of being too high, distinctively excessive raw herbal flavors and overly complex recipes requiring equipment that nobody has at home. This cookbook simplifies everything.

Whether you prefer a cold refreshing drink on a hot day, or a warm cup on a winter day, something sweet after a heavy meal, or something filling like a savory main dish, there's something here for you.

We've selected 32 of our favorite recipes that are suitable for medical cannabis users or those who may simply want to take a break from a joint or a bong. Most of the recipes can be easily substituted for vegan or gluten-free options.

We hope you enjoy the recipes and remember to start low, and go slow!

# Before you get started on edibles

Everyone reacts differently to compounds in the cannabis plant. Most of marijuana's main effects, such as the feeling of being stoned, getting the munchies, impaired short-term memory and motor control, are caused by THC binding with endocannabinoid receptors in our brain and central nervous system.

THC is also known to have a biphasic effect. At low doses, it is generally relaxing, while at higher doses it can increase anxiety. That said, it's not unusual to develop some kind of tolerance over time. Those with high tolerance tend to have fewer unwanted side effects.

## Here are some general rules to follow with edibles:

1. Choose a safe and comfortable environment, ideally at home. Familiar surroundings will minimize the likelihood of feeling anxious.
2. If it's your first time, don't be alone. Have an understanding loved one or friend nearby who can come to your assistance if the psychotropic effect feels uncomfortable.
3. New users should begin with very low doses of THC, sometimes even at just 1mg of THC. Start low and go slow, increasing by no more than 2.5mg THC per dose, every few days.
4. If possible, purchase from a legal dispensary to ensure you have clean, tested flower to start with. This will also help you estimate the strength of your homemade edibles.
5. If you have a history of severe anxiety or depression, exercise caution. If you have a history of psychotic episodes, it's generally recommended not to use marijuana at all.
6. Note that edibles hit very differently than smoking. Even seasoned cannabis users can feel intense highs when taking edibles. Start with less and take more if needed.
7. Wait at least two hours before consuming more.



## 02 THE BASICS

# Decarboxylation: How to activate cannabis/THC

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Edibles are a great way to get medicated without the harmful effects of smoking. It is also more discreet, lasts longer than smoking, and a little bud goes a long way.

Pretty much all recipes using cannabis involve a chemical process called “decarboxylation.” This is a simple but essential chemical change in your flowers to activate their psychoactive effects. Raw (or dried) cannabis buds contain THCA, which has great anti-inflammatory and neuroprotective qualities but isn’t psychoactive. In order to achieve an intoxicating effect, THCA must be converted (decarbed) into THC.

To decarb cannabis to use with edibles, most people use an oven to slowly heat their cannabis to the required temperature.

**Note:** This process converts the cannabinoids, but there is also heating and loss of some of the herbs essential oils (terpenes). For this reason, the process of decarbing can produce a very strong scent and it is something to consider if you are trying to be discreet.



# How to decarboxylate cannabis for edibles

## Before decarboxylation



Raw cannabis isn't intoxicating

THC 1%

THCA 16%

(Illustrative of cannabis labeled 15% THC)

## Decarboxylate in an oven

1. Break up cannabis flower
2. Put on baking sheet
3. Bake at 220-245°F  
(105-120°C) for 30-40 minutes

(12-30% THC loss. Varies with temperature.)



## After decarboxylation



Decarbed cannabis is intoxicating

THC 15%

THCA 0%

CBGA ➡ THCA ➡ THC ➡ 11-OH-THC ➡ THC-COOH ➡ THC-COOH-glucuronide

\* The THC content listed on cannabis flower packaging is a prediction of how much will be created by decarboxylation. The standard formula is  $(\text{THC} + (\text{THCA} \times 0.877))$ .

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# To do this, here's what you need to know:

## STEP 1

First, preheat your oven. Temperatures for this can vary depending on how long you'll leave your cannabis in the oven and what cannabinoid you are hoping to decarboxylate. For converting THCA into THC, a standard temperature is preheating your oven to 220-245°F (105-120°C).

## STEP 2

Next, break up your cannabis into small pieces and place it on a baking sheet. When your oven is fully preheated, put the tray of cannabis in the oven and let it bake for 30-40 minutes.

## STEP 3

CBD decarboxylates at a higher temperature, so if you are working with high-CBDA cannabis (aka hemp flower), set your oven to 250°F or 120°C and leave it in for 30-45 minutes. The cannabis should only be dried, not burnt, so keep an eye during the process as cannabis that's dryer to begin with is likely to dry out faster.

## STEP 4

Decarboxylated bud can be used in a variety of base recipes, like butter, oil, or sugar, which are then added as the infused-component of the recipes in this cookbook.

## STEP 5

While this cookbook focuses on using cannabis flower, substituting flower for extracts is certainly possible for nearly all the recipes. You'll want to pay extra attention to dosing as concentrates are aptly named and a little can go a long way.

## Dosing

Edibles produce a different effect to smoking, even for seasoned cannabis users. This is because edibles need to first be digested by the stomach and intestines, then sent through the liver where some cannabinoids are transformed. Only once an edible goes through this process can it enter the blood and brain. This process can take 1-4 hours, depending on your metabolism and what else you've eaten.

With edibles, it is always wise to start low and go slow. Try a smaller batch and half the quantity first and see how you feel before increasing the dosage. There is no standardized dosing with THC, and different people react differently to the same strength of cannabinoids. Here's a general guide of how much to dose when it comes to edibles:

## Single doses of THC

2.5mg	5mg	10mg
Beginner dose, some won't feel it	Doses for intermediate users, most will feel the effects	Doses for seasoned users, only use if smaller doses don't work

## Total daily THC intake



1. Doses above 30mg per day are likely to increase adverse effects without improving efficacy.
2. Cannabis treatments for cancerous tumours often call more than 30mg per day.

2.5 mg of THC is generally regarded as a beginner's dose. Most seasoned users will not feel any effects at this dose.

5 mg of THC is regarded as an intermediate dose. Most users will feel effects at this dose.

10 mg of THC is considered a high dose. This is recommended only for those who do not feel any effects at smaller doses.

A day's total THC dose of over 30mg is likely to increase adverse effects without increasing efficacy, unless recommended by a doctor or for cancer treatments.

If you are buying from a legal source, it is usually easy to calculate the net amount of THC (mg) in each serving. However, if you are using a product without standardized testing, a ballpark estimate is often that 3.5 grams of decarboxylated cannabis flower with 20% THC added to 8 oz of oil will yield an oil with a potency of approximately 2.5 mg/ml. But the potency of these edibles will vary highly when made at home and depend on numerous factors including the starting cannabinoid and terpene profile of your weed.

As with most medications, edibles should be avoided if you're pregnant or breastfeeding, and care should be taken if you need to operate a vehicle in the next 4-12 hours or are taking other medications.

There is nothing inherently caloric or unhealthy about eating cannabis, but tons of recipes call for high levels of sugar and butter that you might rather avoid. Unfortunately, cannabis is not soluble in sugar replacements, so use discretion to divide recipes accordingly if you're watching your calories.

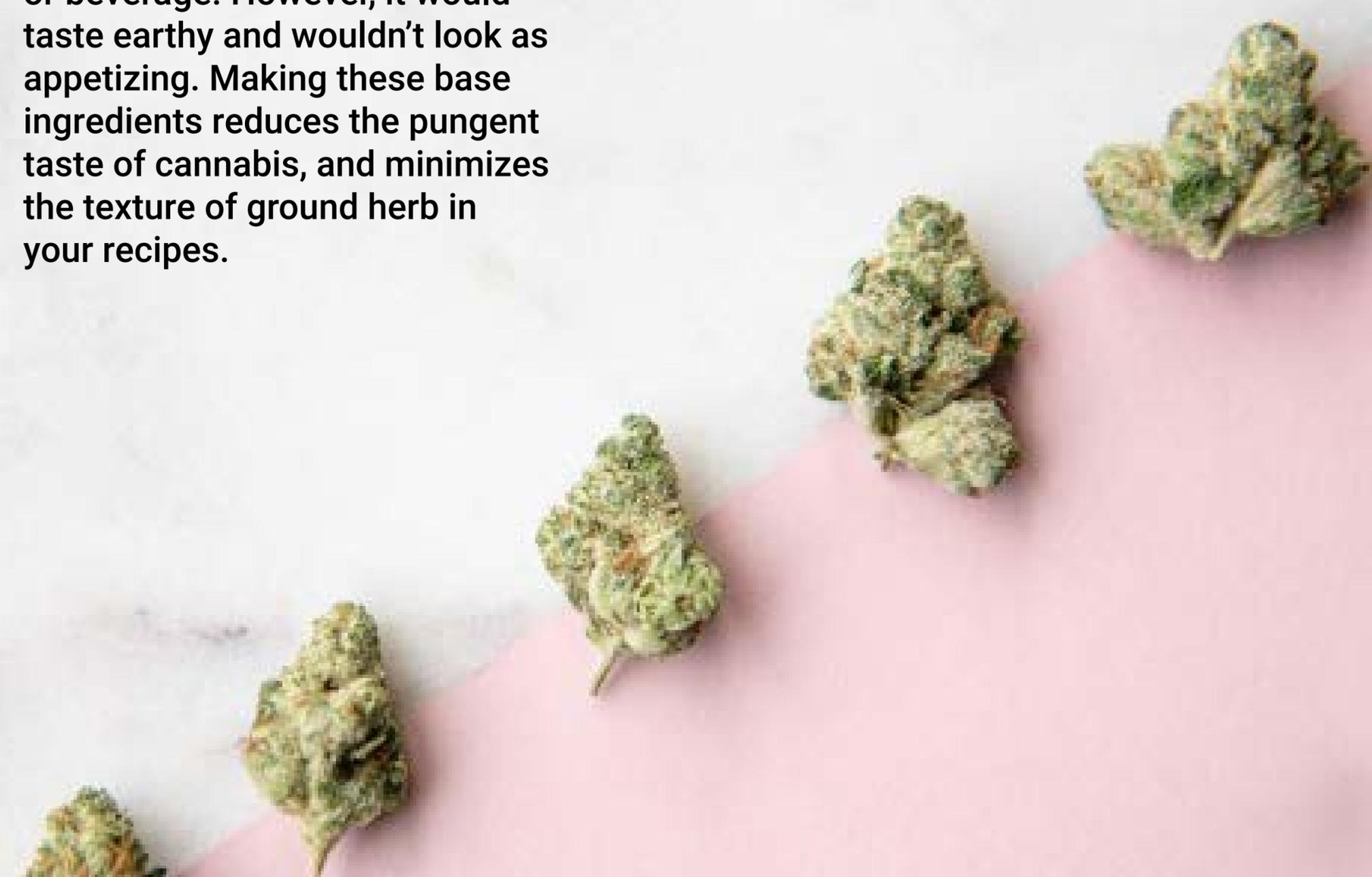
## 03 BASE RECIPES

# Base recipes

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Cannabinoids like THC and CBD found in edibles are soluble, fat and alcohol, and can also be added to sugars and syrups to serve as carriers. All recipes include a primary ingredient of cannabis extracts made of one of these three.

Essentially, you can eat decarboxylated cannabis straight away as well, or simply sprinkle on virtually any food or beverage. However, it would taste earthy and wouldn't look as appetizing. Making these base ingredients reduces the pungent taste of cannabis, and minimizes the texture of ground herb in your recipes.





# Cannabis honey aka cannahoney

You may get more flies with honey, but if you infuse that honey with cannabis you can also throw an ear-to-ear grin, a strong body high, and a case of the giggles into the mix.

It's just like what it sounds like – honey that has been infused with cannabis. And no, making it doesn't require a background in chemistry or any fancy lab equipment.



#### YIELD

1 cup of infused honey



#### DIFFICULTY

Medium



#### PREP TIME

5 minutes (around 45 minutes to 1 hour including decarboxylation)



#### COOK TIME

Around 8 hours for slow cooker method, about 1 hour for double boiler method

## INGREDIENTS

- 1 cup of honey
- 3.5-7 grams of ground decarboxylated cannabis
- Cheesecloth
- String (optional)
- Crockpot
- Airtight jar for storage

## INSTRUCTIONS

### STEP 1

Take the cannabis and wrap it in a piece of cheesecloth and tie it with a string.

### STEP 2

In a quart jar, combine the honey and the cheesecloth with the cannabis and close the lid.

### STEP 3

Place a hand towel in the bottom of the crockpot underneath the jar, and add water until the jar is submerged above the honey.

### STEP 4

Heat the crockpot to 200°F (93°C) & keep it on low heat for about 4-6 hours, giving the jar a nice jostle every hour and burp the top if you feel the pressure building up.

### STEP 5

Turn the crockpot off and cool to room temperature or cool enough to handle and squeeze the rest of the honey out of the cheesecloth.

Because honey is not ideal for extracting cannabinoids, this cannabis flower likely still contains significant cannabinoids. It could be saved, refrigerated, and added to tea, added on top of yogurt or even ice cream! Keep in mind it will spoil more quickly with the plant material in there and the cannabinoid content will be unknown.

### Chef's tip

*Cannabis honey can stay fresh for at least a few months if kept in an airtight container and in a cool, dark place.*

# Cannabis milk aka Cannamilk

Cannabis milk can be used for a vast array of creamy edibles, from infused weed ice cream to creamy, stoney mac and cheese to cannabis creamer that goes great in coffee and will make you more popular than ever at the office. And maybe the best part? Cannabis milk can pack a heavy punch and have you sinking into your couch not looking to move your dairy-ère until the cows come home – sorry not sorry.



#### YIELD

2-4 cups of cannabis milk



#### DIFFICULTY

Medium



#### PREP TIME

1 hour (to grind and decarboxylate cannabis)



#### COOK TIME

Around 1 hour and 45 minutes

## INGREDIENTS

- 7 grams of ground decarboxylated cannabis
- 2-4 cups whole milk (use less if you want a more concentrated batch)
- Cheesecloth



## INSTRUCTIONS

### STEP 1

In a saucepan, combine the milk and the cannabis and bring to a simmer over low heat for 45 minutes, stirring frequently. Be sure the milk doesn't come to a boil as it can scorch. The milk will thicken slightly as it simmers, and will turn a yellow-green hue.

### STEP 2

Remove the milk from the heat and strain through cheesecloth or fine mesh strainer into the container of your choosing.

### Chef's tip

*You don't technically need to stick with cow's milk. You can easily infuse almond milk, goat's milk, sheep's milk, soy milk, rice milk, oat milk — pretty much any milk with at least some fat in it. The higher % fat the milk, the better it will extract the cannabinoids from the cannabis flower.*

# Cannabis sugar

Every dinner, late afternoon lunch, or relaxing evening at home could use a bit of sweetener. Cannabis sugar allows edibles chefs to sweeten any dish with a dash of THC – and sugar – without needing to add an infused fat like cannabutter or cannabis oil.



**YIELD**  
1 cup



**DIFFICULTY**  
Medium



**PREP TIME**  
30 minutes



**COOK TIME**  
30 minutes

## INGREDIENTS

- 3 grams ground, decarboxylated cannabis
- 1 cup grain alcohol
- 1 cup white sugar, roughly 200 grams
- Cheesecloth
- Glass jar

## INSTRUCTIONS

### STEP 1

Add 3 grams of cannabis to a jar with a tight-fitting lid.

### STEP 2

Cover the cannabis with grain alcohol and close the jar. Let it sit for around 30 minutes, shaking every few minutes.

### STEP 3

Strain the liquid through a cheesecloth into a bowl and discard the cannabis flower.

### STEP 4

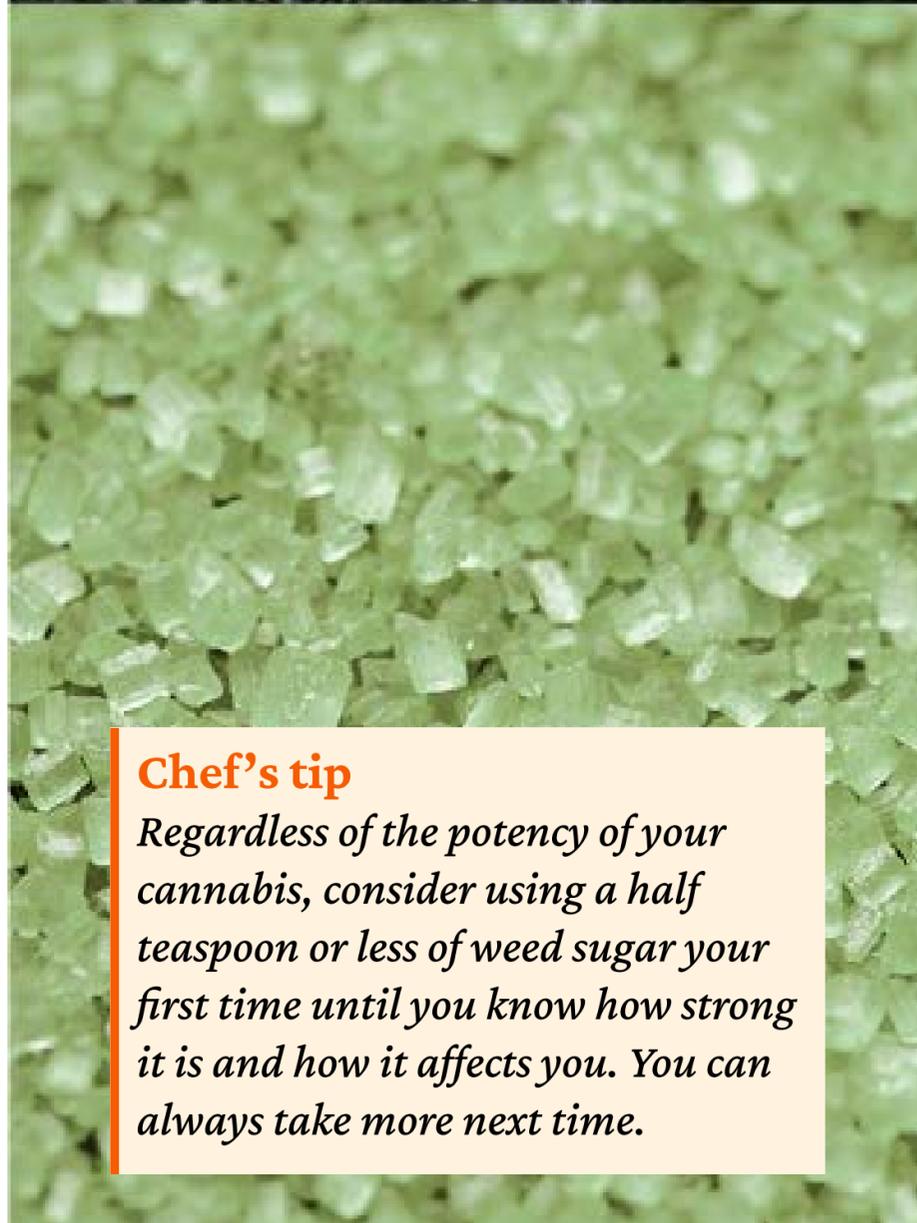
Add the sugar to the strained liquid, stir well, and then pour it into a glass baking dish.

### STEP 5

Bake the dish at 93°C/200°F, stirring regularly until the alcohol has evaporated and remove it from the oven. Alternatively, you can place the liquid mixture on a pie plate on the stove on low heat until all of the alcohol evaporates.

### STEP 6

After the sugar cools, break up any large pieces and place it in an airtight container.



### Chef's tip

*Regardless of the potency of your cannabis, consider using a half teaspoon or less of weed sugar your first time until you know how strong it is and how it affects you. You can always take more next time.*

# Cannabis vegetable oil

The reason to make your own batch of THC infused oil is that you can break it out in the kitchen anytime you want to quickly add some magic to a dish. With cannabis-infused olive oil or coconut oil, you can always just pull the bottle off the shelf and drizzle it on a salad or use it to fry up some steak and eggs, helping make any meal a special occasion with no fuss.



 **YIELD**  
1 cup

 **DIFFICULTY**  
Easy

 **PREP TIME**  
3-4 hours

 **COOK TIME**  
1-3 hours

## INGREDIENTS

- 1 cup or 7-14 grams of ground decarboxylated cannabis
- 1 cup of olive oil, coconut oil, MCT oil or avocado oil
- Double-boiler, saucepan, or crockpot
- Storage container
- Cheesecloth or fine mesh strainer

## INSTRUCTIONS

There are three main methods of infusing oil or fat with cannabis: saucepan, double boiler, or slow cooker.

### STEP 1

Place the cannabis into your desired cooking vessel and infuse at 200°F for 3-4 hours. Cool the mixture and strain through a cheesecloth or fine-mesh strainer.

### STEP 2

If using a double boiler, put water in the bottom pan and then add the oil to the top section, stir in the cannabis and heat on low – 130-150°F (55-65°C) – for about 1-3 hours. Filter with a cheesecloth.

### STEP 3

In a slow cooker, combine the cannabis and oil and cook at the same low temperature for around 1-3 hours. Filter with a cheesecloth.

### Chef's tip

*Whatever your method, when you're done cooking the oil and cannabis together, let it cool and then strain the oil to remove the cannabis, and bottle it somewhere far out of reach of children.*

# Cannabutter

Making your own cannabis butter (“cannabutter”) is a perfect way to always be able to whip up a quick batch of edibles, or just dip a spoonful in your tea when it’s time to hit the couch and coast away.

 **YIELD**  
2 sticks

 **DIFFICULTY**  
Easy

 **COOK TIME**  
1-3 hours



## INGREDIENTS

- 7-14 grams of ground, decarboxylated cannabis
- 2 sticks of butter
- Cheesecloth or fine mesh strainer
- Storage container

### Chef’s tip

*Add aromatics to your infusions to add different flavor profiles; fresh vanilla or lemon zest for sweet infusions or thyme, mint and rosemary for savory.*

## INSTRUCTIONS

### STEP 1

In a saucepan combine 1 cup of water, two sticks of butter and cannabis and bring to a simmer over low heat (about 200F).

### STEP 2

Simmer mixture for 2-3 hours, stirring occasionally, ensuring the mixture does not come to a boil.

### STEP 3

Remove the pan from the heat and cool to room temperature.

### STEP 4

Once cooled, strain through cheesecloth or a fine mesh strainer and store refrigerated in an air-tight container.

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# Cannabis tincture

Extracts have long been one of the most popular and effective methods for consuming cannabis. As legalization has spread across the United States and countries around the world, there has been a renaissance of sorts for tincture production, both by major cannabis suppliers and home hobbyists and medical marijuana patients looking for a way to easily ingest cannabis.



**YIELD**  
4 ounces



**DIFFICULTY**  
Hard



**COOK TIME**  
1-3 hours

## INGREDIENTS

- 1/8 oz (3.5 grams) ground, decarboxylated cannabis flower, can be buds, trim, or shake
- 4 ounces Everclear, 151, or similar very high proof liquor (ethanol - not rubbing alcohol aka isopropyl alcohol)
- Grinder
- Cookie sheet or baking pan
- Glass jar
- Cheesecloth
- Dark glass dropper bottles (for packaging)

## INSTRUCTIONS

### STEP 1

Put your dried, ground decarboxylated cannabis into a glass jar that you can tightly seal.

### STEP 2

Pour the alcohol into the jar and gently shake it before sealing and storing it in a cool, dark space.

### STEP 3

Let the mixture sit for a few hours or even days (the longer it infuses, the more potency it gains, but also it will extract more pigments and chlorophyll, taking on a darker color.). Strain through a mesh strainer lined with cheesecloth over a large container twice straining out any impurities and solids.

### STEP 4

Transfer the strained mixture into small glass dropper bottles. Make sure to use dark dropper bottles, which will suffer less light damage and thus have a longer shelf life.

### STEP 5

If you would prefer not to use alcohol, you can substitute glycerin or vinegar in the above recipe.

### Chef's tip

*The first time you dose, start off with a half a dropper held under your tongue, and give it around a half hour or so to kick in.*



## 04 Drinks

# Cannabis-infused alcohol

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Too much of a good thing can sum up many a night spent drinking too much alcohol and smoking too much weed. Research has shown that drinking alcohol and consuming cannabis can increase the body's absorption of THC, potentially making you more high than you bargained for. But used responsibly and in moderation, a little bit of cannabis with some alcohol can be a winning combination. And mixed together, with the right spirits and the best infusions, you can make it a happy hour at any time of the day.

# Infusing alcohol with cannabis

 **YIELD**  
750 ml

 **DIFFICULTY**  
Hard

 **PREP TIME**  
1 hour

 **COOK TIME**  
2-3 hours

## INGREDIENTS

- 3-7 grams of decarboxylated cannabis
- 750ml bottle of high proof liquor
- Cheesecloth
- Double boiler
- Thermometer and timer

## INSTRUCTIONS

### STEP 1

Fill the bottom half of the double boiler about halfway with water and bring it to a boil and reduce heat to low.

### STEP 2

Pour the liquor of your choice into the top half of the double boiler and add dried, coarsely ground decarboxylated cannabis in a small piece of cheesecloth, stir and cover.

### STEP 3

Use your thermometer to keep a close eye on the liquid in the top boiler, which should not exceed 150-160°F (65-71°C) and not come to a boil.

### STEP 4

Let the mixture infuse in the double boiler for 2-3 hours and then remove from heat.

### STEP 5

Pour the alcohol infusion through a cheesecloth into a container and then use a funnel to pour the strained liquor back into the bottle.



## 5 CLASSIC CANNABIS COCKTAILS

# The Gin and Chronic



**YIELD**  
1 cocktail



**DIFFICULTY**  
Medium



**PREP TIME**  
5 minutes

### INGREDIENTS

- 2 ounces of cannabis-infused gin
- About 6 ounces of tonic water
- One lime
- 1 sprig fresh rosemary

### INSTRUCTIONS

#### STEP 1

Fill a chilled cocktail glass with ice.

#### STEP 2

Squeeze one lime over the ice and slide the lime around the rim of the glass, and add the gin.

#### STEP 3

Stir well with the rosemary sprig, garnish with a lime wedge and serve.

### Chef's tip

*The tart flavor of the lime is a must, but if it's too much you can consider using half a lime, or just lime wedges as garnish.*





## The Whiskey Sour Diesel



**YIELD**  
1 cocktail



**DIFFICULTY**  
Medium



**PREP TIME**  
5 minutes

### INGREDIENTS

- 2 ounces cannabis-infused bourbon
- 1 ounce freshly squeezed lime juice
- $\frac{3}{4}$  ounce simple syrup or maple syrup
- 1 egg white from a medium egg (optional)
- 1 Luxardo maraschino cherry for garnish

### INSTRUCTIONS

#### STEP 1

In a cocktail shaker combine bourbon, lime juice, simple syrup and an egg white and shake well to incorporate.

#### STEP 2

Add ice and shake vigorously for several seconds.

#### STEP 3

Strain into a cocktail glass and add a Luxardo maraschino cherry as a garnish.

#### Chef's tip

*The egg white is optional, but it does add that nice, frothy look and mouthfeel that people often associate with craft cocktails.*

# The Moscow Weed Mule

Research has shown that drinking alcohol and smoking weed (also known as getting “cross-faded”) can increase the body’s absorption of THC, potentially making you more high than you bargained for. But used responsibly and in moderation, a little bit of weed with some alcohol can be a winning combination. And mixed together, with the right spirits and the best infusions, you can have a cannabis cocktail that will make it a happy hour at any time of the day.

 **YIELD**  
1 cocktail

 **DIFFICULTY**  
Medium

 **PREP TIME**  
5 minutes

## INGREDIENTS

- 2 ounces cannabis-infused vodka
- ½ ounce fresh-squeezed lime juice
- 6 ounces of ginger beer

## INSTRUCTIONS

### STEP 1

Fill a copper mug or glass tumbler with ice and squeeze in lime juice.

### STEP 2

Pour in cannabis-infused vodka and fill the rest of the glass with cold ginger beer.

### Chef's tip

*Keep one slice of lime as a garnish at the top.*

# The Mota Margarita

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 **YIELD**  
1 cocktail

 **DIFFICULTY**  
Medium

 **PREP TIME**  
5 minutes

## INGREDIENTS

- 2 ounces cannabis-infused Tequila Blanco
- 1-ounce orange liquor (Cointreau or Grand Marnier)
- 1 ounce freshly squeezed lime juice
- Salt or Tajin for garnish

### Chef's tip

*Play around with the flavor of the liquor you use to give this cocktail a different twist.*

## INSTRUCTIONS

### STEP 1

In a cocktail shaker filled with ice, combine the tequila, orange liqueur and lime juice and shake.

### STEP 2

Take a margarita glass and moisten the rim with lime juice and holding it upside down, roll the rim in some salt or Tajin for a zestier flavor and appearance.

### STEP 3

Strain the shaker into the cocktail glass and serve immediately.





# The Old Fashioned Weed Head

 **YIELD**  
1 cocktail

 **DIFFICULTY**  
Medium

 **PREP TIME**  
5 minutes

## INGREDIENTS

- 2 ounces cannabis-infused rye whiskey or bourbon
- ½ tsp sugar or maple syrup
- 1 tsp water
- 2-3 dashes of angostura bitters
- Orange peel and/or Luxardo maraschino cherry to garnish

## INSTRUCTIONS

### STEP 1

Add the sugar and bitters to a lowball glass and stir with the teaspoon of water.

### STEP 2

Fill glass with 2-3 large ice cubes and pour in the cannabis-infused liquor and gently stir.

### STEP 3

Take an orange peel and wipe a little over the rim of the glass, squeeze it over the drink, toss it in, and stir.

### Chef's tip

*An optional garnish that works great is a genuine Luxardo maraschino cherry.*



# Cannabis hot chocolate

If you've ever had a weed-infused mug of hot chocolate at an Amsterdam coffeeshop, or just kicked back with a perfect edible and some chill company, then you get why people love mixing it up sometimes with their weed. If it's cold outside and you've got the day off and the couch is beckoning, do you really need to be convinced to make some weed hot cocoa?



**YIELD**  
1 cup hot chocolate



**DIFFICULTY**  
Medium



**PREP TIME**  
5 minutes



**COOK TIME**  
10 minutes

## INGREDIENTS

- 2 to 3 tablespoons cocoa powder
- ¼ tsp vanilla extract
- 2 tbsp sugar
- 1 cup milk or heavy cream
- Pinch of salt
- Cannabis-infused oil/butter

## INSTRUCTIONS

### STEP 1

In a saucepan mix together sugar, cocoa, and salt and whisk to combine.

### STEP 2

Add the milk and, whisking often, bring to a simmer over low heat.

### STEP 3

Add the cannabis butter or oil and whisk well to combine or, using an immersion blender in the saucepan, puree until combined. Serve immediately.





# Cannabis smoothie

Fresh fruit, ice-cold milk, a cool breeze, and just the right amount of THC sounds like the perfect recipe for a great summer afternoon. Making a cannabis smoothie is a refreshing way to get high, and is very easy to share if you're looking for a fruity, healthy, and stony poolside happy hour with friends.

 **YIELD**  
2 smoothies

 **DIFFICULTY**  
Medium

 **PREP TIME**  
10 minutes

 **COOK TIME**  
5 minutes

## INGREDIENTS

- ½ cup plain yogurt
- 2 cups strawberries frozen
- 1 banana fresh or frozen
- 1 cup milk, almond milk or cannamilk
- 2 teaspoons cannahoney
- ½ teaspoon chia seeds (optional)

## INSTRUCTIONS

### STEP 1

Place all ingredients in a blender and blend until smooth.

### STEP 2

Serve immediately.

### Chef's tip

*To make with cannabis milk, substitute in a half, a quarter cup, or full cup of cannamilk, depending on how strong you want it to be. For a milder batch, use one teaspoon of cannabis honey and one teaspoon of regular honey. You can also use cannabis sugar instead of honey.*





# CBD ashwagandha root tonic

This recipe was republished with permission from Jamie Hall's book, "Alternative Alchemy: Recipes & Mindful Baking with CBD, Herbs, and Adaptogens."

 **YIELD**  
2 cups

 **DIFFICULTY**  
Medium

## INGREDIENTS

- 4 ounces (95g) dark vegan chocolate, coarsely chopped
- 2 tablespoons coconut butter (or regular butter)
- 1 tablespoon maple syrup
- ½ cup (120ml) nut milk
- ½ teaspoon ground cinnamon
- 1 teaspoon ashwagandha root powder
- 30 milligrams CBD oil
- 16 ounces (480ml) carbonated water
- Hot fudge, caramel sauce, and store-bought freeze-dried strawberry powder (optional)

## INSTRUCTIONS

### STEP 1

Melt the chocolate and coconut butter, stirring continuously in a saucepan.

### STEP 2

Once smooth, remove from the heat and stir in the maple syrup and milk.

### STEP 3

Blend with high-speed blender and add the cinnamon and ashwagandha root powder.

### STEP 4

Decant the liquid into 2 glasses and dose each with 15 milligrams CBD oil (typically 0.5-1mL).

### STEP 5

Divide the carbonated water between the glasses. Drizzle hot fudge and caramel sauce on top, and garnish with strawberry powder, if available. Drink immediately.



## 04 SWEETS

# Cannabis-infused desserts and treats

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When it comes to edibles, “pot brownies” are what most people first think of, and for good reason - they are delicious. The classics always go down well, but if you’re looking for something a bit different there’s a whole world of cannabis-infused desserts and sweet treats you can try.

From chocolates and rich desserts to colorful candies and even ice cream, you can give any of your favorite treats a little extra kick. These recipes are really simple and will keep you coming back for more. Just remember not to overindulge, and to keep out of reach of children.



# Infused double chocolate cookies

Is there an infused chocolate cookie that is decadent and healthy?! You bet there is! This cookie is low in sugar, but high in healthy fats, fiber, and functional food. Enjoy!

 **YIELD**  
12 large cookies

 **DIFFICULTY**  
Easy

 **PREP TIME**  
90 minutes

 **COOK TIME**  
20 minutes

**SPECIAL EQUIPMENT:** mixing bowls, whisk or stand mixer, silicone or parchment paper lined baking sheet



## INGREDIENTS

- ½ cup (125 ml) oats
- ½ cup (125 ml) almond flour
- ½ cup (125 ml) spelt or quinoa flour
- ¼ cup (60 ml) cacao powder
- ½ tsp (2 ml) baking powder
- 1 cup (250 ml) coconut or monk fruit sugar
- ½ cup (125 ml) coconut oil
- 1 tsp (5 ml) vanilla extract
- ½ tsp (2 ml) cannabis distillate or isolate
- 3 oz (84 g) semi sweet chocolate

## INSTRUCTIONS

**STEP 1**  
Preheat the oven to 325F.

**STEP 2**  
In a mixing bowl combine oats, almond flour, spelt flour, cacao powder and baking powder and mix well to combine.

**STEP 3**  
In a separate mixing bowl or in a stand mixer, combine the sugar, coconut oil and vanilla and whisk until light and fluffy, about five minutes.

**STEP 4**  
Combine the wet ingredients into the dry and mix to combine, mixture will be very soft. Cover with plastic wrap and transfer to the refrigerator to firm for one hour.

**STEP 5**  
Evenly divide batter into 12 equal portions. Form each portion into a ball and place onto a lined baking sheet leaving about three inches between each cookie.

**STEP 6**  
Evenly divide chocolate into pieces and push one piece into each cookie and transfer to a preheated oven. Bake cookies until flat and crispy around the edges, about 15-20 minutes. Remove from the oven and allow to cool completely before handling.

**STEP 7**  
Serve immediately or transfer to an airtight container and store at room temperature for up to three days.

### Chef Jordan Wagman's tip

*CannaButter works well in this recipe. Add the desired amount to the sugar, coconut oil and vanilla extract and mix well to combine.*

# Infused vegan chocolate fudge

These vegan edibles are absolutely delicious and are so refreshing on a warm summer day!

 **YIELD**  
Approximately

 **DIFFICULTY**  
Easy

 **PREP TIME**  
2 hours

 **COOK TIME**  
not applicable

**SPECIAL EQUIPMENT:** blender, saucepan with tight-fitting lid, silicone molds or muffin tins

## INGREDIENTS

- 6 oz (170 g) dark chocolate, chopped into small pieces
- 1-¼ cup (300 ml) full-fat coconut milk
- ⅓ cup (75 ml) maple syrup
- 3 tbsp (45 ml) aroma-free coconut oil (see tips)
- ½ tsp (2 ml) vanilla extract
- 2 tsp (10 ml) cannabis oil, isolate or cannabis butter (see tips)

## INSTRUCTIONS

### STEP 1

Place chocolate in a mixing bowl and set aside.

### STEP 2

In a medium saucepan combine coconut milk, maple syrup, coconut oil and vanilla and bring to a simmer over medium heat. Transfer mixture to a blender, add cannabis, and puree, on high, until smooth.

### STEP 3

Pour coconut mixture over chocolate and stir until smooth. Evenly divide mixture into the fudge molds and cool to room temperature. Transfer molds to the refrigerator for a minimum of eight hours, remove and serve immediately or transfer to an air-tight container and refrigerate for up to two weeks.

### Chef Jordan Wagman's tip

*Cannabis butter should be melted when adding to the chocolate.*



# Infused chocolate almond bark

It's chocolate and it's infused with cannabis, what could be better?!

 **YIELD**  
4-6 servings

 **DIFFICULTY**  
Easy

 **PREP TIME**  
20 minutes

 **COOK TIME**  
not applicable

**SPECIAL EQUIPMENT:** saucepan, steel bowl, silicone pad or parchment paper lined baking sheet



## INGREDIENTS

- 3 tbsp (45 ml) sliced almonds
- 6 oz (165 g) semi sweet chocolate, cut into small pieces
- 2 tbsp (30 ml) almond butter
- ½ tsp (2 ml) cannabis butter, oil or isolate
- ¼ tsp (1 ml) sea salt

## INSTRUCTIONS

### STEP 1

Warm a saute pan over medium heat. Add almonds and, stirring often, cook until golden brown and aromatic, about five minutes. Transfer to a bowl and set aside to cool.

### STEP 2

Fill a saucepan halfway with water and place the bowl on top to create a bain marie. Add chocolate, almond butter and cannabis and cook until melted, about ten minutes. Using a heat-proof spatula or wooden spoon, stir to combine.

### STEP 3

Transfer chocolate mixture to a lined baking sheet and spread into an even layer, about ⅛ inch thick. Evenly spread toasted almonds onto the chocolate and season with salt.

### STEP 4

Transfer to the refrigerator and cool until firm, about one hour.

### STEP 5

Remove from the refrigerator and enjoy immediately or store in the refrigerator for up to two weeks.

### Chef Jordan Wagman's tip

*Chocolate chips or chunks work perfectly in this recipe. If you're using butter or oil that isn't very strong, you can substitute more cannabis 1:1 for part or all of the almond butter.*



# Infused peanut butter bites

These are so fun and tasty - like frozen Reese's peanut butter cups but better.

 **YIELD**  
16 bites

 **DIFFICULTY**  
Easy

 **PREP TIME**  
2 hours

 **COOK TIME**  
not applicable

**SPECIAL EQUIPMENT:** mini muffin molds, grater

## INGREDIENTS

- ½ cup (125ml) coconut oil, divided (see tips)
- ¾ cup (175 ml) almond flour
- ½ cup (125 ml) peanut butter
- ⅓ cup (75 ml) maple syrup
- ½ tsp (1 ml) cannabis oil (see tips)
- 1 oz (28 g) dark chocolate

### Chef Jordan Wagman's tip

*Aroma-free coconut oil adds incredible mouth feel, replacing butter, in vegan desserts without adding flavor.*

*Cannabis butters, oils and isolates would all work well in this recipe.*

## INSTRUCTIONS

### STEP 1

Melt the coconut oil and place half in a mixing bowl. combine with almond flour and mix well to combine.

### STEP 2

Evenly distribute almond mixture into the molds and, using your fingers or the back of a spoon, flatten the surface. Transfer to the freezer to firm for one hour.

### STEP 3

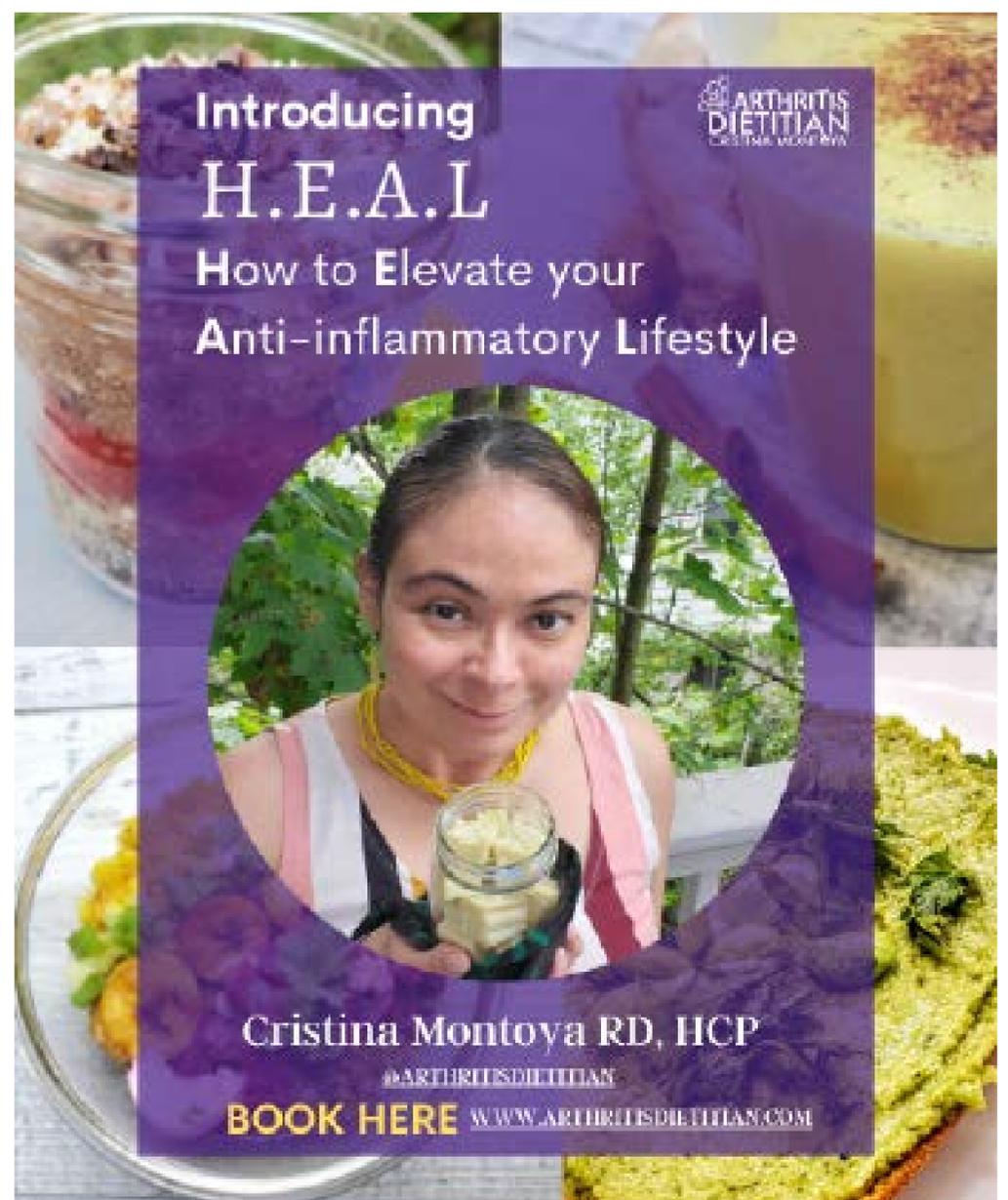
In a blender, combine remaining coconut oil, peanut butter, maple syrup and infused cannabis oil and puree until smooth.

### STEP 4

Remove molds from the freezer and fill each one with peanut butter batter. Using a grater, grate chocolate over top of the bites and transfer back to the freezer for one hour.

### STEP 5

Remove from the freezer and enjoy immediately or remove from molds and transfer to an air-tight container and store frozen for up to one month.



# Limonene-lime curd

This lip-smacking curd is perfect when served cold on a warm summer day. Enjoy it on toast, with granola or toasted nuts and seeds.

 **YIELD**  
1 cup (250 ml)

 **DIFFICULTY**  
Easy

 **PREP TIME**  
10-20 minutes

 **COOK TIME**  
20 minutes

**SPECIAL EQUIPMENT:** saucepan, fine-mesh strainer

## INGREDIENTS

- 12 limes, zested and juiced
- $\frac{3}{4}$  cup (175 ml) coconut or almond milk
- $\frac{1}{2}$  cup (125 ml) monk fruit extract or coconut sugar
- 1 tbsp (15 ml) potato or corn starch
- 1 drop Limonene (see tips)
- 1 drop (natural) food coloring (optional)



## INSTRUCTIONS

### STEP 1

In a saucepan combine lime zest, lime juice, coconut milk, sugar and starch and warm over medium/low heat. Whisking often, cook until mixture is thick, about ten minutes.

### STEP 2

Place the strainer over a bowl.

### STEP 3

Remove mixture from heat and strain, using the back of a spoon to push all of the curd into the bowl. Add terpenes and food coloring and whisk well to combine.

### STEP 4

Cool to room temperature and transfer to the refrigerator for at least eight hours. Remove and enjoy immediately or store in an airtight container in the refrigerator for up to one week.

### Chef Jordan Wagman's tip

*Terpenes are very potent, and can even be irritating to the GI tract if taken in large doses. Always add the smallest amount possible and taste your food and beverage as you go – you can always add more!*

*Can't find limonene? Try any food-grade citrus essential oil instead*

*Natural food coloring is available in health food stores and adds a deep green color to the finished curd. Although this adds a great color, it does nothing for the flavor and is totally optional.*



# Infused raspberry puree

Infused Raspberry Puree is fantastic for breakfast, lunch and dinner applications; served with yogurt in the morning, combined with a vinegar, creating a wonderful salad dressing or for dinner the perfect accompaniment to game meats like duck or as a spread with serve on your cheese board. So many incredible uses!

## INGREDIENTS

- 1-½ cups (375 ml) raspberries
- ¼ cup (60 ml) maple syrup
- ¼ cup (60 ml) water
- 1 tsp (5 ml) cannabis oil or isolate (see tips)

 **YIELD**  
1 cup (250 ml)

 **DIFFICULTY**  
Easy

 **PREP TIME**  
5 minutes

 **COOK TIME**  
20 minutes

**SPECIAL EQUIPMENT:** saucepan, blender, fine-mesh strainer (optional)

## INSTRUCTIONS

### STEP 1

In a saucepan combine raspberries, maple syrup and water and bring to a simmer over medium heat. Reduce heat to low and simmer until raspberries become aromatic, about ten minutes.

### STEP 2

Remove mixture from heat and cool to room temperature.

### STEP 3

Once cooled, transfer raspberry mixture to a blender and add cannabis oil. Puree mixture on high to emulsify and strain through a fine mesh strainer.

### STEP 4

Use immediately or transfer to an airtight container and refrigerate for up to one week.

### Chef Jordan Wagman's tip

*I enjoy using this puree cold, right from the refrigerator. Butter will coagulate in the refrigerator, creating a lumpy texture in the purée, and the cannabis will not be properly emulsified and distributed into the raspberry mixture. Avoid saturated fats (butter and coconut oil) in this recipe and stick to oil that is liquid at room temperature.*

# Cannabis cheesecake

Did you know that cheesecake is not technically even a cake at all? Did you know that it is actually a baked cheese custard served with a crust, and that it is believed to have been served to athletes at the first Olympic games in 776 BC? Did you know that if you google “cheesecake facts” there is way more material out there than you probably imagine?



**YIELD**  
one cheesecake



**DIFFICULTY**  
Medium



**PREP TIME**  
20 minutes



**COOK TIME**  
20-30 minutes

## INGREDIENTS

### Crust Ingredients

- 2 cups (200g) graham cracker crumbs (about 12–14 full sheet graham crackers)
- 1/3 cup (67g) packed light or dark brown sugar
- 4 tablespoons of melted cannabis butter
- 4 tablespoons of melted unsalted butter

### Cheesecake Filling

- 1 and 1/4 cups (300ml) heavy cream or heavy whipping cream
- Three 8-ounce blocks (680g) full-fat cream cheese, softened to room temperature
- 1/2 cup (100g) granulated sugar
- 2 Tablespoons (15g) confectioners' sugar
- 1/4 cup (60g) sour cream, at room temperature
- 2 teaspoons lemon juice



## INSTRUCTIONS

### STEP 1

Start by making the crust. In a bowl, mix the graham cracker crumbs, brown sugar, cannabis butter and butter together and mix well to combine. Pack crust mixture tightly into a 9 or 10 inch springform pan.

### STEP 2

Put the crust into the freezer for 10-20 minutes to firm.

### STEP 3

Whip the heavy cream on medium-high speed for one minute or until stiff peaks are formed. Set aside.

### STEP 4

With the whisk or paddle attachment, beat the cream cheese and granulated sugar together on medium speed until smooth and creamy.

### STEP 5

Add the sour cream, confectioners' sugar, lemon juice, and vanilla extract to the mixture and beat for 2-3 minutes on medium-high speed until smooth and combined.

### STEP 6

Fold the whipped cream into the cheesecake filling slowly until combined.

### STEP 7

Remove crust from the freezer and spread the filling into the crust.

### STEP 8

Cover tightly with plastic wrap or aluminum foil and refrigerate for at least 6-8 hours. For best results, 12 hours or overnight is best.



## Cannabis caramels

Call it care-a-mel, care-mel, or car-mel – the only thing that really matters is if you have a sweet tooth or not. And if you like cannabis, or need a way to dose your medicine – or hand out bite size edibles to your friends in the parking lot before the next PTA meeting, then you really can't go wrong with a batch of cannabis caramels.



**YIELD**  
80 caramels



**DIFFICULTY**  
Difficult



**PREP TIME**  
10 minutes



**COOK TIME**  
1 hour

### INGREDIENTS

- 1 cup cannabis butter (2 sticks)
- 4 cups granulated sugar
- 2 cups light corn syrup
- 24 ounces evaporated milk (2 cans)
- 1 teaspoon vanilla extract

### INSTRUCTIONS

#### STEP 1

Line a 9×13" inch pan with parchment paper and set aside.

#### STEP 2

Take a heavy-bottom saucepan and add the butter, sugar, and corn syrup and set on medium heat. Stir on medium until sugar is melted and the mixture comes to 245F, around 5-10 minutes.

#### STEP 3

This part can be tricky – gradually add in the evaporated milk and vanilla, taking about 12-15 minutes per can, stirring constantly. The trick is to make sure the mixture stays at a constant boil so that the caramels don't curdle.

#### STEP 4

Stir constantly until the mix reaches a "firm ball stage" – about 240-245 degrees Fahrenheit on a candy thermometer, and then remove from heat.

#### STEP 5

Pour the caramel into the prepared pan and refrigerate it until cooled and hardened. This should take at least several hours.

#### STEP 6

Remove from the refrigerator and at room temperature, cut the caramels into small pieces. You can then wrap them individually with wax paper if you want.

# Cannabis cake

Long before precision-made THC gummies and artisan weed chocolates became household names with cannabis fans, the world of edibles was dominated by pot brownies and the iconic, astronomic, spacecake. But if you've ever sat in an Amsterdam coffeeshop and tried to wash down one of those pre-wrapped space cakes/bricks of unclear origin, you might wonder, why bother? The good news is that baking a cake – including one that will get you baked – is really easy and the end result is almost guaranteed to be better than those store bought lumps of baked dough.

 **YIELD**  
one 8-inch two-layer cake

 **DIFFICULTY**  
Easy

 **PREP TIME**  
40 minutes

 **COOK TIME**  
2 hours, 15 minutes

## INGREDIENTS

- 1 1/2 cups unsweetened cocoa powder, plus a small amount for dusting
- 1 1/2 teaspoons salt
- 3 cups all-purpose flour
- 1 tablespoon baking soda
- 1/4 cup cannabis-infused vegetable oil
- 1/2 cup vegetable oil
- 1 1/2 cups buttermilk
- 3 cups sugar
- 1 1/2 teaspoons vanilla extract
- 1 1/2 teaspoons baking powder
- 3 large eggs, lightly beaten
- 1 1/2 cups hot water

## INSTRUCTIONS

### STEP 1

Preheat the oven to 350°F (175°C) and liberally grease two 8 inch cake pans with butter. Line the bottoms with parchment paper and butter paper and dust with cocoa.

### STEP 2

In one bowl, sift the cocoa, flour, baking soda, baking powder, salt, and sugar. Using a mixer set to low speed, beat in the oil, buttermilk, vanilla, eggs, and hot water. Beat for about two minutes or until smooth.

### STEP 3

Pour the batter into the pans and bake for 45-55 minutes or until a toothpick inserted into the middle of the pans comes out clean.

### STEP 4

Remove the cakes from the oven and let them cool on wire racks. After about 20-30 minutes, flip the pans over to remove the cakes, and then let them cool top side up. Gently slice off the top of one of the cakes.

### STEP 5

This step is a bit of a crossroads. You can use a frosting recipe of your choice to ice both of the cakes and stack them, or go in a totally different direction: Take the un-iced chocolate cakes and eat them as is or with some whipped cream or hot fudge topping, or just take a gigantic chunk and plop it into a bowl with a big scoop of ice cream.



# Cannabis-infused chocolates

Cannabis-infused chocolates are one of the simplest recipes to learn if you have cannabutter on hand. For this recipe you'll need a few special items on hand such as candy molds and a double broiler. Of course, you can easily substitute the cannabutter for CBD butter in this recipe.



**DIFFICULTY**  
Easy



**PREP TIME**  
40 minutes



**COOK TIME**  
2 hour, 15 minutes

## INGREDIENTS

- 1/3 cup cannabutter (at room temperature)
- 4 cups melting chocolate
- Double broiler
- Candy molds

## INSTRUCTIONS

### STEP 1

Add water to your double boiler over high heat. Once water is at a boil, turn to low heat.

### STEP 2

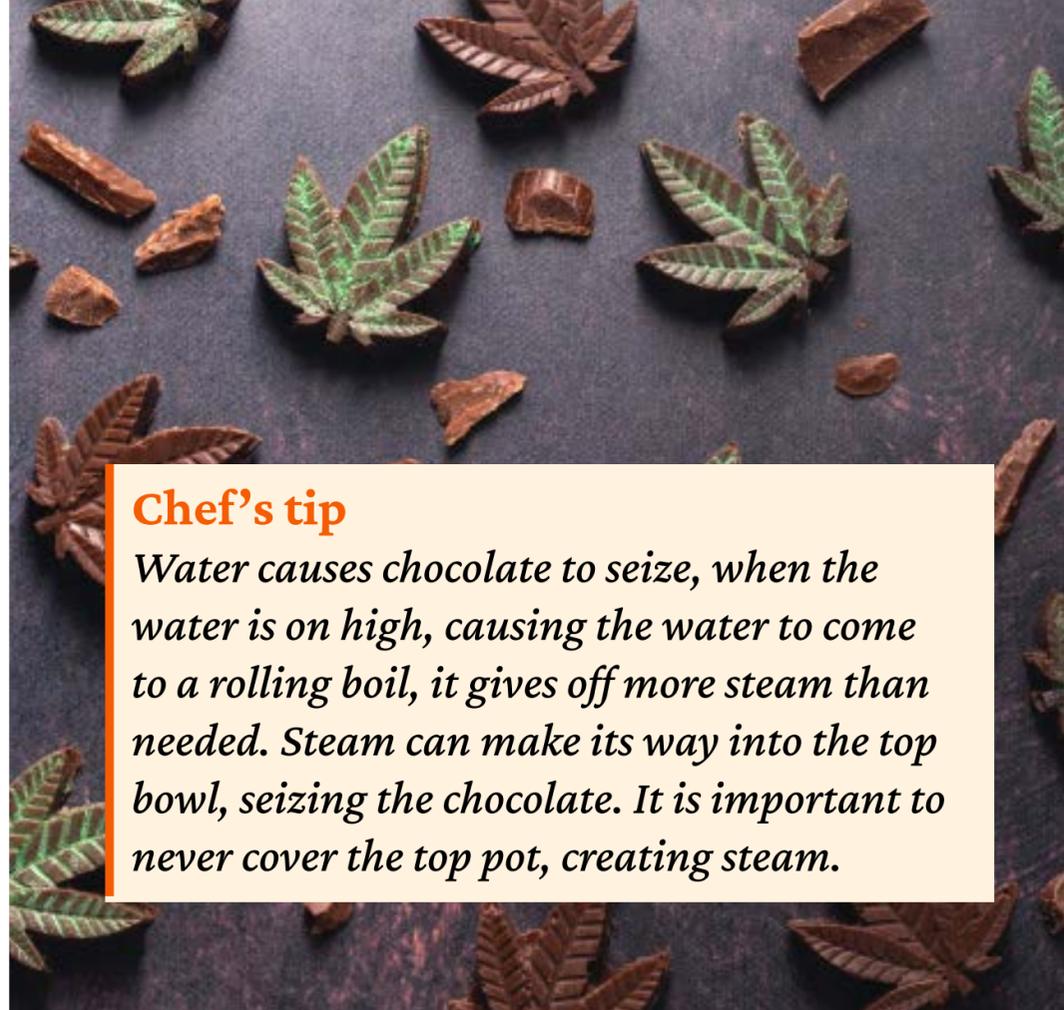
In the bowl combine chocolate and cannabutter and melt chocolate completely.

### STEP 3

Once melted, stir to combine and pour into your candy molds.

### STEP 4

Refrigerate until the chocolates are hardened. Once ready, remove the chocolates from the molds, and store in the refrigerator in an air-tight container.



### Chef's tip

Water causes chocolate to seize, when the water is on high, causing the water to come to a rolling boil, it gives off more steam than needed. Steam can make its way into the top bowl, seizing the chocolate. It is important to never cover the top pot, creating steam.

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# CBD banana pudding

This recipe was republished with permission from Jamie Hall's book, "Alternative Alchemy: Recipes & Mindful Baking with CBD, Herbs, and Adaptogens."

 **YIELD**  
9 individual portions

 **DIFFICULTY**  
Medium



## INGREDIENTS

- 1/2 cup (100 g) cultured vegan butter
- 2 cups (170 g) almond flour
- 1/4 cup (35 g) coconut sugar
- 2 tablespoons maple syrup
- 1 teaspoon pure vanilla extract
- 1 teaspoon almond extract
- 2 cups (300 g) raw cashews
- 12 ripe bananas
- 1 lemon, zested and juiced
- 3 tablespoons maple syrup
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon sea salt
- 135 milligrams CBD oil
- 2 bananas, thinly sliced for topping
- Preheat the oven to 350° F (180° C). Line a baking sheet with parchment paper.

## INSTRUCTIONS

- STEP 1**  
In a saucepan over medium heat, brown the cultured vegan butter; remove from the heat.
- STEP 2**  
In a large mixing bowl, loosely combine the melted butter, almond flour, coconut sugar, maple syrup, vanilla, and almond extract.
- STEP 3**  
Using clean hands, turn out the dough onto the parchment-lined baking sheet and flatten it with your hands into a rustic, flat shape. (You'll break it apart later so don't fret about how it looks).
- STEP 4**  
Bake for 12 minutes, until it browns at the edges and holds firm, and allow the crust to cool.
- STEP 5**  
In a high-speed blender, blend the cashews with the bananas, lemon juice and zest, maple syrup, vanilla, salt, and CBD oil. Blend on high for 2 minutes, then scrape down the sides and blend for 30 seconds more.
- STEP 6**  
Using your hands, crumble up the cooled cookie and start layering the pudding into 9 small glass cups or bowls.
- STEP 7**  
Start with a layer of the cookie crust. Top with some banana slices, followed by pudding.
- STEP 8**  
Smooth with a spoon before adding another layer of cookie crust followed by more banana (the banana is more to provide texture than for looks, it can be scant or randomly placed) and pudding and then finish off each individual parfait with more cookie crust on top.
- STEP 9**  
Enjoy immediately.



# Weed Rice Krispies treats

What if you took one of the few breakfast cereals that doesn't have a metric ton of sugar per box and loaded it up with butter and marshmallows? Like candy apples or smores, the humble Rice Krispies treat is an iconic snack food and a microcosm of what makes so much about munching out in America great. Simply take an innocent cereal, cracker, or fruit, and fry it, or encase it in caramel, marshmallows, or whatever your heart desires.

*We've modified Kellogg's original extremely simple three-ingredient recipe.*

 **YIELD**  
12 servings

 **DIFFICULTY**  
Easy

 **PREP TIME**  
10 minutes

 **COOK TIME**  
20 minutes

## INGREDIENTS

- 3 tablespoons cannabutter (or substitute an equal amount of cannabis oil)
- 1 10-ounce package of marshmallows (or 4 cups of miniature marshmallows)
- 6 cups Kellogg's Rice Krispies cereal

## INSTRUCTIONS

### STEP 1

In a large saucepan, melt the butter on low heat. Stir in the marshmallows and keep on heat, stirring until the mixture is melted.

### STEP 2

Remove from heat and add in the Rice Krispies cereal, stirring well until it's evenly coated. This step is important to evenly distribute the cannabis to get as consistent doses as possible.

### STEP 3

Press the mixture into a 13 x 9 x 2 inch pan coated with cooking spray. Cut into 2 inch squares and try not to eat all of them right away.

Start with a layer of the cookie crust. Top with some banana slices, followed by pudding.

# Cannabis gummies

This is the most popular recipe on The Cannigma website - and it's easy to see why. Weed gummies are fun to make, look great and offer bite-sized edible portions that are easy to regulate. There are also plenty of different ways you can personalize this recipe by switching up the colors, shapes and sizes.

To an unsuspecting child they'll look and taste more or less just like regular gummy bears, so be sure to keep your gummies safely sealed, clearly labeled, and stashed away from any little ones.



## Chef's tip

*When preparing the gummies, it's important to get the quantities just right and keep stirring in order to get the right consistency and even distribution of the cannabis.*



### YIELD

A few dozen gummies, depending on the size of your mold



### DIFFICULTY

Medium



### PREP TIME

30 minutes



### COOK TIME

45 minutes

## INGREDIENTS

- ½ cup cannabis-infused coconut oil
- ½ cup cold water
- 85g packet of flavored gelatine (this is the standard size small box of Jell-o)
- 2 tablespoons unflavored gelatine
- ½ teaspoon sunflower or soy lecithin

## INSTRUCTIONS

### STEP 1

Add the water, cannabis-infused coconut oil, and sunflower/soy lecithin to a pot and place on the stove on low heat.

### STEP 2

Stir until the oil is completely melted and the mixture has a consistent texture. Add in the flavored and unflavored gelatine, stirring constantly.

### STEP 3

Keep on low heat for 10-15 until the gelatine is

dissolved, making sure to constantly whisk the mixture and make sure it does not come to a boil.

### STEP 4

Use a dropper to fill the gummy molds one by one, quickly so that the liquid doesn't cool and begin to separate. Double back and stir the the mixture frequently so it doesn't harden.

### STEP 5

Once the mold is full, put the gummies in the freezer for 20-25 minutes. Store in the refrigerator.

# CBD-infused hemp energy bites

By Arthritis Dietitian



**YIELD**

16 energy bites \* 12.5 mg CBD per bite



**DIFFICULTY**

Easy

## INGREDIENTS

- 1 cup gluten-free certified oats
- 2/3 cup shredded coconut, divided
- 1/2 cup smooth peanut butter or preferred nut butter
- 1/2 cup hemp hearts
- 1/3 cup maple syrup or honey
- 1/2 cup semi-sweet chocolate chips (or vegan alternative)
- 1 teaspoon vanilla extract
- 4 mL CBD oil (50 mg per mL) \*

## INSTRUCTIONS

### STEP 1

In a small saucepan over medium heat, roast shredded coconut until it turns brown (optional).

### STEP 2

In a medium mixing bowl, mix oats, half of the shredded coconut, peanut butter, hemp hearts, maple syrup, chocolate chips and vanilla extract, until well combined.

### STEP 3

Chill the mixture in the fridge for 1-2 hours.

### STEP 4

Roll into balls of about 1-inch. Roll the balls onto the remaining roasted shredded coconut and press lightly until completely covered.



### Chef's tip

*Store energy bites in an airtight container in the fridge for up to 2 weeks or keep in the freezer for up to 3 months.*

*Elevate hemp hearts' nutty flavor by placing them on a skillet over medium heat and spreading hemp hearts evenly in the pan. Allow hemp hearts to brown for 2-3 minutes, stirring occasionally.*

*Use high-quality CBD oil.*

## 04 SAVORY

# Cannabis-infused savory specials

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No one says you need to wait till the end of your meal to start the fun. With these cannabis-infused savory specials you can get the party started from the first bite.

Proving how versatile edibles can be, with these recipes you can turn some of your favorite staples into a special treat you won't forget. Once you've got the basics down you can adapt these into your regular meals and take them to the next level.



# Infused basil pesto

This recipe should be a staple in your kitchen when creating infused experiences; toss pesto onto steamed carrots, use as a sauce for pasta, add to yogurt to create an amazing dip for crudite or coat Roasted Cauliflower, pictured here. No matter how you choose to use it, Infused Pesto will add a huge pop of flavor to each and every dish.

 **YIELD**  
Approximately 1 1/4 cup (300 ml)

 **DIFFICULTY**  
Easy

 **PREP TIME**  
10 minutes

 **COOK TIME**  
not applicable

## INGREDIENTS

- 1 tsp (5 ml) sea salt
- 1 cup (250 ml) fresh basil leaves, packed
- 2 green onions
- 2 cloves fresh garlic
- 1/4 cup toasted pumpkin seeds
- 3/4 cup (175 ml) olive oil
- 1 tbsp (15 ml) nutritional yeast
- 1 tsp (5 ml) cannabis oil
- 1/2 tsp (2 ml) freshly ground black pepper

## INSTRUCTIONS

### STEP 1

Fill a small saucepan with water and half of the sea salt and bring to a boil over medium heat. Add basil and blanch until bright green, about ten seconds. Remove from heat and cool in ice water. Once cooled, remove and dry thoroughly.

### STEP 2

In a blender or food processor combine cooled basil, remaining salt, green onions, garlic, pumpkin seeds, olive oil, yeast, cannabis and pepper and pulse until smooth. Remove from the blender and use immediately or transfer to an air-tight container and store in the refrigerator for up to two weeks.

### Chef Jordan Wagman's tip

*Cilantro replaces basil well in this recipe.*





### Chef Jordan Wagman's tip

*Canned tomatoes, chopped tomatoes and any other tomato would substitute well in this recipe. Cooking times may vary.*

# Infused tomato ketchup

This smokey, cannabis infused ketchup is perfectly served alongside frites (pictures here), roasted vegetables, meat and all of your favorite places to use ketchup.

 **YIELD**  
2 cups (500 ml)

 **DIFFICULTY**  
Easy

 **PREP TIME**  
10 minutes

 **COOK TIME**  
20 minutes

**SPECIAL EQUIPMENT:** blender, saucepan with tight-fitting lid

## INGREDIENTS

- ½ tsp (2.5 ml) smoked paprika
- 2 cups (500 ml) cherry tomatoes
- 1 cup (250 ml) water
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 ml) maple syrup
- ½ tsp (2.5 ml) salt
- 1 tbsp (15 ml) coconut or apple cider vinegar
- 1 tsp (5 mL) cannabis oil, butter or isolate

## INSTRUCTIONS

### STEP 1

Warm a medium saucepan over low heat. Add paprika and, stirring constantly, cook until aromatic, about 30 seconds.

### STEP 2

To the pan add tomatoes, water, olive oil, maple syrup and salt and bring mixture to a simmer. Cover and continue simmering until tomato skins split, about 10-15 minutes. Remove from heat and transfer to a bowl to cool.

### STEP 2

Once cooled, transfer mixture to a blender and add vinegar and cannabis. Puree mixture until smooth. Serve immediately or transfer to an air-tight container and store in the refrigerator for up to one week.



## Infused sriracha mayonnaise

This all-purpose sauce can be served alongside everything from French fries to sushi and Shrimp and Kimchi Fried Quinoa (pictured here), use it everywhere you'd use your favorite hot sauce.

 **YIELD**  
2 cups (500 ml)

 **DIFFICULTY**  
Easy

 **PREP TIME**  
10 minutes

 **COOK TIME**  
not applicable

### INGREDIENTS

- 1 cup (125 ml) mayonnaise (see tips)
- 1 cup (125 ml) Sriracha Sauce
- 2 tsp (10 ml) fresh lime juice
- 1 tsp (5 ml) cannabis distillate (see tips)
- ¼ tsp (1 ml) salt

### INSTRUCTIONS

#### STEP 1

In a blender combine mayonnaise, Sriracha, lime juice, cannabis and salt and puree until smooth.

#### STEP 2

Remove mixture from the blender and use immediately or transfer to an air-tight container and refrigerate for up to two weeks.

#### Chef Jordan Wagman's tip

*Vegan mayonnaise substitutes well in this recipe.*

*Increasing the amount of cannabis distillate can alter the flavor of the sauce, increasing the potency of your cannabis is your best bet!*

# Infused mustard vinaigrette

This all-purpose sauce can be served alongside everything from French fries to sushi and Shrimp and Kimchi Fried Quinoa (pictured here), use it everywhere you'd use your favorite hot sauce.



**YIELD**  
1 cup (250 ml)



**DIFFICULTY**  
Easy



**PREP TIME**  
10 minutes



**COOK TIME**  
not applicable

**SPECIAL EQUIPMENT:** bowl, whisk



## INGREDIENTS

- ¼ cup (60 ml) Dijon mustard
- 3 tbsp (45 mL) coconut or apple cider vinegar
- 1 tbsp (15 ml) Tamari or soy sauce
- 1 tsp (5 ml) freshly ground black pepper
- 1 clove garlic, minced
- ½ tsp (2.5 ml) cannabis oil
- ⅓ cup (75 ml) olive oil

## INSTRUCTIONS

### STEP 1

In a mixing bowl combine mustard, vinegar, tamari, pepper, garlic and cannabis oil and, using a whisk, combine until smooth. Slowly add olive oil while whisking until fully incorporated and mixture is emulsified (see tips).

### STEP 2

Serve immediately or transfer to an airtight container and refrigerate for up to two weeks.

### Chef Jordan Wagman's tip

*Using a blender is needed to make the emulsification process much easier in most recipes; high speed blending is not necessary in this recipe because mustard serves as a natural emulsifier.*

# Cannabis bread

Baking bread is an almost primordial human endeavor, a way of making a timeless human staple from the barest of essentials – and posting the whole process on Instagram. But what if you combined it with another global feature of humanity – getting high and watching the rest of the day stroll by? Enter cannabis bread.

**YIELD**

1 medium loaf (15 servings)

**DIFFICULTY**

Medium

**PREP TIME**

15 minutes

**COOK TIME**

40 minutes



## INGREDIENTS

- ½ cup warm water (110 degrees F/45 degrees C)
- 2 ¼ teaspoons active dry yeast
- 1 teaspoon white sugar
- 1 teaspoon salt
- 4 tablespoons cannabis-infused olive oil
- 2 ½ cups all-purpose flour

## INSTRUCTIONS

### STEP 1

Mix together the warm water, yeast, sugar, salt, and cannabis oil in a large bowl.

### STEP 2

Stir in two cups of the flour and make into a soft ball, kneading in additional flour to make the dough soft and not sticky.

### STEP 3

Place dough into a greased, medium-size bowl, cover and let rise until it has doubled in size.

### STEP 4

After the dough has doubled in size, punch it down and form it into a ball or loaf shape. Place it onto a greased cookie sheet and let it rise for 15 to 20 minutes.

### STEP 5

Bake at 375 degrees F (190 degrees C) for 30 to 40 minutes, until golden brown.

Let the bread cool and it's ready to serve.

# Cannabis Flour aka CannafLOUR

*There's no loss since you're skipping the infusion step and you're eating all of the available cannabinoids in the weed itself! It's just hidden decoratively, in plain sight, throughout the meal.*

## INGREDIENTS

- 1 – 5 grams of Ardent-activated (aka decarboxylated) ground cannabis flower
- 1 cup flour (can be whole wheat, bread flour, almond flour, or all-purpose flour)

## INSTRUCTIONS

### Step 1:

Decarb your plant material in the Ardent Nova or FX. On the Nova, use the single button interface and allow it to run for a full cycle. In the FX, use the A1 setting to activate material packed with THC or CBG. Use the A2 setting to activate material packed with CBD.

### Step 2:

Remove the activated material from the Nova or FX device once the cycle is over, and grind it up finely.

### Step 3:

In the Ardent Vessel, or an air-tight mason jar, add 1 cup of flour.

### Step 4:

Pour your ground-up material, sans any stems, into the flour.

### Step 5:

Close the lid tightly and shake. Use in place of 1 standard cup of flour in any recipe and enjoy!



*This uses the instant edible method to make an infused, pre-measured ingredient that can be added to all types of baked goods including cookies, cakes, bread, and more.*





# Cannabis baked feta pasta

This recipe is extremely easy, only a few ingredients, nothing hard to pronounce, it's all basically made in one pot, and no matter how it actually turns out, you have taken part in the cultural zeitgeist and are now whole again. Also, the effort-impact matrix on this one means you really can't go wrong.

 **YIELD**  
6 servings

 **DIFFICULTY**  
Easy

 **PREP TIME**  
5 minutes

 **COOK TIME**  
35 minutes

## INGREDIENTS

- 8 ounces of cooked pasta
- 2 pints cherry tomatoes
- 8-ounce block of feta cheese
- ½ cannabis-infused olive oil (you can also do half infused, half “regular” olive oil)
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 2 garlic cloves, minced
- ¼ cup chopped fresh basil

## INSTRUCTIONS

### STEP 1

Preheat the oven to 400°F (204°C) and put the tomatoes in an oven-safe dish. Cover the tomatoes in olive oil and season with salt and pepper.

### STEP 2

Put the feta in the middle of the pan and make sure it's well-coated with olive oil.

### STEP 3

Bake for 35 minutes, until you see the tomatoes burst and the cheese melt.

### STEP 4

Add garlic and basil leaves to the tomatoes and feta cheese and mix. Then add the pasta to the baking dish and toss until everything is combined.

### STEP 5

Serve while still warm.



# Weed pizza

If the world's most ardent cannabis fans decided to establish a breakaway republic, it's a pretty safe bet what their national dish would be — pizza. New York style, Chicago style, Detroit style, the one with the pineapples and canadian bacon, or just “whatever is available,” pizza is the perfect stoned meal. It fits easily in your hand, it's salty, cheesy, and filling, and like cannabis (or sex), even when it's bad it's usually still pretty good.

*This recipe is modified from the New York Times pizza dough recipe.*

 **YIELD**  
1 medium pizza

 **DIFFICULTY**  
Medium

## INGREDIENTS

- 2 teaspoons dry active yeast
- 4 ½ cups all-purpose flour, plus extra for dusting on the counter
- 2 teaspoon kosher salt
- 2 tablespoons cannabis-infused olive oil

## INSTRUCTIONS

### STEP 1

Place 1 ¾ cups of lukewarm water in a mixing bowl and sprinkle the yeast over the water. Let the yeast dissolve in the water, which should take about two minutes.

### STEP 2

Add flour, salt, and infused olive oil and mix for about five minutes until the flour is incorporated and the dough is formed.

### STEP 3

Dust your countertop with some flour and knead the dough lightly for about 3-4 minutes until it looks smooth and then cut it into four equal pieces.

### STEP 4

Wrap both of the dough pieces in plastic bags and refrigerate for several hours or overnight.

### STEP 5

Take the dough pieces and form them into smooth, firm balls on a flour-dusted or parchment paper-lined baking sheet. Cover with plastic wrap and a kitchen towel and let rise in a warm spot for about 30 minutes. Each dough ball should rise and double in size.



### STEP 6

Now that your dough balls are ready, roll each one out to about 10 inches in diameter and about ½ inch thick.

### STEP 7

Make sure not to work the dough too hard. Prepare whatever toppings, sauce, and cheese you want to use.

### STEP 8

About one-third to one-half of a cup of tomato sauce and the same amount of cheese should be enough to cover one pizza — but you're an adult, you can put on as much cheese as you want!

### STEP 9

If you have a pizza stone, place it on a rack in the lower half of the oven. Preheat the oven to 475°F (245°C) and bake the pizza for about 10-15 minutes, keeping a close eye on things so that the crust doesn't overcook.



## Cannabis bee pollen capsules

In this recipe we will explore using pure grain alcohol to extract the cannabinoids to infuse the Bee pollen with THC, CBD, and other important cannabinoids.

*This is a Cannacook recipe, republished here with permission.*

 **YIELD**  
½ cup of bee pollen

 **DIFFICULTY**  
Easy

 **PREP TIME**  
10 minutes

 **COOK TIME**  
20 minutes

### INGREDIENTS

- Pure grain alcohol (or Everclear)
- ½ cup of bee pollen
- Vegetable capsules
- Strainer & cheesecloth
- 3g decarboxylated cannabis (you can adjust this to achieve higher or lower potency)

### INSTRUCTIONS

#### STEP 1

Grind up your cannabis and put it in a mason jar with ½ cup of pure grain alcohol. Let soak for 4-6 hours.

#### STEP 2

Strain out cannabis from the alcohol with a cheesecloth. Throw away soaked cannabis.

#### STEP 3

Add ½ of bee pollen to a mason jar and pour cannabis-infused alcohol into a mason jar with bee pollen and let soak for 30 to 45 minutes.

#### STEP 4

Using a metal strainer, separate alcohol from bee pollen. Used PGA can be reused next time you infuse bee pollen. Store in a mason jar.

#### STEP 5

Spread out bee pollen over a baking sheet and allow to dry.

#### STEP 6

Cap dry and infused bee pollen with vegetable capsules or enjoy however you ingest your bee pollen.

# Weez-Its — Cannabis Cheez-Its

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Everyone has their favorite cracker, snack food, or relative, but there are few who can resist Cheez-Its. These rectangular, baked cheese crackers are savory, perfectly crunchy, and deliver providence on a surface not much larger than a postage stamp.

 **YIELD**  
4 cups Cheez-Its

 **DIFFICULTY**  
Easy

 **PREP TIME**  
10 minutes

 **COOK TIME**  
25 minutes

## INGREDIENTS

- 4 cups of Cheez-Its
- Aluminum foil
- ½ cup cannabis oil
- Baking pan

## INSTRUCTIONS

### STEP 1

Preheat the oven to 250°F (120°C).

### STEP 2

Pour the Cheez-Its into a large bowl, pour the oil over them, and toss them gently making sure every Cheez-It gets a good coating of oil.

### STEP 3

Spread the Cheez-Its evenly on a baking sheet covered in foil and bake in the oven for 25 minutes or until they are lightly toasted and the oil has been absorbed by the crackers.

### STEP 4

Let cool for at least 15 minutes before serving.

