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COOKING WITH

CANNABIS

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COOKING WITH CANNABIS

How do I use cannabis in my favorite recipes?

Most strains of marijuana can provide a wonderful tasting, secret ingredient to "kick it up a notch," While your plants are still alive, you can taste the plants' leaves to gauge the residual levels of nutrients within the plant tissue and determine the amount of flushing time necessary to improve the flavor. The culinary uses of cannabis are practically endless, but there are a few pointers you should know;

Storing and using cannabutter is an excellent way to introduce more THC into your diet without drastically altering the original recipe's flavor.

If you are using low-grade leaves or other sour tasting material, it is preferable to soak it overnight in water to dissolve some nasty compounds.

Do not use lemony, skunky or other pungent strains in sweet dessert recipes. They are much better suited for appetizers, main and side dishes.

Do not use sweet and fruity strains in recipes that lack any other similarly sweet ingredients or your final results will taste dramatically different.

Do not overdose your recipes. Try not to dramatically change the balance of the listed ingredients. Two grams of good pot per serving is plenty.

Try to avoid high heat levels or long extended periods of cooking after you add your "secret ingredient". This will help maintain flavor and potency.

When cannabis is eaten, THC and the other cannabinoids compounds that create the high enter the blood stream via the digestive system. This is a slower and less predictable process than when cannabis is smoked. Whereas smoking produces an almost instant high, the effects of eating can take anywhere between 15 and 90 minutes to arrive. The time taken for the high to come on is affected by the way the food is prepared, the ingredients used and the amount of food passing through the digestive system at the time.

Soon after being swallowed, the cannibinated food reaches your stomach, it is churned around in a mixture of acid and enzymes. Now liquefied, the food is squirted into the intestines. Here, more enzymes and bile work on the fat in the food and the cannabinoids are absorbed, through the intestinal walls, into the blood stream.

Once in the blood stream, the psychoactive compounds are on a high speed tube ride to your brain. Usually, within 45 minutes of swallowing, some of the cannabinoids will have reached the neural receptors in the brain and the user will begin to notice the effects. As more and more of the chemicals make there way through the system, the user will become stoned.

Ganja Oil Bread Dip

By Marietta

Ingredients:

For 1 person:
 1/2-1 gram marijuana
 2-3 tbsp olive oil
 chopped garlic, to taste
 oregano, to taste

The marijuana is sautéed in the olive oil. This is cooked gently on low heat long enough to activate the herb.

Chopped garlic and oregano can be added to taste.

The oil is sopped up with pieces of Italian bread.

Pork and Beans Pot

By Patricia F.

Ingredients:

1 large can (1 lb. 13 oz.) pork and beans
 1/2 cup grass
 4 slices bacon
 1/2 cup light molasses
 1/2 teaspoon hickory salt
 3 pineapple rings

Mix together in a casserole, cover top with pineapple and bacon, bake at 350 degrees for about 45 minutes. Serves about six.



Peanut Butter Dreams

By Kerry

Ingredients:

1/2 cup peanut butter	1 egg
1/2 brown sugar	1/2 tsp. vanilla
3/4 cup cannabutter	1/2 sugar
1/2 tsp. baking soda	1/4 tsp. salt
1 1/4 cups flour	
handful of chocolate chunks	
handful of shredded coconut	

Put PB and butter in mixer bowl {I did this by hand with a spoon} mix until smooth. Add sugar, egg, and vanilla. Mix until texture is even. Add all remaining ingredients until evenly distributed. Bake at 350 degrees until edges are somewhat tan. Take it out when still soft in middle . Leave on pan for 5 to 7 minutes.

Things You Never Learned In Home Economics

By: Amy Francisco, B.A. Home Economist

So what's the story on cannabis tea? Can a patient make a soothing tea by brewing marijuana leaves in boiling water? Does it really work as a sleep aid? Or is it all in the patient's mind? And is there really any difference? A Former Drug Czar commented, "Medical marijuana doesn't really make people feel better. They just think they feel better." Ummm, OK.

Cannabinoids are not water-soluble. So steeping it in hot water would not seem to be the best way to extract the beneficial molecules from the plant material. That's what the scientists say. But plenty of patients report otherwise. So who has it right? I guess the only way to

find out is to try it for yourself. And then let us know how it goes.

Many cannabis cookbooks suggest adding milk to the boiling tea. The fat in the milk certainly helps extract more of the cannabinoids. In our household we prefer adding a teaspoon or two of canna-butter to ordinary tea. Buttered tea is not to everyone's taste but then again, be glad its Michigan, not Mongolia where the drink of choice is rancid buttered tea made from mare's milk. I'm thinking I'd prefer to deal with insomnia.

Brewing Marijuana Tea

Boil your water in a small saucepan or a teapot. While the water is boiling, fill your tea strainer with the marijuana, and place it into a mug or tea-cup. When water has reached a boil, turn off heat and pour the water into the cup, completely saturating the weed. Let steep for 20-30 minutes before drinking. Flavor with freshly squeezed lemon juice, a tablespoon or two of honey and/or sugar, or milk if desired. You may also experiment with other fruit juices, such as orange, lime or cherry to sweeten your marijuana tea. Reheat if needed, using the stove or microwave.

And just in case you need a little late night sweet bite to go with that tea:

Bud Brownies

2 Eggs
3/4 c Sugar
1 tsp Vanilla
1/2 c of marijuana butter or margarine; melted
3/4 c Chocolate; ground
2/3 c Unsifted flour
1/4 tsp Baking powder
1/4 tsp Salt
1/2 c Walnuts; chopped

Heat oven to 350 degrees F. Using a spoon, stir eggs with sugar and vanilla; add butter. Sift Ground Chocolate with flour, baking powder and salt. Stir into egg mixture; add nuts. Spread into greased 8 or 9" square pan. Bake at 350 degrees F for 20-30 minutes. For extra chewy brownies, use 8" pan and less baking time. For cake like brownies use 9" pan and longer baking. Cut into squares. Eat in moderation!





Bud Butter



We've received numerous inquiries about just how one goes about making butter for all of these recipes. In the 60's butter was not widely used as cannabis was in short supply and many folks smoked the leaves as well as any flowers (bud) they might acquire.

Even all of these basic recipes involved slow and low cooking of dairy butter (or oil) and chopped leaf (in roughly equal proportions) to produce a deep green butter. This butter could be very potent but tastes pretty terrible. The problem is that butter made from the whole leaf will include both the chlorophyll and terpenes (as in turpentine) from the plant.



The use of Cannabis for medical purposes has spurred innovation and variety in Cannabis products. Many patients cannot or will not smoke. Of course there are vaporizers and tincture (the subject of a future recipe) but butter is the easiest to cook with and food products are not only well tolerated but can be very tasty and add much needed nutrition. The better the butter the greater the application is in recipes ranging from baked goods to soups to stews, to a wide variety of sauces.

This author relies on the "experts" for the following butter recipes. There are a few basic principles to good butter:

1. Use very low heat as to not lower the potency or alter the biochemical characteristics of the Cannabis.
2. Use high quality sweet unsalted dairy butter.
3. Use a roughly 50/50 ratio (by weight) of plant product and dairy butter. With potent strains or flowers instead of trim the ratio can be easily changed to 10 to 1 (butter to plant). The resulting butter will have lighter color and better taste.

Bud Butter and Trim Butter: Manicure and dry flowers and/or bud trimmings. Grind to a powder with an electric coffee grinder. Melt the unsalted dairy butter first in a crock pot set on low. Gradually add the trim or flower powder with constant stirring. Cook in crock pot covered on the lowest setting with frequent stirring for two to four hours. Before the dark green butter cools, pour through a cheese cloth and squeeze into plastic tubs. Once the butter cools you can cover the tubs and place them in the refrigerator to finish cooling.

Potency: Potency of butter can vary tremendously depending upon the strain and which portions of the plant are used. Adding four to six ounces of powdered bud trim to two pounds of dairy butter will produce extremely powerful butter. Adding 2 to 4 tablespoons of such butter to a recipe that serves 10 means that each portion is receiving approximately 1 to 3 grams of Cannabis. Cookies and brownies made with this butter can be even stronger. Most of the good cookie recipes call for as much as 16 tablespoons of butter to three dozen cookies. These cookies are strong. Although patient dose requirements for orally delivered Cannabis are 4 to 10 times higher than when smoked, one can see a portion can be quite potent. Unlike smoked Cannabis, the effects of the butter will appear more slowly and have much longer duration.

Storage: Butter can be kept in the freezer in airtight containers. Butter kept in this fashion can last many months. One should frequently inspect the butter to insure mold has not spoiled it. If mold has developed or the butter has been exposed and become rancid, then it is best to toss it. When in doubt, throw it out.

RECIPES

PEANUT BUTTER AND JELLY BARS

By Anonymous

As a type II diabetic, I am always looking for ways to reduce my carbohydrate intake as a way to manage my blood sugar. I altered a recipe from Martha Stewart to be more accommodating to my dietary needs and my edible cannabis use.

Ingredients:

- 1 c. cannabutter, room temperature
- 1 1/2 c. all-purpose flour
- 1 1/2 c. whole wheat flour
- 1 1/2 c. Splenda
- 2 large eggs
- 2 1/2 c. Simply Jif reduced sugar peanut butter
- 1 1/2 tsp. salt
- 1 tsp. baking powder
- 1 tsp. vanilla extract
- 1 1/2 c. sugar-free Smuckers red raspberry preserves
- 2/3 c. salted peanuts, roughly chopped

Directions:

1. Heat oven to 350 degrees. Grease bottom of a 13x9 inch pan with butter, and line the bottom with parchment paper. Grease the parchment, and coat inside of pan with flour; set aside. Place cannabutter and Splenda in a bowl. Beat on medium-high speed until fluffy, about 2 minutes. On medium speed, add eggs and peanut butter; beat until combined, about 2 minutes.

2. Whisk together salt, baking powder, and flours. Add to peanut butter mixture and beat on low speed to combine. Add vanilla. Transfer two-thirds of the mixture to prepared pan; spread evenly with spatula. Using spatula, spread jam on top of peanut butter mixture. Dollop remaining third of peanut butter mixture on top of jam. Sprinkle with peanuts.

3. Bake until golden, about 40 minutes. Transfer to a wire rack to cool; cut into pieces and store in an air-tight container.

This recipe yields a slightly crumblier crust than I'm sure it would with the original, but the rich peanut butter flavor contrasted with the raspberry preserves definitely makes it worth the required use of a fork to eat.

To make this recipe into one that isn't reduced in carbs, use sugar instead of Splenda, 3 c. all-purpose flour instead of half whole wheat flour. regular peanut butter and regular jam.

For those of you who have non-cannabis users at home who will pout when they see this delicious medible, which is exactly what happened in my household, a good solution is to half the recipe and prepare both halves at once, placing one half in each of their own bowls/pans (I used 8" round pans). Use regular butter in one half of the recipe and cannabutter in the other half of the recipe. This is also a great suggestion if you like the recipe and want to eat the non-medible version for snacks!

HONEY CHOCOLATES

By Irish Green

Ingredients:

- 1 1/2 lbs semi sweet chocolate
- 1 1/4 cup honey
- 1 1/2 cup Cannabis butter
- ground or chopped nuts (optional)

Warm all ingredients in a pan to melt. Stir together. Using a candy thermometer heat to 130, stirring frequently. When it reaches 130, turn the heat off. Continue to stir the chocolate until it reaches 80 degrees. Once it is below 80 degrees pour into a parchment lined baking sheet (with 1 inch sides). Sprinkle top with any chopped or ground nuts (optional) Let the mixture sit and cool at least 1 hour, and then carefully put in the refrigerator. Several hours later pull candy out of pan and cut, and remove parchment.

KEEP CANDIES REFRIGERATED AT ALL TIMES

BANANA BREAD

By Cooking Cathy

Ingredients:

- 1/2 cup shortening
- 2 eggs
- 1 teaspoon lemon juice
- 3 teaspoons baking powder
- 1 cup sugar
- 1 cup mashed bananas
- 2 cups sifted flour
- 1/2 cup chopped marijuana
- 1/2 teaspoon salt
- 1 cup chopped nuts

Mix the shortening and sugar, beat eggs, and add to mixture. Separately mix bananas with lemon juice and add to the first mixture. Sift flour, salt, and baking powder together, then mix all ingredients together. Bake for 1 hour 15 minutes at 375 degrees.

RECIPES

MEDI OMELETTE

Ingredients:

2 medium sized eggs
1/2cup Bud Butter

(optional)

diced ham
diced turkey
diced bacon
diced cheese
seasoning (if you don't like the taste of marijuana)

Preheat stove at a high/medium level. Grease pan with Butter. Stir eggs in bowl until you cannot see the difference between the egg white and the yolk.

Pour eggs onto hot pan. The eggs should cover the pans surface when poured, if not move the eggs around until they do.

When the eggs have solidified on the bottom (enough to flip with out breaking), place the fillings in the center of the eggs. Flip one side of the eggs to cover the fillings.

Cook until fillings are cooked thoroughly.



CANNACOFFEE MILKSHAKE

Ingredients:

2 cups Vanilla Ice Cream
1 cup Whole Milk
1 teaspoon Vanilla Extract
1 tablespoon Instant Coffee
2 grams Cannabis



If you have the time, finely chop your cannabis and let it sit overnight in milk. In a blender, combine ice cream, milk and cannabis mixture, vanilla, and instant coffee. Blend until smooth. Pour into glass and serve.

CANNABIS PIZZA

Ingredients:

Dough:

3 1/2 cups all-purpose flour
1oz/28g yeast
1 tbsp. granulated sugar
1 cup/8fl oz. warm water
1 tsp. salt
2 tbsp. melted cannabis ghee

Toppings:

4-5 tbsp. melted cannabis ghee
2 cups grated cheese
1-2 cans chopped tomatoes
1-2 tsp. fresh oregano
other optional toppings: mushrooms, peperoni, peppers, etc.

To make the dough add the flour, yeast, and sugar into a large bowl.

Add water, and knead into dough. Cover with a cloth and leave in warm place to rise for 30 minutes.

Add the salt and melted ghee to the dough and knead into a ball. Coat with flour.

The vegetable toppings are sautéed in the cannabis ghee. Do not get over do it!

Add tomatoes and oregano and allow to simmer until it has a sauce-like consistency.

Roll dough into two circles.

Add toppings and cheese.

Bake for 10-15 minutes at 400°F



Cooking with Cannabis

STONER SCONES

Ingredients

225g Self raising flour
1 level teaspoon of baking soda.
A pinch of salt.
50g margarine.
25g caster sugar.
150ml milk.
A few big handfuls of dried mixed fruit.
1 bag of candy (smarties, chocolate chips, m&ms, etc)
20g Cannabutter.



Mix flour, salt, baking soda & margarine into a bowl. Rub together until the mixture resembles bread-crumbs. Add the candy and the mixed fruit. Melt cannabutter into the milk and add to the mixture, along with sugar. Knead the mixture together. Roll out the dough on clean surface to about an inch thick. Cut out the shapes with a pastry cutter or drinking glass top. Cook in oven at 450f for just over 15 minutes.

CINNAMON & SUGAR ROLL UP

INGREDIENTS

cinnamon
sugar
Cannabutter
Tortilla



Put 1 tortilla in a cooking pan and put it on the stove, but make sure it is on low. Then pour the canna butter on the tortilla and gently move it around so it is covering the tortilla.

Mix one spoon full of cinnamon and two spoonful of sugar, then carefully pour it on the tortilla, and let it sit until the cinnamon and sugar melt it with the canna butter, and then wrap the tortilla up and enjoy!!!

CANNABIS MILK

Put milk (soy or dairy) and cannabis into a double boiler. Cook on medium heat for half an hour, stirring often. Strain cannabis from milk and discard. Store milk in an air tight container in the fridge.

OR

Use in recipes, like below.



MAGIC PANCAKES

INGREDIENTS

1/4 cup of flour
2 tablespoons of baking powder
2 teaspoons of sugar
1/2 teaspoon of salt
A pinch of cinnamon
2 tablespoons of oil
1/2 cup of water
3/4 cup of cannabis milk

Heat the frying pan on a medium heat while you make the batter. Mix the dry ingredients thoroughly in one bowl, and mix together the wet ingredients in a separate bowl.

Add the wet mixture to the dry mix, and blend them together. Oil the frying pan slightly, then add the mix. Flip the pancakes when they begin to bubble on the surface, and be careful not to burn them.

GOURMET GANJA MAC N CHEESY

INGREDIENTS

1 Tablespoon Vegetable Oil
7 Grams Cannabis (Ground and place in cheese cloth)
1 Pound Elbow Macaroni
2 Sticks of butter
½ cup shredded Cheese Cheddar and Jack
½ cup shredded mild Cheddar Cheese
½ cup shredded Mozzarella Cheese
½ cup shredded Monterey Jack
3 cups half-half
1 cup Velveeta, cut into cubes
1 cup of Italian Bread Crumbs
½ cup of fresh grated parmesan cheese
2 large eggs, lightly beaten
¼ cup seasoned salt
2 teaspoons ground black pepper

Preheat oven to 350

Lightly butter a deep 2 1/2-quart casserole

In one small pot, add half-half and hydro (ground and placed in cheese cloth) over a low, low simmer and let steep for 45 min. (DO NOT BOIL AS CREAM WILL CURD) After 45 min take out hydro bundle (do not worry about the color, it looks crazy but hey it's for a good cause.

Bring a large pot of salted water to a boil over high heat. Add the oil, then the macaroni and cook until the macaroni is tender, about 7 minutes, do not overcook!

In dry bowl mix in bread crumbs and parmesan cheese and some of melted butter. Set aside.

In a large bowl, mix all your ingredients including remaining butter. Season with salt and pepper, transfer to the buttered casserole. Sprinkle with the parm/breadcrumbs.

Bake until it's bubbling around the edges, about 35 minutes.

JALAPENO GANJA MUFFINS

INGREDIENTS

1/2 cup Cannabutter
1/3 cup Raw Sugar
2 large Eggs
8 ounces Creamed Corn
1 cup Sour Cream
1/2 teaspoon Sea Salt
1 tablespoon Aluminum-Free Baking Powder
1/2 cup All-Purpose Flour, Unbleached
1 cup Sharp Cheddar Cheese, Grated
1/4 cup Lemon Zest
1/2 cup Jalapeno Peppers, Chopped, Seeded
1 1/2 cups Yellow Corn Meal

In a large bowl, cream together the butter, sugar, eggs, creamed corn, and sour cream. Sift the salt, baking powder, and flour, and then combine with the creamed mixture. Stir in the grated cheese, lemon zest, peppers, and corn mea. If necessary, adjust the taste with a little bit of sugar at a time. Grease muffin tins with Cannabutter, and fill the cups 2/3 full. Bake in preheated 450-degree oven for 18-20 minutes.



MARIJUANA MEATLOAF

INGREDIENTS

1/4 ounce Cannabis
1 pound Medium Lean Ground Beef
1 large Egg
1/2 package Crushed Saltines
1 packet Lipton's Tomato Cup-A-Soup
1/2 cup Green Pepper, Chopped
1/2 cup Onion, Chopped
1 Loaf Pan
Ketchup/gravy optional

Preheat oven to 350 degrees. In a large bowl, combine ground beef, onion, and green pepper. Mix together well with hands. Next, add saltines, soup, and cannabis. Roll the beef into a ball and gouge a hole in it with your thumb. Drop the egg in, combining the ingredients until mixed thoroughly. Spread into loaf pan and place in oven for 20-30 minutes.



MJ Cinnamon Bread

Ingredients

1 cup white sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1 1/2 teaspoons ground cinnamon
1 cup buttermilk
1/4 cup vegetable oil
2 eggs
2 teaspoons vanilla extract
2 tablespoons white sugar
2 cups all-purpose flour
1 teaspoon salt
1 teaspoon ground cinnamon
2 teaspoons margarine/4 teaspoons cannabutter
or as much marijuana as you need

Preheat oven to 350 degrees F (175 degrees C). Grease one 9x5 inch loaf pan.

Measure flour, 1 cup sugar, baking powder, baking soda, 1 1/2 teaspoons cinnamon, salt, buttermilk, oil, eggs and vanilla into large mixing bowl. Beat 3 minutes. Pour into prepared loaf pan. Smooth top.

Combine 2 tablespoons white sugar, 1 teaspoon cinnamon and butter, mixing until crumbly. Sprinkle topping over smoothed batter. Using knife, cut in a light swirling motion to give a marbled effect. Bake for about 50 minutes. Test with toothpick. When inserted it should come out clean. Remove bread from pan to rack to cool.



Cannabis Salad Dressing

Ingredients

Oil
Vinegar
Minced garlic
Dijon mustard
Dried herbs, Oregano, Basil and Thyme
Finely powdered marijuana
Pinch of sugar salt and pepper

You can use virtually any combination of oil and vinegar. My favorite is a fruity olive oil, and lemon juice.

To your oil and vinegar mix, you whisk in -- depending on your tastes and tolerances -- Minced garlic, Dijon mustard, Dried herbs i.e. Oregano, Basil, Thyme, finely powdered marijuana, pinch of sugar salt and pepper.

Whisk together in a blender or bowl, add your salad greens to it, toss and serve.

Fabulous Fantasy Fudge

Ingredients

1 cup cannabutter
3 cups of sugar
1- 14oz can condensed milk
1- 12oz bag of semi-sweet chocolate chips
1 small jar of marshmallow creme
1/2 cup chopped nuts (optional)

In a large saucepan over medium heat melt together the cannabutter, sugar, and condensed milk, stirring constantly so it will not scorch. Bring to a boil, reduce heat and cook for five minutes, stirring constantly. Turn off the heat, add the chocolate chips and marshmallow creme, stir until everything is smooth. Pour mixture into a buttered 8x8 pan. Let it set for at least 2 hours so it won't be mushy when you cut it.



RECIPES RECIPES

WAKE-N-BAKE BREAKFAST SANDWICHES

INGREDIENTS

1-2 grams Cannabis
2 slices Bread
2 large Eggs
2 slices Bacon
2 slices Velveeta Cheese



In a large pan, cook the bacon and scrambled eggs.

Assemble the sandwich as follows: 1 slice of bread, buttered side up; 1 gram finely chopped cannabis; 1 slice cheese; 1 slice bacon; scrambled eggs; 1 slice bacon; 1 slice cheese; remaining cannabis; and 1 slice of bread. Press the sandwich together and microwave for 30 seconds, or until cheese has melted. Toast bread if preferred.

CHILI CON CANNABIS

INGREDIENTS

2lb pinto beans
1/2 clove garlic
2 cups red wine
1/2-cup mushrooms.
4 T. chili powder
1lb bacon, cut into 2 in. sections.
1-cup of chopped cannabis

Soak beans overnight in salt water. In large pot, pour boiling water over beans and simmer for at least an hour, adding more water as needed to keep the beans covered.



Next, add all other ingredients, reduce heat and simmer for 3 hours. Serves 10.

Send in your favorite Cannabis Recipes to be featured in 4M Magazine! Send them to Katie@4mmagazine.com

Gourmet Ganja Grilled Cheese with Caramelized Onions, Apples & Walnuts

INGREDIENTS

2 Tbsp. cannabis infused olive oil, plus more as needed
1 yellow onion, sliced
1 tsp. salt
1 tsp. balsamic vinegar
4 slices of whole wheat bread, sliced thick
2 Tbsp. cannabis butter
Handful of walnuts
chopped 1 Granny smith apple
sliced Cheddar cheese, sliced

Cook the onions, cannabis oil and salt in a large, not non-stick pan over medium heat for about 15 minutes, stirring occasionally. (You can use pot butter if you do not have cannabis oil.)

Lower heat and cook for 30 minutes or until onions are medium brown, stirring occasionally. Add more oil if they begin to stick.

Add the balsamic vinegar and cook an additional 15 minutes. Remove from heat.

Turn on the broiler. Place an oven-safe skillet on a burner over medium heat. If you do not have an oven safe skillet, you may wrap aluminum foil over the handle.



Spread cannabis butter on one side of each slice of bread.

Place 2 pieces of bread in the skillet, buttered side down. Arrange a layer of caramelized onions on the bread, sprinkle the nuts on, then add a layer of apples, and finally, add the cheese. Cook the sandwiches until the bottom of the bread is golden brown.

Place the skillet under the broiler just until the cheese melts, checking often.

Remove the skillet from the broiler and put back on the stove over medium heat. Top the sandwiches with the second piece of bread, placing it buttered side up.

Flip the sandwiches, and cook until the bread is golden brown on the bottom.

COOKING WITH CANNABIS

CANNACREAM CHEESE

Ingredients

1 ounce cannabis
1 gallon whole milk
1 quart cultured buttermilk
1/2 teaspoon salt

Grind the cannabis into a very fine powder, making sure to sift out any stems (or seeds if any). Pour the milk and buttermilk into a large pan and insert a thermometer into the pan. You can buy a candy thermometer, or one that attaches to the side of the pan, for cheap at any grocery store. Add the powdered cannabis into the milk mixture and cook over medium heat, stirring occasionally until the temperature reaches 170° F.

Keep the mixture on the heat and the temperature of the milk between 170-175° F. After 15 minutes, pour the mixture through cheesecloth to remove the particles of marijuana. This step is optional, you can leave the bud in there, especially if you used a coffee grinder to finely chop it into a powder. Return the mixture to the pan. Wait another 15 minutes after you return the milk mixture to the pan and the it should start to separate into curds (the lumps) and whey (the liquid).

Line a strainer with several layers of moistened cheesecloth and set it inside a large bowl. Pour the mixture through the strainer to lift the curds from the milk mixture. You can save or get rid of the liquid that's left, but it can be used in other recipes.

Let the curds drain at room temperature for 2-4 hours. Remove the cheese from the cheesecloth and place in a blender with salt. Blend until creamy.

Store the cheese in small containers with tight fitting lids and refrigerate. You can also freeze and then thaw the cream cheese, but you have to blend it to make it creamy again.

BBQ SAUCE

Ingredients

2 tbsp of marijuana butter
1 large onion, chopped
2 cups of ketchup
1/2 cup of apple cider vinegar
1/4 cup of brown sugar
1/2 tsp of smoke flavoring
2 tbsp of vegetarian Worcestershire sauce
2 teaspoons of chili powder
1/2 tsp of liquid hot pepper sauce (optional)

Melt butter in a saucepan on a low flame; add onion and cook until tender, stirring often. Add all other ingredients. Heat on low flame for 30 minutes; stirring often.

CANNABIS COFFEE

Ingredients

A pot of good coffee
1 teaspoon of finely-powdered straight Arabian mocha/cup
A pinch of powdered cardamom seed
0.5 g of pulverized hashish/cup
1 teaspoon of honey/cup

Place the mocha, cardamom and hashish in a Turkish coffee pot. Pour the coffee. Heat the Turkish pot on 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 in the honey. The coffee is sipped from the top and the powdered mocha, honey and whatever is eaten like a candy from the bottom with a spoon.

SCOOBY SNACKS

Ingredients

2 cups flour
2 eggs
1 cup Quaker dry oatmeal
1 tbsp vanilla
1/2 cup cocoa
1/2 cup sugar
1/4 pound (1 stick) butter
1 tbsp walnut extract
1 oz. of finely ground cannabis

Preheat oven to 350 degrees. Combine all ingredients in a large mixing bowl. If there is not enough liquid to mix all ingredients after 5 minutes of stirring, add a tiny amount of milk to aid in mixing of remaining ingredients. Taste batter before cooking and adjust amount of sugar to your liking. Place on a lightly greased cookie sheet and bake for 8 to 12 minutes, depending on how large you made your cookies. Can be cooked for a shorter time for chewier cookies, or a longer time for drier, crisp cookies.

CocoCannabis Ice Cream

Ingredients

6 oz. Swiss chocolate
2 1/4 cup custard (pre-made)
1 1/4 cup whipped cream, whipped
1/4 oz skunk or Northern lights

Melt chocolate (either in microwave or in double boiler). Using a rubber spatula put chocolate in with custard and mix well. Using a rubber spatula fold pre whipped cream into the above mixture. Put all into a plastic container cover and freeze, if in freezer for a long time set out at room temperature for 2-3 mins. Serve 3 scoops on small dessert plate and top with chocolate shavings.



COOKING WITH CANNABIS

BROWNIE CUPCAKES WITH BUTTERCREAM FROSTING



Buttercream Frosting:

1 1/2 sticks cannabutter, softened
1/2 pound confectioners' sugar,
sifted
1/4 teaspoon pure vanilla extract

Buttercream Directions:

1. Beat butter with a mixer on medium-high speed until pale and creamy, about 2 minutes.

2. Reduce speed to medium. Add sugar, 1/2 cup at a time, beating after each addition, about 5 minutes. (After every 2 additions, increase speed to high, and beat for 10 seconds, then reduce speed to medium-high). Add vanilla, and beat until buttercream is smooth.

Brownie Cupcakes

Ingredients:

Vegetable oil cooking
spray
1 1/2 cups all-purpose
flour
3/4 teaspoon baking
powder
3/4 teaspoon coarse salt
1 3/4 sticks cannabutter
6 ounces unsweetened
chocolate, coarsely
chopped
1 1/2 cups sugar
3 large eggs
1/2 tablespoon pure vanilla
extract

Brownie Cupcake

Directions:

1. Preheat oven to 325 degrees. Line standard muffin tins with paper liners. Coat an 8-inch square cake pan with cooking spray, line bottom with parchment, then spray parchment.

2. Whisk flour, baking powder, and salt in a large bowl. Place butter and chocolate in a heatproof mixer bowl set over a pot of simmering water, stirring until chocolate melts.

3. Attach bowl to mixer, add sugar, and whisk on medium-high speed until smooth, about 3 minutes. Beat in eggs, 1 at a time, then vanilla. Reduce speed to low, and add flour mixture.

4. Divide batter among muffin cups, filling each 2/3 full. Spread remaining batter in square pan. Bake until set but still soft, about 25 minutes. Let cool in tins and pan on wire racks.

5. Frost cupcakes with buttercream. Cut out 24 hearts from brownie in pan using a 1 1/2-inch heart-shaped cutter. Top each cupcake with a heart.

Recipe by

Catherine Leverett,

Caregiver & Executive Director
of Farmington Compassion &
Southfield Compassion Clubs.

COOKING WITH CANNABIS

Diabetic Recipe!!

Peanut Butter

Protein Bars

Ingredients

2 TBSP no sugar peanut butter
2 TBSP cannabutter, melted
1/2 tsp liquid artificial sweetener
saccharin, stevia, liquid Spenda
1/4 cup Splenda or 4 packets Sweet n
Low
One scoop vanilla whey protein powder

Melt peanut butter and butter in micro-
wave or double boiler.

Mix in the sweetener thoroughly.

Add protein powder and stir until able to
form a ball. Roll up in a ball and kneed
for a few seconds. Separate into even
four even portions and roll into balls.

Place in refrigerator until firm. Makes 4
servings.

The PB Bars are low carb and sugar free
but are a little high on the fat count.

Yum!



Frozen Ganja Custard

Ingredients

8 oz. semi sweet chocolate
2.5 cups custard
1.5 cups whipped cream
1/4-1/2 oz chopped (fine) or ground ganja
rubber spatula

Melt the chocolate in a double boiler over
low-med/low heat

Add the ganja to the chocolate and set the
heat to REALLY low and let it "simmer"
for about 10 minutes (stir pretty const-
antly)

Have custard in a medium sized plastic
bowl and add the melted chocolate...mix
well

Carefully fold the whipped cream into the
mix. Next pop a top onto the bowl (best if
you just use a Tupperware type con-
tainer). Then just put the whole thing into
the freezer and let it freeze.

Also you can add stuff to the mix after
you put in the whipped cream....like
chocolate chips, pecans, sprinkles...etc.

Peanut Butter Dreams

Ingredients:

half cup PB
3/4 cup cannabutter
half cup sugar
1 egg
half cup brown sugar
1/2 tsp. vanilla
1/2 tsp. baking soda
1/4 tsp. salt
1 1/4 cups flour
handful of chocolate chunks
handful of shredded coconut

Put PB and butter in a mixer bowl. Mix
until smooth. Add sugar, egg, and vanilla.

Mix until texture is even.

Add all remaining ingredients until
evenly distributed.

Bake at 350 degrees until edges are
somewhat tan take it out when still soft in
middle.

Leave on pan for 5 to 7 minutes. Re-
move cookies from pan and sprinkle with
coconut if preferred.



Frozen Ganja Custard



RECIPES

COOKING WITH CANNABIS

Twice BAKED Potatoes

By: Kristen

4 Potatoes
2 cups cheese
3 Tablespoons Cannabutter
1 cup green onions
1 cup bacon bits
1/2 cup sliced black olives
2 Teaspoons horseradish
1 Teaspoon mustard
1/2 cup heavy cream

Wash and poke holes along the top of your Potatoes with a fork.

Bake at 350 for 30 minutes or until tender when poked with a fork. Cut the top off of the Potatoes and scoop out the insides into a large bowl. Combine all ingredients into the bowl with the Potatoes and whip with a mixer until semi-smooth but still a little chunky. Spoon the mixture back into the Potato skins and sprinkle cheese on top. Place back on the baking sheet and into the oven for 5 more minutes. Remove from oven and let cool for a few minutes. Serve and Enjoy!!!! Good with a steak or salad!

Risotto

By: RTK

Ingredients:

6 tablespoon budbutter
1/2 cup chopped sweet yellow onion
1 fennel bulb (1 lb); trimmed quartered, cored
1/4 teaspoon salt
1 pinch nutmeg preferably freshly grated
5 cup light chicken stock; or canned broth
1 1/2 cup Arborio rice
1/4 teaspoon freshly ground pepper
1/4 cup freshly grated parmesan
1/2 cup shake (I use Durban poison for the anise smell)

In a large heavy saucepan or flame-proof casserole dish, melt 3 tablespoons of the butter over low heat. Add the onion and cook until softened, but not browned, about 3 minutes. Stir in the sliced fennel. Season with the salt and nutmeg; mix well. Cover and simmer, stirring occasionally, for 10 minutes. Meanwhile, bring the stock to a simmer in another saucepan. After 10 minutes, add the rice to the fennel, stirring to coat each grain with butter. Add 2 cups of the hot stock. Bring to a simmer and cook, uncovered, stirring constantly, until the rice is just tender, adding more stock, 1/2 cup at a time as the rice absorbs the liquid, about 20 minutes. (If you run out of stock before the rice is done, use hot water.) The finished dish should be moist but not soupy. When the rice is tender but still firm, remove from the heat and stir in the pepper, the remaining 3 tablespoons butter, grated Parmesan cheese, and the shake. Season with additional salt to taste and serve immediately in warm bowls.

Wake and No Bake Cookies

By Anonymous

Ingredients:

2 cup Sugar
1/2 cup Cannabutter
1/2 cup Milk
3 tablespoons Cocoa
3 cups Quick Oat
1 teaspoon Salt
1 teaspoon Vanilla

In a large saucepan, add the sugar, butter, milk, and cocoa. Bring to a rapid boil, and continue to cook for 2 minutes. Remove from heat and add the oats, salt, and vanilla. Using a ice cream scooper, drop onto wax paper and let cool.

Chocolate Cherry Bombs

By: Kristen

Ingredients:

1/2 cup cannabutter
1 & 1/3 cup crushed cinnamon graham cracker crumbs
1 bag of semi-sweet chocolate chips
1 jar of drained maraschino cherries

Mix the cannabutter and cracker crumbs together. Press them in a pie pan or cake pan. Bake this mixture for 10-15 minutes until it is like a crust.

Melt the chocolate chips in a double broiler or a microwave.

Cut the cherries in half.

When the crust part is done, cut them into bite size pieces, about 1"x1".

Place a half of a cherry on each piece and then drizzle with melted chocolate.

Firecrackers

By Anonymous

Ingredients:

Natural Peanut Butter Saltine Crackers Coarsely Ground Cannabis

Spread peanut butter on crackers. Sprinkle each with 1/4 gram of pot and top with remaining crackers to yield four sandwiches. Preheat oven to 325° F then place on a baking sheet. Wrap sandwiches in foil (optional, but preferred), Bake 20-25 minutes, remove from oven, place in refrigerator for 20-30 minutes, and enjoy! Fire Crackers can be frozen.



INCREDIBLE Edibles

Bringing great food and great marijuana together for truly Incredible Medical Edibles!

Last month, our Widow Maker Biscuits were a tasty and savory compliment for any number of main courses dishes. However, this month I wanted to dive into the sweeter side of a meal, which for most of us comes at the end...dessert!

Almost all of us are familiar with the "pot brownie". It's a classic and quite possibly *the* quintessential medical edible dessert. After all, it has been around long since before I was born and it isn't going anywhere, anytime soon.

A blend of chocolate, sugar, and other ingredients, brownies are a baked dessert that can either be cakelike, chewy, fudgy or any combination there of. Yet because they never really rise like a true cake or finish with the texture of a cookie, brownies seem to fall into a delicious classification all unto themselves.

But the brownie has an often forgotten, but delicious, cousin known in most circles as the "blondie" or "blonde brownie". Usually made without chocolate and with brown sugar, the blondie can be every bit as delicious and chewy as it's darker relative. While the blondie may not be as common as the brownie in the land of normal desserts, in the medical edible community it is almost non-existent.

So this month, I thought it was about time to rediscover the blondie for all of my great *Incredible Edibles* readers with a recipe for Almond & Cherry Blondie Buddies. Made with brown sugar, dried cherries, chopped almonds and topped with a butterscotch drizzle, this delectable dessert can be served on its own, or as I prefer it, with a scoop of really good vanilla ice cream. Enjoy!

Med-A Butter

- 1 ½ lbs. Unsalted Butter (cubed)
- ½ oz. White Widow Bud (Chopped finely)
 - Water
- Slow Cooker (Crock Pot)
- Cheesecloth

1. Place butter and White Widow evenly (covering bottom) in slow cooker.
2. Pour in just enough water to cover butter.
3. Turn slow cooker on lowest setting and let cook (covered) for five (5) hours stirring occasionally.
4. Strain entire mixture through cheesecloth into bowl. Discard bud.
5. Place bowl in refrigerator. Once butter hardens, discard water and use butter for your recipes!

Almond & Cherry Blondie Buddies

BLONDIE INGREDIENTS

- 2 Cups Brown Sugar (Firmly Packed)
 - ¾ Cup Med-A Butter[†]
 - 2 Large Eggs
 - ½ tsp. Almond Extract
- 2 Cups All-Purpose Flour
- 2 tsp. Baking Powder
- 1 Cup Chopped Almonds
- 1 Cup Dried Cherries (Coarsely Chopped)

DRIZZLE INGREDIENTS

- 2 Ounces Butterscotch Chips
- 1 tsp. Shortening

- ~
1. Preheat oven to 350°
 2. Combine Med-A butter and brown sugar in large bowl and beat at a medium speed until creamy.
 3. Add almond extract and eggs and continue beating until mixed.
 4. Add flour and baking powder. Continue to beat on low speed until well mixed.
 5. Add cherries and almonds. Stir by hand until well combined.
 6. Spread batter into a greased 13x9 in. baking pan.
 7. Bake for 30 minutes or until top is a golden brown and the center has set. (Start checking doneness at about 25 min)
 8. Let cool completely before applying drizzle.

DRIZZLE

1. Combine butterscotch chips and shortening in small saucepan.
2. Cook over low heat until melted.
3. Drizzle over blondies.
4. Cut blondies into bars of desired size and enjoy!

[†] - See Med-A Butter recipe (this page)

Just to be safe, I am also including the recipe for Med-A Butter again this month. Marijuana butter is the staple in almost all medical edible cooking and it is an absolute necessity for our Blondie Buddies. So just to be sure, I am reprinting our butter recipe.

~ Chef Randy

Send Us Your Recipes!

Remember, we at Incredible Edibles are always looking for great new medical marijuana recipes to share with our readers. So dust off that old cookbook and send us your favorites to IncredibleEdibleFood@gmail.com.

INCREDIBLE Edibles

Since this is our first month with recipes, I thought a great place to start would be with a simple, savory biscuit that will make your mouth water and is relatively easy to prepare. Made with crispy bacon, fresh chives, and marijuana butter, these Widow Maker biscuits can compliment almost any main course dish and should bring a great big smile to your face once you taste them.

Also, because this is our first time with recipes, I have included two basic recipes that would be good to keep handy for future Incredible Edible cooking; "Med-A Butter" and "White Widow (prepared)". Both recipes create ingredients that we will use in future dishes.

Last, but not least, we are always looking for your great new recipes to share with our readers. Send them to us at IncredibleEdibleFood@gmail.com and we will try them and post them here if we feel they're up to snuff!

~ Chef Randy

Widow Maker Biscuits

- 6 Thick-cut Bacon Strips
- 3 $\frac{3}{4}$ Cups Bread Flour
- 1 $\frac{1}{2}$ tsp. Baking Powder
- 1 $\frac{1}{2}$ tsp. Baking Soda
- 1 $\frac{1}{4}$ tsp. Salt
- $\frac{1}{2}$ cup Chilled "Med-A Butter"[†] cut into $\frac{1}{2}$ inch cubes (plus some extra butter to brush on biscuits before baking)
- 2 $\frac{1}{2}$ cups coarsely chopped Cheddar (Sharp) cheese (12 oz.)
- $\frac{1}{3}$ Cup chopped "Fresh" prepared White Widow Bud[‡]
- $\frac{1}{3}$ Cup Fresh Chives

1. Preheat oven to 375°
2. Line a large baking sheet with parchment paper.
3. Cook bacon in a heavy skillet over medium heat until crisp and brown. Drain bacon, chop coarsely and set aside.
4. Combine flour, baking powder, baking soda, and salt in food processor and blend for five seconds. Add butter cubes and blend until a coarse meal forms (about 30 seconds).
5. Transfer flour mixture to a large bowl and add cheddar cheese, chives, prepared White Widow, and chopped bacon. Toss to blend. Gradually add buttermilk, stirring to moisten the mixture evenly. Batter may feel sticky to touch.
6. Using lightly floured hands, drop a generous $\frac{1}{2}$ cup of batter for each biscuit onto prepared baking sheet, with a spacing of about 2 inches.
7. Bake biscuits until golden brown (approx. 20 min) and a center (tested with a toothpick) comes out clean. Brush with additional Med-A butter and let cool for 10 min. Serve with Med-A butter and enjoy!

[†] - See Med-A Butter recipe (this page)
[‡] - See White Widow Bud recipe (this page)

Bringing great food and great marijuana together for truly Incredible Medical Edibles!

Med-A Butter

- 1 $\frac{1}{2}$ lbs. Unsalted Butter (cubed)
- $\frac{1}{2}$ oz. White Widow Bud (Chopped finely)
 - Water
- Slow Cooker (Crock Pot)
 - Cheesecloth

1. Place butter and White Widow evenly (covering bottom) in slow cooker.
2. Pour in just enough water to cover butter.
3. Turn slow cooker on lowest setting and let cook (covered) for five (5) hours stirring occasionally.
4. Strain entire mixture through cheesecloth into bowl. Discard bud.
5. Place bowl in refrigerator. Once butter hardens, discard water and use butter for your recipes!

White Widow Bud (prepared)

- $\frac{1}{3}$ Cup shredded White Widow Bud

1. Preheat oven to 225°
2. Spread shredded White Widow bud evenly on a baking sheet and bake for approximately 15-18 minutes.
3. When cool, chop fine.



RECIPES

POT LOAF

By Joe D.

Ingredients

1 packet onion soup mix
1 (16 oz.) can whole peeled tomatoes
1/2 cup chopped marijuana
2 lbs. ground beef or chicken or turkey
1 egg
4 slices bread, crumbled

Mix all ingredients and shape into a loaf
Bake for one hour in 400 degree oven
Serves about six.

SHORTBREAD COOKIES

BY ANONYMOUS

A panelist at the 2001 NORML conference swears that one of these cookies got rid of his migraine, rendering him both exhilarated and coherent enough for public speaking.

Ingredients

1 cup cannabutter
1/2 cup sugar (confectioner's or can sugar both work well)
2 cups unbleached white flour
1 tsp pure vanilla extract
Pinch of salt
1 cup shredded coconut (optional)

Mix the butter and sugar together very well. Add the remaining ingredients and work the dough mixture with fingers. The dough should not be "overworked" or the cookies will become tough.

Place the dough into a cake pan, about 1/2 inch thick, and punch a bunch of holes in the dough with a fork.

Bake in an oven preheated to 325 F for 50 minutes, until the cookies turn golden.

Best eaten while still warm—yum!

HUMMIN' HOMMOUS

By Sonia P.

Ingredients

1 19oz. can chick peas (save the juice)
1/4 cup tahini
1/3 cup lemon juice
2-5 cloves garlic (depending on how garlicky you like stuff)
handful of parsley
1/2 cup ground and browned cannabis
salt and pepper
pinch cumin

Put garlic, lemon juice and parsley in a food processor until smooth. Add chick peas, tahini, cannabis and spices and pulse process until semi-smooth. Use chick pea juice as needed to get desired texture. Should be smooth like a dip with a slightly bumpy texture. Refrigerate.

Great as a dip for veggies or as a spread with pita bread.

MOUNDS CANDY.

BY T-BONE

Ingredients

1 stick canna-butter (4oz.)
1 box confectioners' sugar
1 tsp. vanilla
1 can Eagle Brand milk
2 lg. bags coconut

Chocolate coating Ingredients

(1) 12oz bag chocolate morsels
1oz paraffin per 12oz chocolate

CHOCOLATE MIXTURE: Melt together 12 ounces chocolate morsels and 1 ounce block paraffin in double boiler. (1 oz. paraffin to 12 oz. chocolate morsels)

CANDY CENTERS: Mix all ingredients and press into jelly roll pan. Refrigerate until firm enough to cut into bite size pieces. Dip each piece into chocolate mixture with toothpick and place on wax paper to harden.

RECIPES

TABOULI SALAD

Ingredients

- 4 large, finely diced tomatoes
- 3 cups of finely chopped, fresh mint
- 3 cups of finely chopped, fresh parsley
- 3 bunches green onions, finely sliced
- 2 cups of finely chopped, fresh cannabis (preferably a lemon or skunk type)
- 1 cup of #1 bulgur wheat (washed and drained well)
- .5 cup of olive oil to start
- Salt, pepper, garlic and lemon juice to taste



Mix all the ingredients in a large bowl, adding more olive oil if necessary. Refrigerate at least several hours, preferably a day, stirring occasionally. Serve with chilled cucumber slices, grape leaves, lettuce leaves, snack chips or with slices of pita bread.

GRILLED CANNA-VEGGIES

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 teaspoons snipped fresh rosemary or 1/2 teaspoon dried rosemary, crushed; or 2 tablespoons snipped fresh basil or 1 teaspoon dried basil, crushed
- 1/4 teaspoon salt
- 4 cups mixed vegetables, such as eggplant chunks; halved small yellow squash, zucchini, squash; green beans; red onion wedges; and/or sliced yellow, red, or green sweet pepper
- 1 1/2 cups of high quality cannabis shake

In a medium mixing bowl combine the cannabis flowers, olive oil, garlic, rosemary or basil, and the salt. Add the vegetables to oil mixture, tossing to coat. Spoon vegetable mixture onto a 24x12-inch piece of heavy foil. Bring opposite edges of foil together; seal tightly with a double fold. Fold in remaining ends to completely enclose vegetables, leaving a little space for steam to build. Grill the vegetable packet on a grill rack directly over medium-hot coals about 20 minutes or until vegetables are tender, turning the packet over halfway through the cooking time. Season vegetables to taste with fresh ground pepper.

Makes 4 side-dish servings.



AVOCADO CANNABIS DIP

Ingredients

- 3 ripe Avocados
- 1/2 cup chopped Onions
- 2 tsp Chili Powder
- 3 tbs Wine Vinegar
- 1/2 cup finely chopped cannabis



Mix the vinegar, marijuana, and chili powder together and let the mixture stand for one hour. Then add avocados and onions and mash it all together. It can be served with tacos or as a dip

SPINACH DIP

Ingredients

- 2 cups of chopped cannabis (preferably a lemon or skunk type)
- 1.5 cups of sour cream
- 1.5 cups of mayonnaise
- 1 package of vegetable dip or soup mix
- 1 package of frozen chopped spinach (thawed and drained well)



Mix all of the above ingredients, adding more sour cream if necessary to achieve proper consistency. Refrigerate at least several hours, stirring occasionally. Serve in a hollowed out round bread loaf with additional bread torn into pieces and/or with chips, crackers or fresh vegetables.

NIPS

Ingredients

- Saltine Crackers
- Nutella (in the peanut butter aisle)
- Bowl of well broken up buds (no seeds or stems – about a gram per person).

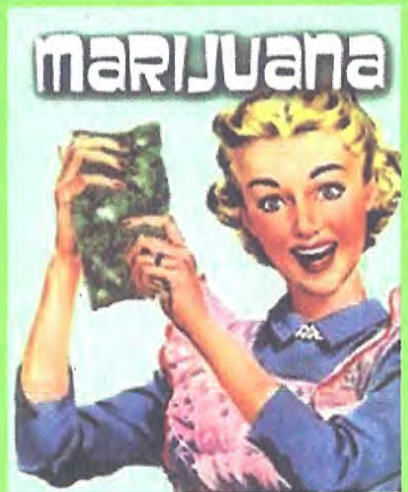
Put a mildly thick coat of nutella on two crackers (about 3 or 4 millimeters thick). Put .5 herb on the nutella spread onto one of the crackers. Put the crackers together like an oreo cookie. Put them on a cookie sheet and bake them at 325 degrees for 25 minutes.

Things You Never Learned in Home Economics

Amy Francisco, B.A. Home Economist

Cannabis has been used in food & drink just about as long as mankind has been eating and drinking. It is only recently cannabis plant material has been commonly smoked. For most of our history, burning marijuana resins and breathing the vapors has been primarily reserved for religious ceremonies and restricted to sacred places.

Our ancestors were much more familiar in their daily lives with cannabis as a healthful food or drink.



These three recipes demonstrate just a few of the possibilities.

RECIPES

Cannabis Pesto

- ½ cup fresh basil leaf
- ½ cup fresh mint
- ½ cup fresh (not dried) cannabis buds
- ½ cup walnuts (soak in water for one hour first)
- 4 tbsp frozen orange juice concentrate
- 2 cloves of garlic
- ¼ cup olive oil

Using food processor, blend first 6 ingredients into a paste like consistency. Gradually add olive oil and blend until smooth. If pesto is too dry, add more oil, a spoonful at a time. Season to taste with salt & pepper. Tightly cover with plastic wrap, pushing film down against surface of pesto. May be refrigerated 2 days or freeze up to one week. Makes about 1 cup.

Bhang

- 2 cups water
- ½ oz cannabis
- 2 cups warm whole milk
- ½ cup sugar
- 1 cup coconut milk
- 1 tbsp almonds, chopped
- ¼ tsp ginger, powdered
- a pinch each of clove, cinnamon & cardamom
- 1 to 3 tbsp rose water.

Bring water to a boil. Reduce heat. Stir cannabis into water and gently simmer, stirring occasionally for about 10 minutes. Add whole milk, sugar, coconut milk, almonds and spices and continue to simmer on low for 5 minutes. Remove from heat and allow to settle for 2 to 3 hours. Strain and dispose of plant material. Reheat to serve, may be kept refrigerated for several days. Bhang makes for a relaxing evening drink and sleep aid.

Nettle and Cannabis Soup

Anyone who has ever brushed up against nettles while out walking knows the intense itching and irritation they cause. So the thought of actually putting nettles into your mouth may seem insane. But cooking them deactivates the stingers and nettles turn out to be quite delicious as a pot herb. Until cooked, use gloves when harvesting and handling nettles.

- ½ lb fresh, young nettle leaves
- ½ lb cannabis leaves
- 7 cups of water
- ¾ cup cashews, soaked over night
- 1 tsp butter
- pinch freshly ground nutmeg
- 2 tbs stale beer
- Squirt lemon or lime juice
- Salt & pepper to taste
- One diced onion

Sauté diced onion in butter until translucent and golden brown. Puree nettle leaves in 6 cups of water and add to pot with onion. Puree cashews with a cup of water and add to pot along with beer, nutmeg, lemon juice and salt & pepper. Simmer for 20 minutes, adjust seasoning and serve.



Amy Francisco holds a Bachelor of Science in Home Economics. She taught cooking and other subjects for over 25 years.



Cooking with Cannabis



Strawberry Chocolate Ganja Muffins

Ingredients:

2 cups flour
 1 cup sugar
 1/2 cup butter
 1 cup yogurt
 1 egg
 1 teaspoon baking soda
 1/2 cup chocolate chips
 6 or 7 strawberries
about 1/3 of a cup of finely ground marijuana



Pre heat oven to 350 f.

Melt butter in a sauce pan, add weed to melted butter let it simmer, while its simmering.

Beat egg yogurt and baking soda in a small dish until its frothy.

In a separate bowl combine flour and sugar.

Pour butter/marijuana into the dry ingredients, stir until it reaches a crumbly consistency. Set aside about 1/2 of a cup of that mixture (it will become like a cannabis streusel topping).

Add the wet and dry ingredients together, stir until combined.

Add the chocolate and chopped strawberries to the batter.

Spoon batter into greased or paper lined muffin tin (should make about 12 muffins).

Sprinkle the topping on the uncooked muffins.

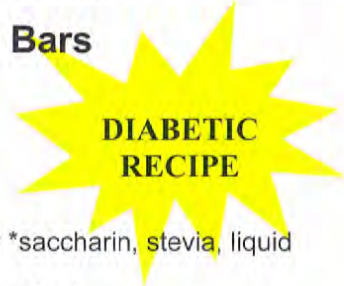
Bake for 20 min if you are making 12 muffins, and 30 min if you are making the 6 big muffins.



Peanut Butter Protein Bars

Ingredients:

2 tbsp. no sugar peanut butter
2 tbsp. cannabutter, melted
 1/2 tsp. liquid artificial sweetener *saccharin, stevia, liquid Splenda*
 1/4 cup Splenda or 4 packets Sweet n Low
 One scoop vanilla whey protein powder



Melt peanut butter and butter in microwave or double boiler.

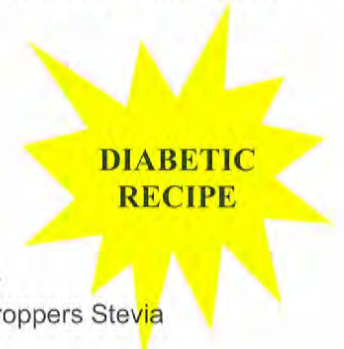
Mix in the sweetener thoroughly.

Add protein powder and stir until able to form a ball. Roll up in a ball and kneed for a few seconds. Separate into even four even portions and roll into balls. Place in refrigerator until firm. Makes 4 servings.

CannaDoodles

Ingredients:

1/2 cannabutter softened
 4 1/2 ounces almond or soy flour
 1 cup granulated Splenda or 4 droppers Stevia
 1 egg
 1/2 tsp. vanilla
 1/4 tsp. baking soda
 1 tsp. cinnamon
 2 tsp. granulated Splenda



In medium bowl, beat butter on med-high for about 30 seconds. Add about half almond or soy flour and Splenda or liquid sweetener, egg, vanilla, and baking soda. Beat until well combined. Beat in remaining almond or soy flour. Cover and chill in bowl for 1 hour. In a small bowl, combine 2 TBSP Splenda and cinnamon, mix well. Divide the chilled dough into 24 balls about 1 inch in diameter. Roll them quickly and gently because the dough softens fast. Gently roll each ball in the cinnamon/Splenda mixture to coat and place 2 inches apart on a cookie sheet sprayed with cooking spray. Bake at 350 degrees for 10 minutes until lightly browned at the edges. Let cool before removing from cooking sheet.

Makes 24 servings.
Can be frozen.

Chocolate Red Velvet Cannabis Cupcakes

Ingredients:

1 1/4 cups flour
3 tablespoons cocoa powder (unsweetened)
1/4 teaspoon salt
1/2 cup (1 stick) cannabutter
1 cup sugar
2 large eggs
2 teaspoons red food coloring
1 teaspoon vanilla extract
1/2 cup sour cream
1 teaspoon vinegar (white)
1 teaspoon baking soda
Red and Pink Frosting and sprinkles for decorating



Preheat the oven to 350 degrees F, then line the muffin pan with cupcake liners.

In a large bowl sift together the flour, cocoa powder and salt.

Beat the cannabutter and sugar until fluffy. Add the eggs, 1 at a time, and mix in.

Add vanilla extract and food coloring (to desired color).

Now add the flour mixture and sour cream a bit at a time, keep blending.

In another bowl, combine vinegar and soda, after fizzing stops, add to the batter and mix in.

Divide the batter by filling each liner about 3/4 of the way full. Bake 20 to 25 minutes. Allow to cool. Decorate to your preference.

Send in your favorite Cannabis Recipes to be featured in 4M Magazine! Send them to Katie@4mmagazine.com

Cheesecake Marijuana Brownies

Ingredients:

1 (8 ounce) package of cream cheese, softened (regular or lite)
1/4 cup white sugar
1 egg
1 cup of semisweet chocolate chips
1/4 cup of marijuana butter, softened or melted
1 cup of semisweet chocolate chips
1/2 cup of white sugar
2 eggs
2/3 cup of all purpose flour
1/2 teaspoon of baking powder
1/4 teaspoon of salt

Preheat your oven to 350 degrees F and grease a 9 inch square baking pan with a little marijuana butter

Combine the cream cheese with 1/4 cup of sugar and 1 egg in a bowl, beating the mixture until smooth. Stir 1 cup of chocolate chips into the mixture and set it aside

Fill your sauce-pan with water and bring to a full boil. Turn the heat off and put a heat-proof mixing bowl over the water. In that bowl combine the marijuana butter with the remaining chocolate chips, stirring until the chips are melted and blended together. Stir in the remaining 1/2 cup sugar and 2 eggs. Once mixed completely sift together the flour, baking powder and salt and then stir this new mixture into the chocolate until completely and thoroughly mixed.

Pour half of your mixture into the prepared baking pan. Spread the cream cheese mixture over the chocolate mixture layer and then top with the remaining chocolate mixture, it doesn't need to completely cover, it'll work itself out when being baked. Using a knife swirl the top chocolate layer into the cream cheese to make a marble pattern.

Pop your newly filled pan into the preheated oven for 25 to 30 minutes, or until top of the marijuana brownies are crinkled and the edges pull away from sides of the pan. Let them cool down a bit, and then enjoy!

Makes 1, 9 inch pan of delicious Cheesecake Marijuana Brownies



HOLIDAY GOODNESS!

TRIPLE CHOCOLATE S'MORES PIE

INGREDIENTS

- 1 1/4 cups Graham Cracker Crumbs
- 1/4 cup Sugar
- 1/3 cup Cannabutter, Melted
- 1 cup Milk Chocolate Chips
- 1 cup White Chocolate Chips
- 1 cup Dark Chocolate Chips
- 1 1/2 cups Sweetened Condensed Milk
- 1 1/2 teaspoons Vanilla Extract
- 1 1/2 cups Miniature Marshmallows

Preheat oven to 375 degrees. Spray inside of a 9-inch pie pan with non-stick cooking spray. In a bowl, combine graham cracker crumbs, sugar, and melted Cannabutter. Press mixture firmly into sprayed pie pan, covering bottom and sides. Blind bake (to bake without any filling) for 6-8 minutes, set aside to cool. For the filling, combine milk chocolate chips, 1/2 cup condensed milk, and 1/2 teaspoon vanilla. Stir until chips are melted then pour into bottom of cooled crust. Set in refrigerator while preparing the second layer. Repeat the above process using the white chocolate chips, and again with the dark chocolate chips. Make sure to let set in refrigerator between each layer. Preheat the broiler. Open a bag of miniature marshmallows. Remove pie from refrigerator and cover evenly with miniature marshmallows. Place under broiler for 1-2 minutes until marshmallows begin to brown. Refrigerate at least 1 hour before serving.

NOTES

You could always use a torch to brown the marshmallows; I find it's a little easier to get an even brown compared to using the broiler.



SATIVA STRAWBERRY CHEESECAKE

INGREDIENTS FOR CRUST

- 1 Cup Crushed Graham Crackers
- 3 tbsp. Sugar
- 1/4 Cup Melted Cannabutter

INGREDIENTS FOR THE CHEESE CAKE

- 24 ounces of softened cream cheese
- 3/4 cup of sugar
- 1 tsp. vanilla extract
- 3 eggs
- 1/4 Cup Melted Cannabutter
- 16 ounces of strawberry pie filling, chilled

CRUST PREP:

Combine graham cracker crumbs, sugar, and cannabutter. Press onto bottom of 9-inch pan. Bake @ 350 for 10 minutes

CHEESECAKE PREP:

Combine cream cheese, sugar, and vanilla, mixing at medium speed until well blended. Add eggs, one at a time mixing well after each additional egg. Add cannabutter and mix well. Bake @ 450 for 10 minutes then reduce oven to 250 and continue to bake for 30-40 minutes. Loosen the cake from the pan.

Chill, spread strawberry pie filling over cheesecake before serving. Makes 10-12 Servings.

CANNABUTTER SUGAR COOKIES

INGREDIENTS

- 3 1/2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup cannabutter, softened
- 1 1/2 cups sugar
- 2 eggs
- 2 teaspoons vanilla

Combine flour baking powder and salt and set aside. Cream together canna butter and sugar. Beat in eggs one at a time and then add vanilla. Gradually add flour mixture until well blended. Cover and keep in the frig for about 2 hours. Preheat oven to 350* Roll out dough onto a lightly floured surface. Cut out into shapes and place on greased cookie sheets. Bake 8-10 minutes or until very lightly browned. Remove from cookie sheets and cool.

Cooking time may vary slightly, keep an eye on them.



Duff Cannabutter

- ½ ounce ground Duff (vaporizer leftovers)
- 1 Stick of Butter
- 2 cups of Water
- Coffee Filter, silk screen, or cheesecloth

In a medium saucepan, add 1 stick of butter, water, and duff. Bring to a rolling boil. Boil gently, uncovered for 30 minutes. Let cool, and strain thru a coffee filter or cheesecloth into a bowl (be sure to squeeze as much liquid out as possible). Cover and refrigerate overnight.

After the butter/water mixture has had time to cool, you will end up with a layer of congealed butter on top of the water. Gently remove the butter and discard the water. Use the butter as you would normally in the recipe of your choice.

