

COOKING WITH CANNA-BLISS



CANNABUTTER

Jar in Pot Method



INGREDIENTS

- Cannabis
- Butter

I LIKE TO USE 3.5G - 7G OF CANNABIS TO 1 STICK OF BUTTER AND ADJUST RECIPE POTENCY BY ADDING CANNABUTTER TO UNMEDICATED BUTTER.

TOOLS

- Cheese cloth
- Large wide mouth jars
- Large pot
- Dish towel
- Baking sheet, parchment paper makes life very easy here too.

PROCEDURE

01

Preheat the oven to 240°F. Break up cannabis onto a baking sheet and place in the oven for about 20-25 minutes, remove and let cool.

02

Place your sticks of butter in the jar(s) and line the bottom of your pot with the dish towel. Put the cooled cannabis into cheesecloth(s) and tie off into sachets. Place sachet(s) into jars with butter and put the lid on the jar, not super tight, but closed.

03

Put the jars into your towel-lined pot and fill the pot with water above where you think the butter would be in the jars once melted, but not to the top of the jars. Simmer your pot on low heat for a few hours, carefully swishing the jars around here and there to move around the sachets.

04

Remove jars from pot and when cool enough remove and squeeze out the cannabis sachets. You can discard these, but you can also freeze them to use in future recipes! Let your cannabutter cool, if you have liquid, drain off then store the cannabutter in the fridge or freezer.



1 BOWL CHOCOLATE CHIP COOKIES

INGREDIENTS

- 2 cups flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup melted cannabutter
- 1 cup packed brown sugar
- ¾ cup granulated sugar
- 1 egg + 1 egg yolk
- 2 cups +/- chocolate chips

TOOLS

- Hand or stand mixer
- Big bowl
- Cookie sheets/pans

PROCEDURE

- 01** Mix melted butter, brown sugar, sugar in your large bowl until blended, add in egg + yolk and vanilla and beat until creamy.
- 02** Slowly add in your dry ingredients starting with the baking soda and salt and adding your flour just until everything is mixed.
- 03** Stir in your chocolate chips, cover bowl, and refrigerate for 20 min. Scoop cookie dough onto nonstick baking sheets and bake in a preheated oven at 375°F for 10 mins or until cookies are lightly brown.
- 04** Check every minute or two after 7 min.



INFUSED HOT CHOCOLATE

INGREDIENTS

- 1 cup almond milk
- 1/2 cup water
- 1 tsp - 1 tbsp infused MCT oil aka Tincture
- 1 tbsp dark chocolate chips
- 1 tbsp cacao powder
- 1-2 tbsp maple syrup

TOOLS

- Sauce Pan
- Whisk
- Mug

PROCEDURE

- 01** Start by adding milk water to a small saucepan, bring to a low simmer.
- 02** Add in chocolate, cacao powder, and maple syrup. Whisk until evenly mixed.
- 03** Turn heat off and pour in MCT oil. Whisk again then pour into a mug.
- 04** Top with whipped cream or marshmallows and enjoy!



POT TODDY

INGREDIENTS

- 1 cup of hot water
- Juice of ½ lemon, freshly squeezed
- 2 tablespoons of honey
- Your preferred dose of a medical marijuana tincture

TOOLS

- Mug
- Kettle
- Measuring Spoons

PROCEDURE

01

Heat water to near boiling or set water aside so that it cools a bit from being boiled. Ideally your water should be hot enough for you to sip comfortably.

02

Juice the lemon into your mug, add honey and stir to combine.

03

Add hot water and tincture — stir to combine.

04

Add more honey if needed. Garnish with optional extras like a cinnamon stick and lemon round. Ginger and turmeric are healthy yet tasty additions to consider.