



Marijuana Cookbook



Cannabis Cooking For Comfort

Cultured Knowledge for Your Life, Health, and Business Success

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FOOD MANAGEMENT

This cookbook will provide you with important tips for daily management of food. We would like you to consider any diet for good health a marathon and not a sprint. Dietary management is not difficult, but moderation is important. Let us assist in providing several meal plans for you to individualize and hope that one allows you to discover great food dishes that are medicated. These suggestions are ones that we hope help make small changes that can be sustained over a lifetime.

We are going to stress that you continue to eat varied foods and as always check with your care providers before making any changes. The information provided here is for educational purposes only. In no way should it be considered as medical advice.

Having any chronic condition can make patients aware of new healthier meal plans. That is our goal with this course for you.

WHAT IS YOUR FOOD SAFETY IQ?

Label Language

What are the guides for food dates?

Sell by date: These dates are used by manufactures to remind grocers when to remove products from shelves.

Pack date: This is a code on cans and boxed foods indicating when the product was packed. It can be hard to decipher, but you can usually at least pick out a year.

Expires by or Expiration date: Past this date is when you should throw the product out period!

Best if used by or use by date: This date refers to the flavor or quality, not food safety. If it is past that date, the taste and nutrient content may have diminished, but it may still be edible.

Ingredients may be changed by the manufacture, so always read the labels even if it is something you purchase regularly.

High-Altitude Baking

5,000 to 7,000 feet

Living at a higher altitude you know that baking, cooking and frying requires some adjustment of ingredients to get proper “rise” from them. Water boils at a lower temperature the higher you go; foods cooked in water have to be cooked substantially longer to get them done.

- 212° at Sea Level
- 203° at 5,000 feet
- 198° at 7,500 feet

The air pressure decreases as the elevation increases, making it harder to breathe. Foods respond differently at high altitudes. There are some standard adjustments you can make. As always you will have to experiment a bit to find what adjustments work best for your recipes and at your elevation.

Leavening agents tend to work too quickly at higher altitudes, so by the time the food is cooked, most of the gasses have escaped, producing a cake that has fallen as an example. Here are a few suggestions you may use:

- At 5,000 feet, first you need to decrease the amount of baking powder or soda in your recipes by 15% to 25%. That is about one-eighth to one quarter teaspoon per tea-spoon that is specified in the recipe, and by 25% or more at 7,000 feet.
- Baking items that are requiring egg whites to accomplish the leavening beat only to a soft-peak consistency to keep them from deflating as they bake.
- Other baking items it is best to raise the oven temperature by 10-20° to set the batter before the cells formed by the leavening gas expand too much, causing the baked good to “fall”.
- Shorten the baking time 10 to 15 minutes to avoid over baking at the higher temperature; so check until your test pick comes out clean.

- Did you know that flour tends to be drier at high elevation? At 5,000 feet simply increase the amount of liquid in the recipe by 2 to 3 tablespoons for each cup of flour. At 7,000 feet you will need to up that by 3 to 4 tablespoons per cup of flour. It also may help if sometimes you decrease the amount of sugar in a recipe by 1 to 3 tablespoons for each cup of sugar called for in the recipe.

BREAKFAST

Make breakfast count! According to research at the Mayo Clinic, eating breakfast reduces your hunger later in the day, making it easier to avoid overeating. When you skip breakfast, you may feel ravenous later and be tempted to reach for a quick fix, such as candy from the vending machine.

Ingredients:

12 slices Bacon/Turkey
1/2 cup Maple Syrup
1/2 teaspoon Orange Extract
1 tablespoon Orange Zest
6 Eggs
3 tablespoons of Canna Flour
1 tablespoon of melted Canna Butter
2/3 cup Heavy Cream
2 tablespoons Sugar
2 teaspoons Ground Cinnamon
2 tablespoons Vanilla Extract
1/2 teaspoon Salt
12 slices Texas Toast

French Toast Sandwich Directions:

Cook 12 slices of Bacon/Turkey according to package directions. Allow to cool slightly, then break or cut each strip in half and set aside.

In a small bowl, whisk together maple syrup, orange extract, and orange zest; set aside.

In a shallow dish or pie pan, beat eggs, Canna Flour, cream, sugar, cinnamon, vanilla, and salt, until blended.

Dip the edges of 12 slices of Texas toast in the egg mixture. Add four half-pieces of bacon to the center of six slices of the Texas toast, and then top with the remaining slices of Texas toast, to make six "sandwiches." Pinch the edges of each sandwich to seal.

Working with one sandwich at a time, dip both outer sides of each sandwich into the egg mixture and then cook in a skillet over medium-high heat add a small amount of the Canna Butter to skillet, flipping halfway through, for a total of 2-3 minutes or until nicely toasted.

Place the French toast sandwiches on a plate, slice diagonally, drizzle with the syrup mixture and enjoy!

TYPES OF BUTTER

1. Cultured butter is made from cream in which fermentation—the conversion of milk sugars into lactic acid—has begun to take place. Most butter today are made from cream that's undergone pasteurization, which kills naturally occurring bacteria, so, for this style, lactic-acid bacteria are added to induce fermentation and create a sharper, "cultured" taste. Cultured butter is the preferred style in most of continental Europe.

2. Salted butter, a holdover from the days when salt was added to butter to forestall spoilage, can come in both cultured and uncultured versions. Salted butters, especially those made with sea salt or fleur de sel, make for an emphatically flavored condiment or spread.

3. Pungent-tasting preserved butters such as smen, a Moroccan delicacy, belong to a variety known as fermented butter; they have been allowed to age for anywhere from two weeks to two years and are sometimes seasoned with herbs and spices.

4. Among the most prized but hardest-to-find butter varieties in this country are **raw-cream butters**, which are made from farm-fresh, unpasteurized cream, an ingredient that's hard to get your hands on if you don't live on a dairy farm.

5. Butter that's been heated so that its water content evaporates and has had its milk solids removed is referred to as clarified butter. This pure, long-lasting butterfat, popular in India (where it is called **Ghee**), has a high smoke point and serves as a versatile cooking medium, ideal for frying and sautéing.

TYPES OF BUTTER

6. Uncultured butter made from fresh, pasteurized cream is generally referred to as sweet cream butter, which was named after the advent of refrigeration to distinguish it from butter made with soured cream; it is the most common style in North America. Characterized by a smooth, neutral flavor, unsalted sweet cream butter is an excellent choice for baking.

7. In the mid-20th century, Americans' predilection for chilled yet spreadable butter led to the development of **whipped butter**, which has nitrogen gas whipped into it after it has been churned, so that it will remain soft at low temperatures. Its low density relative to regular butter makes it a poor choice for cooking.

BUTTER TECHNIQUES

Fresh, unsalted butter is the philosopher's stone of classical Western cuisine, variously lending texture, loft, sheen, and flavor to a cooked dish or pastry when it's added at the right moment and in the right way.

Here are six time-honored techniques worth mastering.

- 1.** Creaming butter is a favorite baker's trick: whipping together butter and granulated sugar when making cake batter introduces air and ensures a light, fluffy crumb. Patience is important; don't stop whipping until the mixture is light and silky.
- 2.** Sauces can be finished with butter, to luxurious effect, with a technique called mounting: for a rich, glossy, butter-mounted sauce, add pieces of well-chilled butter to the heated sauce and rotate the pan steadily, allowing the butter to emulsify slowly.
- 3.** French patissiers have long used a technique called *fraisage* to achieve pastry crusts with a remarkably delicate texture: after mixing butter and flour for pie crust dough, smear the mass repeatedly with the heel of your hand. This causes the dough to form more-intricate layers when it bakes.
- 4.** Putting butter underneath a chicken's skin produces juicier meat and crisp, browned skin. Before roasting, gently loosen the bird's skin from the flesh; then reach under the skin with a spoonful of soft butter and slide the butter in-side. It's a good idea to rub butter on the outside of the bird as well.

BUTTER TECHNIQUES

5. Making your own compound butter—fresh butter that's been softened, then mixed with minced herbs, spices, or other flavorings and chilled—and keeping it on hand for topping roasts or grilled or sautéed foods will brighten and enhance all sorts of dishes. Parsley, shallots, lemon juice, salt, and pepper are a classic combination, but the variety of ingredients you can use—from anchovies and capers to chipotle chiles, lime juice, and cilantro—is virtually infinite.

6. Finishing sautéed items with a basting of butter is an easy way to impart flavor and sheen; just before your meat or fish is done, tilt the pan slightly and add a pat of butter near the pan's edge, then spoon the melted butter over the fish or meat.

CANNABIS BUTTER RECIPE

1 cup Unsalted butter
2 - 3 cups Water
1 ounce Sweet leaf or Bud extremely high (THC)
3 tbsp. Vodka (80 proof)

Directions

Place butter into crock pot on medium until melted, add ground or chopped sweet leaf or bud. Add water and cook covered on medium for 6 hours or on low heat for 12 hours stirring occasionally until it starts to bubble, then add vodka.

Turn off crock pot and let it cool down (still warm) then pour into a flat dish or plastic container. Strain bud or sweet leaf from the butter using cheese cloth or a fine mesh strainer leaving no matter in the butter.

Refrigerate overnight or until solid. Take a knife and go around the edges to lift the butter from the water left in the bottom of the pan. The butter should stay in fairly big chunks.

Discard the water and scrape the thin layer off the underside of the butter.

Your Cannabis butter is ready to use on toast, pancakes English muffins, bagels, etc.

HEALTHY EATING

Get familiar with cooking methods for healthy eating. Start lunch with a big colorful salad or look for other ways to incorporate greens and other veggies into your meals. Challenge yourself to try one new type of whole grain or whole food. A whole food is any food in basic form like a lemon or fillet of salmon. Eliminate foods that contain artificial flavors, colors, preservatives and sweeteners.

A very popular American diet is one that is low fat. According to the FDA regulations, a food must contain 3 grams or less fat in order to be considered low fat. Those watching fat intake should closely monitor intake of saturated fat and cholesterol. Please note, that too little fat in your diet can also prevent the absorption of fat soluble vitamins, such as A, D and E that your body requires.

If you are one of the many people that choose to limit sugar intake you should read the ingredients section of labels carefully. Please remember that sugar listed on nutrition labels includes those that naturally occur in food and beverages.

LUNCH

Ingredients:

2 cans (14-1/2 oz. each) fat-free reduced-sodium chicken broth
2 tbsp. Italian Dressing
2 tbsp. Canna flour
1 tbsp. Canna Butter
2 cloves garlic, minced
1-1/2 cups water
6 frozen small boneless skinless chicken breast halves (1-1/2 lb.)
4 cups tortilla chips (about 6 oz.), coarsely crushed
1/2 cup Shredded Cheddar & Monterey Jack Cheeses
1/3 cup Sour Cream
1 large avocado, peeled, pitted and chopped
2 tbsp. chopped cilantro

Tortilla Soup Directions:

MIX dressing and garlic in large saucepan; cook on medium-high heat 1 min., stirring occasionally. Gradually add broth and water, stirring until well blended. Add chicken. Bring to boil. Add Canna butter/flour.

Reduce heat to medium-low; simmer 20 min. or until chicken is cooked through (165°F). Remove chicken from broth mixture; cool slightly. Pour broth through a fine-mesh strainer; return broth to pan.

SHRED chicken; return to pan. Stir in tomato sauce. Cook on medium-high heat until heated through, stirring occasionally.

LADLE soup into eight soup bowls. Serve topped with remaining ingredients.

NUTRITIONAL TERMS

Basic Facts on Fats

Fats have had a bad reputation in the past, but people are starting to realize that we need them to stay healthy. Fats are one of the three major nutrients of the human diet. The other two nutrients in our diets are carbohydrates and protein.

The body does not manufacture essential fatty acids like Omega-3's; they must be obtained from our diet. So fats are here to stay, fats also make a large contribution to the taste, aroma and texture of food — those things that give us such satisfaction when dining.

Let's discuss how fats work in the body, let's clarify that fats and oils are one and the same. The only difference is that oils are liquid at room temperature and fats are solid.

Triglycerides

Simply stated, triglycerides are the chemical form of fats in food and in the body. Think of fats as a building and triglycerides as the bricks that give it shape. Every triglyceride "brick" consists of a mixture of three fatty acids — saturated, monounsaturated and polyunsaturated (the "tri"), and one glycerol molecule. Thus, the name "tri"- "glyceride."

A particular fat is defined by the combination of fatty acids that make up its "bricks." The triglyceride bricks in olive oil, for example, have many more monounsaturated fatty acids than it does saturated or polyunsaturated fatty acids, making olive oil a monounsaturated fat.

Monounsaturated

Monounsaturated fats are heart-healthy because they maintain good HDL cholesterol levels while lowering bad LDL cholesterol levels. They are more chemically stable than polyunsaturated fat but not as stable as saturated fat. This means they keep better than polyunsaturated oils but not as well as saturated oils.

They are most appropriate for light cooking or used raw in salad dressings and the like. Oils that are predominantly monounsaturated include olive, avocado, peanut, sesame, lard and duck fat.

NUTRITIONAL TERMS

When stored at room temperature, monounsaturated fats are typically liquid, but they are likely to solidify when stored in the refrigerator. Monounsaturated oils are generally considered to be the healthiest over-all, but it's important to note that all three types have distinct advantages and disadvantages — not just for health but for flavor and culinary characteristics as well. Olive oil seems to have been anointed the "perfect oil" by some in the media, and while it is quite versatile, it cannot be all things to all cooks.

Polyunsaturated

Due to their unstable chemical structure, polyunsaturated fatty acids are more susceptible to rancidity than saturated and monounsaturated fatty acids, especially after prolonged contact with oxygen, light or heat. Oils that are predominately polyunsaturated include walnut, grape seed, soy, corn and fish oils. These are liquid at room temperature. Many experts don't recommend polyunsaturated oils for cooking because they are so easily damaged by heat. They are best used in their raw form, and used quickly at that. Never keep polyunsaturated oils beyond their expiration date. If cooking is necessary, use low temperatures. Polyunsaturated oils should be stored refrigerated in dark bottles.

Saturated

Saturated fats are the most chemically stable, giving them a long shelf life and the ability to withstand high cooking temperatures. Typically solid at room temperature, saturated fats are found primarily in animal fats and tropical oils.

NUTRITIONAL TERMS

Animal Fats

In general, animal fats such as butter, cream and tallow are predominantly saturated, however, two of the most highly saturated fats — coconut oil and palm kernel oil — come from vegetable sources. Furthermore, animal fats like lard, chicken fat and duck fat are predominantly monounsaturated, while fish oils are predominantly polyunsaturated.

And it is interesting to note that the fatty acid composition of animal fat can vary depending on the diet of the animal. Animal fats have their place in the kitchen. Many believe that lard makes the best pie crust, and several traditional Hispanic dishes rely on lard for their distinctive flavor.

Butter is the most common animal fat in the kitchen and good quality butters abound, as do cream and other dairy-based products used in cooking. Some producers are now creating high quality lard as well.

Trans Fats: The Very Worst Kind

Trans-fatty acids are chemically altered, man-made fats found in partially hydrogenated oils. The hydrogenation process, in common use since the early 20th century, injects hydrogen into vegetable fats under high heat and pressure. This saturates what was previously an unsaturated fat and results in a chemical configuration that is not found in nature and is very rich in trans-fatty acids.

This is done to make vegetable oils, which are normally liquid at room temperature, solid and more chemically stable, thereby extending the shelf life of products in which they are used. Very small amounts of trans-fats do occur naturally in some products such as milk, cheese, beef or lamb.

Trans-fats are doubly harmful because they lower HDL (good) cholesterol and raise LDL (bad) cholesterol levels, increasing the risk of coronary heart disease. In fact, trans-fatty acids have an even worse impact on cholesterol levels than diets high in butter, which contain saturated fat.

NUTRITIONAL TERMS

The Trans Fat Labeling Law

Effective since January 1, 2006, all products that have a Nutrition Facts Panel must declare the amount of trans-fat per serving. This has forced many conventional food manufacturers to reduce or eliminate trans-fats from their products.

But trans-fat still has a significant presence in restaurants and with other food vendors who are not affected by the labeling law.

STORING OIL

Have you ever asked yourself where should you store oil in your kitchen?

Well you should, because heat and light can damage oils, particularly polyunsaturated ones, so keep them in the refrigerator to avoid rancidity. You will know your oil is rancid if it has a bad taste and smell, in which case you should toss it and buy fresh oil, of course.

So now you store your oil in the refrigerator, so why does the olive oil get cloudy when it's cold?

Some oils, olive oil among them, become cloudy or solidified when refrigerated. Being cloudy doesn't affect their quality at all and in just a few minutes at room temperature the oil will be back to normal.

What is the difference between refined and unrefined oils?

Some oils are refined to make them more stable and suitable for high temperature cooking.

That the process removes most of the flavor, color and nutrients from the oils, too. That's why refined oils are perfect for baking and stir-frying, where their high smoke point and neutral flavors are a plus. Unrefined oil is simply pressed and bottled so it retains its original nutrient content, flavor and color. Unrefined oils add full-bodied flavor to dishes and are best used for low- or no-heat applications.

STORING OIL

Have you heard of people refer to a "smoke point" when they talk about cooking with oil?

That means heating oils beyond their smoke point — the temperature at which the oil begins to smoke, generating toxic fumes and harmful free radicals — is never a good idea. Always discard oil that's reached its smoke point, along with any food with which it had contact.

Most labels on bottles of oil will give you the correct temperature of the smoke point and the temperature to avoid.

Comparative properties of common cooking fats (per 100g)	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Smoke Point	
Total Fat					
Vegetable Shortening (hydrogenated)	71g	23g	8g	37g	182°C (360°F)
Sunflower oil	100g	11g	20g	69g	232°C (450°F)
Soybean oil	100g	16g	23g	58g	232°C (450°F)
Peanut oil	100g	17g	46g	32g	232°C (450°F)
Olive oil	100g	14g	73g	11g	216°C (420°F)
Lard	100g	39g	45g	11g	188°C (370°F)
Suet	94g	52g	32g	3g	200°C (400°F)
Butter	81g	51g	21g	3g	177°C (350°F)

More Recipe Ideas

Cannabis Cooking Brandy

Since cannabis resins are very soluble in alcohol and also easily assimilated in that medium, an excellent way of introducing them into many dishes is through the addition of a cooking brandy or rum which has been well saturated with hemp products. Cannabis brandy is a handy item to have in the cupboard around the holidays. And holidays are great to have any time of the year.

The preparation of this brandy is quite simple. Place whatever cannabis materials you have on hand and wish to use in a mason jar. These may be anything from your best flowering tops to leftover stems, seeds, siftings too fine to smoke, and general debris. Cover these with rum, brandy, or even vodka if you prefer. Allow them to soak at least a week.

After soaking, place the mason jar in a both bath tub and loosen the top to allow the escape of expanding fumes. Heat for 30 to 45 minutes. Strain the liquids while hot and pour them over new seeds, stems, etc. Repeat the soaking, heating and straining process as before. The repetition maybe continued three or four times until the liquor has been thoroughly saturated with resins and is too dense to extract any more.

Strain after the final extraction and put it up in a bottle for use. If you have any scraps of hash, these can be added to the final product after it has been strained and while it is still hot. The hash should be pulverized or shaved before adding.

Similarly, if you have any remnants of hash oil clinging to the walls and bottom of its former container, these can be loosened by adding some hot brandy, etc., and swirling it about. This may then be added to the strained liquor. Do not add hash or hash oil to the unstrained liquids. Much of it would only get lost among the stems and debris. After the first straining, soggy hemp materials should be returned to a mason jar and covered with fresh brandy. There are still some resins in these materials that are worth salvaging. The remains from subsequent straining's can be soaked in the salvaging liquids after these liquids have been strained. These liquids may eventually be used to extract fresh materials. With a few mason jars in the cupboard, a continuous extracting process can be maintained and nothing will be wasted.

Shake the bottle of cannabis brandy well before using. Much of the active material will have settled to the bottom. If the solution is supersaturated, some resins may precipitate in gummy lumps which do not dissolve upon shaking. If this is the case, heat the cooking brandy in a hot bath, shake gently until dissolved, and add the brandy to the recipe while still hot. Do not have the heat on while the bottom is in the bath, or it may crack. Bring the pot of water to a boil and turn off the heat. Warm the base of the bottle under hot running water for two minutes, and stand the bottle in the bath for five minutes. Repeat the entire process, if necessary. Keep the bottle top loosened so that the expanding air and vapors can escape.

White Cookies

Blend together 1 cup of warm cannabutter and ½ cup of sugar or honey. Beat in one egg. Stir 2 teaspoons vanilla extract. For variations use almond, orange, or lemon extract may be used; or any combination of these. Sift together 3 cups of flour and 1 teaspoon of baking powder. Combine ingredients to make dough.

Chill the dough in the refrigerator for an hour until firm. Roll the dough to about ¼-inch thickness. Cut into 1- or 2-inch circles. A small drinking glass may be used if a cookie cutter is not available. Place the cookies on a baking tray or cookie sheet, press an almond into the center of each cookie, and bake in a preheated oven at 375 degrees for 6 to 8 minutes.

Peanut Butter Cookies

The oil in the peanut butter as well as the butter dissolves the resins in the marijuana during cooking, so it is not necessary to make any preparatory materials.

In a mixing bowl combine 2 cups of flour, 1 ½ cups of peanut butter, 2 or 3 eggs, ¾ cup of honey, 1 cup of butter (at room temperature), 1 teaspoon of baking soda, ½ teaspoon of salt, and 2 ounces of finely sifted marijuana. If extra potency is desired, cannabutter may be used in place of butter. Blend these ingredients thoroughly. Place cookie-size droppings of the batter on a baking tin, and press lightly on each cookie with the back of a fork, several times to flatten them. Bake for 10 to 12 minutes in a preheated oven at 375 degrees. Don't overcook

Hash or hash oil may be used in place of (or as well as) marijuana. Other nut butters can replace the peanut butter.

Green Guacamole

This recipe from Mexico has become classical. It is a stoning type of guacamole or avocado dip. The standard recipe is as follows: Mix 3 tablespoons of wine vinegar, 2 teaspoons of chili powder and ½ cup of pulverized marijuana. Let the vinegar-moistened materials stand for 1 hour. Add 3 ripe avocados and ½ cup of chopped onions. Mix all ingredients well until avocados are mashed and all materials are evenly blended. Serve as a dip with corn chips.

This is a tasty and effective recipe, but if you may prefer it can be somewhat more effective if vinegar is not used in preparing the marijuana and chili powder. The acid vinegar lessens the solubility of the cannabis resins to some extent. An alternate method of preparing this dip is to heat the grass in a saucepan for several minutes with ½ cup of olive oil. The grass/oil can then be blended with the avocado, onion, and chili mixture. A little lemon juice adds a tang to the dip, but will not inhibit THC assimilation as would the vinegar.

Hash Oil Honey

One of the most popular offerings for clients is hash oil in various ready-to-eat forms. The most popular among these are cannabis candy bars and hash oil honey. In order to prepare either of these delicacies,

and hash oil must first be rendered miscible by dilution in oil or butter fat.

In a small saucepan at a low temperature heat 1 tablespoon of butter or vegetable oil for each gram of hash oil to be combined. Stir in hash oil until it is thoroughly blended with the fat. If it is difficult to dissolve, the temperature may be raised a little. When the products are evenly combined, ½ cup of honey is added to the oil for each gram of hash oil. The honey and the oil are stirred over the heat until thoroughly blended. The product can be poured into a jar while still hot and allowed to cool before capping. One teaspoon of this honey is usually sufficient for a high. It can be eaten straight from the jar, spread on crackers, or dissolved in a cup of hot water to make a stoning hot beverage: Hash Oil Tea.

Hash Oil Candy Bars

Make an organic type candy bar as follows: Combine ½ cup each of chopped dates, raisins, figs, and ground almonds with 1 teaspoon each of ground aniseed, nutmeg and ginger. These can be heated slightly and 4 teaspoons of the hot hash/butter blend can be combined with the above ingredients. The mixture is then cooled, kneaded or rolled, and cut into individual candy bars. These may be wrapped individually in waxed paper, foil, or plastic. Or the ingredients can be combined with 1 cup of water, heated, and blended, before stirring in hash oil/butter. The mixture is then heated at a low temperature and stirred constantly to prevent scorching. When this mixture has thickened to a workable

consistency, it is spread on a well-greased baking tin and placed in an oven at 225 degrees Fahrenheit for squares.

Candy Balls

This recipe requires no special preparations of the cannabis material. It can be made from plain marijuana, hash, or hash oil. Furthermore, it requires no cooking. The oil present in the nut butter serves as a medium for the cannabis resins.

Combine ½ pound nut butter with 1 ounce or more of finely –sifted marijuana, or ½ to 1 ounce of pulverized or finely-shaved hash, or 5 to 15 grams of hash oil. Add a few tablespoons of honey in accordance with the sweetness you would like it and small amounts of anything else that pleases: currants, shredded coconut, orange or lemon peel, cloves, nutmeg, etc. Knead these ingredients until thoroughly blended. Roll into individual balls about the size of a large marble. These should be wrapped individually in waxed paper, foil, or transparent wrap, and kept under refrigeration to prevent the nut butter from becoming rancid.

Milkshake (and Ice Cream too...)

Combine ½ ounce or more of finely-pulverized marijuana leaves and flowers (no seeds or stems) with a pint of half-and-half (half cream and half milk). Add a level teaspoon of lecithin granules. Mix these in a blender for 1 or 2 minutes. Pour the contents of the blender into a saucepan and heat gently for 10 minutes in a double boiler. Do not overcook or curds will separate from the milk. Stir in several teaspoons of honey while the mixture is hot. Pour the mixture into the blender jar,

add ½ teaspoons of vanilla extract, cover the top, and refrigerate for several hours until chilled. When you wish to drink it, put it on the electric blender again for about 30 seconds and serve in a glass with a straw.

If you want to make it into ice cream, add a raw egg and whip thoroughly in the blender until frothy. Pour into any suitable vessel, such as an empty cottage cheese or ricotta container, or into individual custard cups. Put a lid on the containers, or cover the cups with waxed paper or plastic wrap, and place these in the freezer. Do not wait too long before freezing, or the whipped texture will settle to its original liquidly state.

If you prefer, this ice cream or shake can be made with hash or hash oil. To do so, first dissolve hash or hash oil in a small amount of butter. Then add it to the half-and-half / lecithin mixture as before.

Chocolate Icing

Melt 4 ounces of cannabis hash in a double boiling. Add one teaspoon or more of vanilla extract. While stirring, add 4 ounces of honey. Thoroughly blend all of the ingredients. You now have an icing that can be used in bakery recipes of your own selection or invention, such as cannabis layer cake, frosted cupcakes, ice cream topping; or you can just spread it on crackers. A tangy variation can be made by adding a teaspoonful of orange extract during the stirring.

Hot Coca

Heat 1 pint of whole milk or half-and-half in a double boiler. When hot, stir in and thoroughly dissolve 1 to 2 teaspoons of cannabis hash, 2 to 4 teaspoons of honey, and 1 teaspoon of vanilla. Some persons may wish to add a pinch of salt. If whole milk has been used instead of half-and-half, and if you are not watching your waistline, you may also add 1 to 2 teaspoons of butter to increase the fat content and aid the assimilation. Serve in cups with a dollop of whipped cream on top.

Cannabis and Coffee

There is a probability that the caffeine and related substances in coffee have something to do with these effects. Drugs frequently potentiate each other. Caffeine may enhance the stimulating properties of cannabis. Since the first effects of cannabis include stimulation, the caffeine may augment those effects during the initial stage. This stimulation usually turns to drowsiness after several hours. Coffee is an effective antidote for lethargy. There are several ways in which coffee can be spiked with cannabis. A most delightful and exotic morning cup is made as follows:

- **Turkish Eye Opener** – Prepare a pot of good coffee. In a Turkish coffee pot place one teaspoonful of finely-powered straight Arabian mocha for each cup. This coffee and the Turkish pot can be purchased from any vendor specializing in quality teas and coffees. Add a pinch of powdered cardamom seed and one-half gram of pulverized hash for each cup. Pour the amount of coffee desired over the powdered mocha and cardamom. Heat the Turkish pot over a low flame until it threatens to bubble over.

Remove it from the heat immediately. Serve in demitasse or espresso cups with a small spoon. Dissolve a teaspoon of honey in each cup. This is a way that Turkish coffee is served whether with or without hash. The coffee is sipped from the top and the powdered mocha, honey and whatever is eaten like candy from the bottom with the spoon.

- **Irish Style Coffee** – To a cup of coffee add a shot of marijuana infused alcohol and top with whipped cream.
- **Hash Coffee** – Dissolve a gram of cannabis hash in a cup of very hot coffee. It won't really dissolve unless you add some alcohol, but it will be sort of suspended in the coffee. Add some heavy cream right away. The fat content of the cream will render the hash more soluble and will aid in its assimilation. You may add a little honey to make this beverage more palatable. But remember, too much sugar will slow down the digestion of the fat.
- **Butter Coffee** – Stir into a cup of coffee one or more teaspoons of strongly concentrated cannabutter.
- **Hash Oil and Coffee** – Several drops of hash oil can be dissolved in a hot cup of coffee with cream added.
- **Teas and Cannabis** – Among the herbs are: peppermint, spearmint, thyme, sage, wintergreen, cardamom seeds, cloves, cinnamon, allspice, eucalyptus leaves, angelica seed, hyssop, ginger roots, coriander seeds, and catnip. You can pretty much use your imagination and use any herbal combinations, single or blended, that you can think of.