



10 Delicious Cannabis Recipes

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Recipe Cards: Ten Delicious Cannabis Recipes

Cannabis Smoothie



Strength: Non-intoxicating

Servings: 2

Want to juice cannabis for maximum health? This won't get you high, but you'll get the medical benefits of raw cannabis.

1 cup fresh cannabis leaves
1 c water
2 celery stalks
½ grapefruit, peeled
½ c pineapple
½ large avocado

1 c spinach
¼ c fresh mint leaves
1 orange, peeled
½ c strawberries



Add the cannabis leaves and water to the blender and mix on high for one minute. Strain the fiber out of the juice and return it to the blender. Add spinach, mint, and celery to the blender and puree until smooth. Add all fruit (yes, avocado is a fruit) and blend until smooth.

Cannabis-Infused Bulletproof Coffee



Strength: You decide!

Servings: 1

Want to elevate your morning routine? Make this coffee with your choice of infused cannabis oil for customized potency.

2 cups of freshly brewed black coffee
2 tbsp of butter
1 to 3 ml cannabis of hemp-infused oil



Pre-heat your blender with hot water, then dump it out. This keeps your coffee from cooling off too much. Brew the coffee and add to the blender. Add the butter and enough infused oil to give you the desired effect. Homemade oils usually contain between 4 and 17 mg of THC or CBD per ml. If you're using a commercial oil, refer to the packaging for potency information and use that to measure out the right dose. Blend the mixture until it's frothy and has a latte-like head.



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Choose-A-Strength Banana Muffins



Strength: Depends on how much oil you add
Servings: 12 muffins

Use this recipe to bake infused and regular muffins at the same time!

1¾ c flour	⅔ c sugar
2 tsp baking powder	½ tsp baking soda
¼ tsp salt	⅓ c softened butter
2 tbsp milk	2 eggs
Cannabis-infused oil	Colored sugar



Preheat oven to 350°F. In a large bowl, combine 1 cup of the flour, sugar, baking powder, baking soda, and salt. Add mashed banana, butter, and milk. Beat with electric mixer on low until blended, then on high for 2 minutes. Add eggs and remaining flour. Beat until blended. Pour batter into 12 greased muffin cups. Add 1 to 3 ml of cannabis-infused oil to each muffin that you want to infuse. Blend in oil with a toothpick. Sprinkle colored sugar on infused muffins. Bake 25 to 30 minutes, or until toothpick inserted near center comes out clean. Cool for 10 minutes.

One-Bowl Hash Brownies



Strength: 12 to 20 mg per brownie
Servings: 32

The chocolate in this fudgy brownie blends perfectly with the hash to create a delectable flavor profile.

4 oz chocolate	1 gm hash
¾ c butter	2 c sugar
3 eggs	2 tsp vanilla
1 c flour	



Preheat oven to 350°F. Microwave butter 30-45 seconds until melted. Add hash to melted butter. Mash with fork until thoroughly combined. Stir in sugar. Beat in vanilla and eggs, one at a time. Stir in flour. Spread batter into buttered 9 x 13" pan. Bake for 30-35 minutes until toothpick inserted near center comes out with fudgy crumbs. Chill in refrigerator overnight. Remove from the refrigerator and cut into 32 equal pieces. To determine the dose, divide the mg of hash by 32. For example, if the hash has 640 mg of THC, each brownie should contain around 20 mg of THC.



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Canna-Chocolate Chip Cookies



Strength: 1 gm of butter per cookie
Servings: 60

Try this twist on a traditional favorite!

2¼ c flour	1 tsp baking soda
1 tsp salt	¼ c infused butter
¾ c regular butter	¾ c sugar
¾ c brown sugar	1 tsp vanilla
2 eggs	2 c chocolate chips



Preheat oven to 350°F. Combine dry ingredients in a bowl. Beat butters, sugars, and vanilla until creamy. Add eggs one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in chocolate chips. Drop batter evenly onto cookie sheet lined with parchment paper. Bake 8 to 10 minutes, or until cookies are firm. Cool for two minutes, then move to wire racks. Makes 60 cookies, each weighing around 20 to 25 gm. Each cookie contains around 1 ml of infused oil and will be as potent as 1 ml of the oil you used in the recipe.

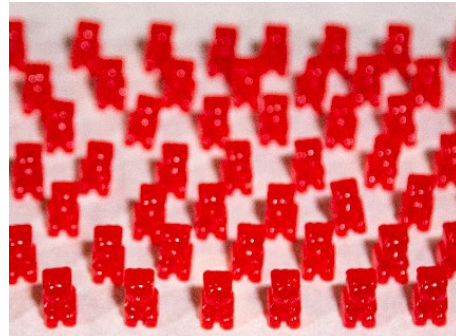
Cannabis-Infused Gummy Bears



Strength: 7 to 10 mg per gummy
Servings: 90 to 100

Use this recipe to create your own version of these potent, portable, discreet snacks.

1 gm cannabis extract	2 ml high-proof alcohol
3 oz flavored gelatin	¼ tsp citric acid
¼ c corn syrup	⅓ c water
7.2 gm unflavored gelatin	
Small silicon gummy bear molds (100 bears)	



Dissolve extract in warm alcohol. Combine dry ingredients in microwave-safe bowl. Gently stir in corn syrup and water. Let rest for 5 minutes, then microwave for 30 seconds. Add dissolved extract/alcohol. Microwave 2 minutes, stirring gently every 15 seconds. Cool for 15 minutes, stirring every few minutes. Spray molds lightly with non-stick cooking spray. Carefully pour syrup into molds. Cool in refrigerator for an hour. Pop bears out of molds and let them dehydrate at room temperature up to 3 days. Divide number of bears by total mg to get mg per bear.



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Green Dragon Cake



Strength: Strong to Mind-Blasting

Servings: 24

To cut the potency in half, replace the Liqueur in the batter with one cup of water.

- 18.25 oz pkg yellow cake mix
- 3.5 oz pkg instant vanilla pudding mix
- 2 c Green Dragon Liqueur
- 4 eggs
- ½ c vegetable oil
- ½ c chopped pecans



Preheat oven to 325°F. Grease & flour 10-inch tube pan. Combine cake & pudding mixes. In another bowl, beat eggs, water, oil, & one cup of the Liqueur. Add cake/pudding mixture & beat until well mixed. Spread pecans evenly over bottom of pan. Pour batter on top. Bake 60 minutes or until toothpick inserted in center comes out clean. Cool in pan for 5 minutes. Turn cake onto serving dish, pecan side up. Poke holes in top of cake and spoon Liqueur over it. Each piece of cake will contain around 5 ml of cannabis tincture.

Green Dragon Liqueur: Combine ½ cup cannabis alcohol tincture, ½ cup simple syrup, & 1 cup water. Stir over low heat until uniform.

Cannabis Everyday Salad Dressing



Strength: 1 gm oil per 1-tbsp serving

Servings: 12

Looking for something easy that you can use every day? This dressing tastes good on salads and other savory foods.

- 1 tsp Dijon mustard, smooth or grainy style
- 1 tsp herb de Provence
- 2 tbsp white wine vinegar
- 12 ml cannabis-infused olive oil



Whisk mustard and herb into vinegar. Add the regular and infused olive oils in a thin stream, whisking constantly until oil is emulsified.



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Vegan Canna Chili



Strength: 1 ml oil in each 1-cup serving

Servings: 15

2 tbsp olive oil 3 cloves garlic, minced
1 c chopped onion 1 c chopped carrots
2 c chopped red and green bell pepper
2 tbsp chili powder
1½ c chopped mushrooms
1 (28-ounce) can whole peeled chopped tomatoes with liquid
1 (15-ounce) can black beans, undrained
1 (15-ounce) can kidney beans, undrained
1 (15-ounce) can pinto beans, undrained
Cumin, oregano, and basil to taste
1 tbsp cannabis-infused oil



Cook and stir garlic, onion, and carrots in oil over medium heat until tender. Add peppers. Season with chili powder. Cook 5 minutes until peppers are tender. Add mushrooms and canned vegetables. Season to taste. Bring to a boil. Reduce heat to medium, stir in cannabis oil, cover, and cook 20 minutes, stirring occasionally.

CBD Body Balm



Strength: Non-intoxicating

Servings: Makes approximately 1 oz of balm

Do you want to make your own CBD topical? This infused balm is easy to make and spreads easily over skin.

4 ml CBD-infused oil
20 ml cocoa butter
2 ml essential oil
Wide-mouth jar



Melt the cocoa butter and add the infused oil and essential oil. Pour the mixture into the wide-mouth jar, cover the jar, and refrigerate until hard. The balm can be stored at room temperature. It will melt at around 82°F.