



CANNABIS COOKBOOK

Tasty Marijuana Infused Dessert Recipes



Nick Blaze

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Introduction

Welcome to *Cannabis Cookbook: Tasty Cannabis Infused Dessert Recipes* book, brought to you by www.CannabisCookbook.com and Nick Blaze. This book will provide you with insight to cooking with cannabis and the affects it can have on you while medicated.

The benefits of cannabis in general has been a controversial and mainly “illegal” activity, though in some of the United States, where cannabis has been recognized for its medicinal purposes and legalized for ease of access to patients who prefer marijuana to harsh pharmaceutical drugs.

Cannabis has been known to help with the following ailments:

- Relieves pain
- Suppresses appetite / Helps with weight loss
- Kills or slows bacteria growth
- Reduces blood sugar levels
- Reduces vomiting and nausea
- Reduces seizures and convulsions
- Treats fungal infection
- Reduces inflammation
- Aids in sleep
- Reduces risk of artery blockage

- Inhibits cell growth in tumors / cancer cells
- Treats psoriasis
- Tranquilizing / Used to manage psychosis
- Suppresses muscle spasms
- Relieves anxiety
- Stimulates appetite
- Promotes bone growth
- Reduces function in the immune system
- Reduces contractions in the small intestine
- Protects nervous system degeneration

While *smoking* cannabis has been rooted in culture, it also provides the quickest relief or high, that can last anywhere from 30 minutes to 2 hours, depending on quality and amount of marijuana consumed. That is easy to access and can cause impulse use, one can maintain a “high” feeling for hours through continuous smoking. But it has always been a controversial topic for its medicinal purposes because the marijuana is smoked, which counters the health benefits with smoke inhalation. That contains carcinogens and can harm your respiratory system with the constant heat and smoke inhaled into your body.

Cooking with Cannabis

Cooking with cannabis has been around for thousands of years, used as a method to consume marijuana by various cultures around the globe.

Ingesting properly prepared cannabis edibles, or medibles is a much healthier way to experience the medicinal benefits of marijuana, and an excellent alternative to the common approach, smoking.

Not only does consuming cannabis through food keep your lungs healthy, it can also be a much more cost-effective way to get the most value out of your cannabis and potentially turning your weekly marijuana purchase, into monthly purchases.

Consumption

Though, ingesting marijuana does take 1-2hrs for one to feel the effects. **Please allow yourself at least 1hr after consuming something infused with cannabis before eating any more.**

This is because the THC enters your body through your bloodstream and your digestive system, and as tempting as it may be, it is something you do not want to ignore or neglect, because it will leave you too medicated to point where you will have to try sleeping the effects off. Be especially cautious if you are a first-time edibles user, you want to start off small and gradually increase in this scenario to give yourself enough time to learn what your personal limits are.

A good solution is to keep a journal or log of what your cannabis cooking experiences are, this will be helpful to determine what is best for your own needs, as the variables in each person and possibly edible mix will be unique. But expect medicating effects that are *very similar* to those of smoking and lasts longer, up to 4-8hrs, depending on the individual, quality of cannabis and amount ingested. Considering responsible drug use when eating marijuana should always be considered and only taken in safe locations where you will not be operating any machinery. It is best to just relax and enjoy the medicating benefits.

Cannabis Strain and Quality Selection

The cannabis type you select and use in your cooking plays a role in the affects you will experience from your edibles. Meaning if you choose a sativa-dominant strain to cook with, expect your food items to also have same affects as if you were smoking the bud instead. This also applies to Indica-dominant strains and any others. There are two primary types of marijuana available: Sativa and Indica.

Sativa dominant strains provide the following medical affects: Mind dominant, anti-anxiety, anti-depressant, activating, uplifting, increases alertness, increases energy, enhances creativity, higher THC level.

Indica dominant strains provide the following medical affects: Body dominant, sedating, relaxing, muscle relaxant, treats acute pain, reduces nausea, increases appetite, relieves headaches, increases dopamine, higher CBD level.

In our Cannabis Cookbook, we'll share with you our preferred method to extract THC and cannabinoids from the marijuana plant matter. This will then provide you with a "base" to use in an assortment of meals and recipes, this will also allow you to get creative and learn how to work cannabis into other foods you enjoy. All cooking can be done with items already found in your

kitchen.

Choosing the quality of cannabis to use during cooking is just as important as the strain you choose. Obviously the higher quality of marijuana used the stronger and longer your high will last after eating your edibles. A mixture of high-grade cannabis with 'shake' or some leaf trim would work to start and you can adjust the combination and quality of cannabis used as you learn what works best for you.

You will also find an assortment of my favorite cannabis dessert recipes. Items which are full of flavor and infused with cannabis that excite your taste buds stimulate your mind and relax your body. As always, remember to be safe and responsible when cooking with cannabis. Having proper knowledge of how marijuana works as medicine and the time it takes to feel its effects when eaten is critical to safely enjoying the experience and tasty creations. Let's get started!

Cannabutter

It is important to use the proper amount of cannabis in the dosage ratios when creating your “base”, this way you can start to establish or determine consistency of what your cannabis-infused edibles will have. The primary methods we will be exploring today is Cannabutter, it is very effective in absorbing the THC contents from your marijuana and can be saved for longer periods in their food form. As well as refrigerated for storage and future use.

The amount of cannabis you use in your cannabutter base can vary, depending on quality of marijuana used. But, after testing, we have found that a 1:1 ratio with 1 ounce high-grade cannabis and 1 pound butter. This will provide you a potent cannabutter mixture than can be adapted into many foods. You can reduce the potency of the cannabutter by using lower quality marijuana strains, or a slightly lower quantity of cannabis. It is also possible to make a smaller portion, by halving the ratios (example: ½ pound butter and ½ ounce of high-grade cannabis). Cannabutter can be kept in the fridge or freezer for long periods of time, and is simply used as a replacement to regular margarine or butter within any recipe. You will only need about a tbsp of cannabutter to get medicated for hours.

Cannabutter Recipe



Ingredients:

- 1 pound butter
- 1 ounce coarsely ground cannabis
- 4 cups water

Directions:

To make your cannabutter, we have found cooking the marijuana and butter in a crockpot works well, but you may also use a stainless steel pot with water, as well double-broiler option. For this example, we're going to use a regular stainless-steel cooking pot – which should be found in any household kitchen.

Combine the butter, ground-cannabis and water into the pot and place on stove under low heat. You will want the cannabis to simmer in the melted butter for a few hours, we suggest 3-4 hours, but you can cook the cannabutter on low heat up to 24 hours. Doing so can produce a much more potent cannabutter, but I prefer to use more cannabis instead of the longer cooking time. Be sure to add more water as needed to the cannabutter while it is simmering, in order to prevent the cannabis or butter from burning. Please be aware that this will make your cooking location smell like the cannabutter, which is basically a scent of cannabis and butter – I personally love it. But it can draw unwanted attention, so ventilate cautiously and accordingly.

After the cooking period, you will need to separate the cannabis plant material (which no longer contains any THC content) and the water from your newly made cannabutter. The plant material can be disposed of.

In order to separate the cannabutter it is best to use a strainer and if possible, with a cheesecloth to remove the liquid

cannabutter from the plant matter. Begin by straining the cooling cannabutter mix into the strainer with cheesecloth and a container. The container will capture your filtered cannabutter and water – leaving the plant matter within the cheesecloth and strainer. You can extract more liquid cannabutter mix into your container by thoroughly squeezing the cheesecloth pulp, until it seems no more can be extracted.

You can now place your container of liquid cannabutter and water into the refrigerator to help with cooling and separating the water from cannabutter. Once fully cooled you will have a layer of solidified cannabutter that should have a ‘green’ color to it, depending on length of time cooked, and if there is any plant matter within the butter itself – this is okay, as it adds a little texture to the butter. You can now remove and place the cannabutter layer into a storage container to keep within the fridge or freezer, if you choose freezer, it does allow the product to last for months when properly stored.

Now with this cannabutter “base” you can substitute it in a variety of meals, both savory and sweet. Either applied to toast, used in recipes that normally call for butter, it can be applied to an assortment of food. All you should need is a tbsp of cannabutter to feel the medicinal effects for 3-4 hours. For beginners or first-timers, start with a tsp amount and see how the effects are after one-hour, before consuming more – at least the first couple of tries. Remember, you want to learn and

understand what ratio and combinations work best for you.

When cooking with cannabis, it is best to cook or bake items that will stay under (210 degrees Celsius or 401 degrees Fahrenheit) – if the edibles cooked with your cannabutter mix exceed these temperatures, you may risk destroying the THC and cannabinoids within the cannabutter and making your dish non-medicated. Be careful and pay attention to the cooking temperatures.

As part of our cookbook, you will now discover a selection of recipes that have been individually chosen, taste delicious and provide excellent medicating properties. We cover a few appetizers, main courses, and desserts – all to give you options to start. Then you can explore creating your own tasty edibles. Be safe and enjoy!

DESSERTS

Dutch-Pizzelle Waffles



Serves: 10 – 12

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

- 1 tsp of ground cinnamon
- 6 tbsp of dark corn syrup
- 1 cup of cannabutter
- 1 1/2 cups of brown sugar
- 1 package of Pizelle cookies

Instructions:

For the filling

Take a medium sized saucepan. Combine all of the ingredients (except for the cookies) in said saucepan. Bring to a boil over low heat (234-240 degrees farenheit) until it forms a soft ball.

Take the filling when warm and spread onto cookies. Can be eaten alone, with cookies, or as cookie filling between two or more!

Canna-Bananas Foster



Serves: 1 - 2

Preparation time: 10 minutes

Cooking time: 5 minutes

Ingredients:

- 1/2 cup cannabutter
- 1 cup superfine sugar
- 4 bananas, peeled and halved lengthwise
- 1/2 cup coconut ice cream

Directions:

In a large, heavy skillet over medium heat, melt cannabutter. Stir

in sugar and cook, stirring, until sugar is melted and light brown.

Place the bananas in the pan and cook until heated through, 2 minutes. Serve hot with the coconut ice cream.

Danish Puffs



Serves: 10 - 12

Preparation time: 15 minutes

Cooking time: 30 – 35 minutes

List of Ingredients:

- 1/8 tsp salt
- 1/2 cup of cannabutter
- 1 cup of all-purpose flour
- 1 cup water
- 4 eggs

Instructions:

Turn the oven on and preheat to the tune of 350°F.

Take a heavy duty saucepan (2 quarts) and combine the cannabutter, salt, and water.

Heat the saucepan over medium heat to the point of boiling.

At the first sign of a full boil, begin to add the flour. Stir continuously for about sixty seconds, until a ball forms.

Take the saucepan off of the heat source and allow to cool.

Add each of the eggs in, mixing after each one is added. The resulting mix should be extremely smooth.

Take the dough in tablespoons and place onto an ungreased baking sheet, making sure to leave at least 3 inches between each portion.

Place in the oven and cook until light golden and puffed, approximately half an hour. When finished, poke each puff with a fork, this will help it to cool faster.

Once completely cooled down, remove the tops and any soft dough remnants. Add the filling of your choice, top it off with some warm chocolate chips, powdered sugar, or cocoa and enjoy!

Fillings that will make your mouth water:

There's a lot of flexibility here, the best fillings tend to be frozen (frozen yoghurt, sorbet, ice cream), but there are also warm fillings (pudding, pie filler, whipped cream). Don't forget to top!

Double Chocolate Pudding



This is how chocolate pudding should taste, deliciously intense, the perfect combination of smooth and yet thick. Use only cocoa and chocolate of the highest quality to ensure best results.

Serves: 6

Preparation time: 5 mins

Cooking time: 15 mins plus cooling

List of Ingredients:

- 1 tsp vanilla extract
- 2 tbsp cannabutter, cut into pieces
- 2 tbsp cornstarch
- 3 tbsp unsweetened cocoa powder
- 1/2 cup of white sugar
- 5 ounces of semisweet baker's chocolate, finely chopped
- 2 1/4 cups of whole milk
- 3 large egg yolks
- Just a pinch of salt
- Whipped cream for that special finishing touch!

Instructions:

Take a medium sauce pan and place over medium heat. Add the salt with half of the sugar and milk, continually stirring over the heat, and bring to the point of boiling. Once boiled, take the saucepan away from the stove at once.

Take a bowl (separate from your sauce pan) and combine the cornstarch, egg yolks, remaining milk, and additional pinch of salt. Whisk thoroughly and begin to add the saucepan contents to the bowl.

Take that reliable and favored saucepan and pour the contents of the bowl into it again. Bring to the point of boiling over medium (high should also be fine here, just don't let it burn) heat.

Take the heat back down to a low level, just enough to keep the contents of the pot simmering, and whisk for 2-3 minutes. The goal here is to thicken the pudding to desired consistency. Once this is done we can go back to a bowl (hah!).

Depending on the type of bowl used before, you may want to grab a different one, as you need to ensure that the contents of the pot only go into a heatproof bowl. Once you've done that, it's time to add the cannabutter, vanilla, and chocolate into the melted mixture of delight.

The resulting pudding should be incredibly, delectably smooth, delicious, and almost done. Set it up for storage (It can be stored collectively, but I prefer to separate it – makes about six servings), and chill it overnight to set the pudding.

That's it, it's ready for your final touch of choice! Mine, of course, is whipped cream.

Crème Brulee French Toast



This is a classic that can be served for breakfast, brunch or dessert. It has a rich, custardy and creamy center and the caramel that forms on the bottom is wonderfully delicious. You let it sit overnight so you just have to bake it when you are ready for it.

Serves: 6

Preparation time: 20 mins

Cooking time: 35 – 40 mins plus overnight chilling in the fridge.

Ingredients:

- ½ cup of cannabutter
- 1 cup packed brown sugar

- 2 Tbsp. of corn syrup or maple syrup
- 4 eggs
- 1 unsliced loaf of white day old bread of choice (French, brioche, challah)
- 1 ½ cups of half and half
- ¼ tsp salt
- 1 tsp vanilla
- 1 tsp of Grand Marnier or orange liqueur
- 1 tsp cinnamon
- Mixed berries, whipped cream or maple syrup for serving

Directions:

Melt cannabutter in a small saucepan over medium heat. Add sugar and maple syrup and stir until the sugar is melted and smooth.

Pour into a 9 x 13 inch baking pan and spread around to cover the surface.

Slice the bread into equal generous size slices (around 1 ½ inch thick) and remove the crusts.

Place into the baking pan in a single layer.

In a large bowl whisk together eggs, half and half, vanilla extract, salt, cinnamon and orange liqueur.

Spoon mixture evenly over the bread and cover and refrigerate overnight.

When you are ready to bake this take out of the refrigerator and bring to room temperature (around 20 – 30 mins) and preheat oven to 350 degrees.

Bake uncovered for 35 to 40 minutes until lightly browned and puffed.

Serve immediately with each slice turned over with the caramel on top.

Serve with mixed berries, extra maple syrup or lightly whipped cream.

Notes: You can substitute the orange liqueur for $\frac{1}{4}$ tsp of orange zest or $\frac{1}{2}$ tsp of orange extract as it is the orange flavor that makes lifts and makes this recipe.

COOKIES

Canna-chip cookies



Serves: 10 – 12

Preparation time: 20 minutes

Cooking time: 10 minutes

List of Ingredients:

- 1 /4 tsp salt
- 1/2 tsp baking soda
- 1 tsp hot water
- 1 tsp vanilla extract
- 1/2 cup of softened cannabutter
- 1/2 cup of white sugar
- 1/2 cup of brown sugar

- 1 cup semisweet chocolate chips
- 1-1/2 cups all-purpose flour
- 1 egg

Instructions:

Set the oven to preheat at 350 degrees F (175 degrees C).

Combine the brown sugar, white sugar, and butter, and mix until smooth. Add the vanilla and the egg, combining thoroughly.

Take the hot water and stir the baking soda into it until dissolved.

Mix the baking soda/hot water and the salt into the bowl with the sugar and butter. Now it's time to add the flour and the chocolate chips.

The resulting mix can be spooned, by the tbsp, onto ungreased cookie sheets. It should be cooked until the edges are golden, approximately 10 minutes.

Cannabutter Cookies



Serves: 10 - 12

Preparation time: 15 minutes

Cooking time: 10 minutes

List of Ingredients:

- 1/4 tsp baking powder
- 1/4 tsp vanilla extract
- 1/4 cup of cannabutter
- 1/3 cup of firmly packed brown sugar
- 2/3 cup of all-purpose flour
- 1 egg

Instructions:

Grease the cookie sheets that will be used and set the oven to preheat at about 350 degrees Fahrenheit in preparation.

Thoroughly mix the eggs, vanilla, sugar, and cannabutter together.

Sift together the baking powder and flour, and stir them into the mix.

Separate the dough into two inch square pieces (a knife can be helpful here).

Take the pieces and coat in white sugar.

Roll the dough until rounded in hand. Next, coat in brown sugar.

The resulting pieces can be placed onto the prepared greased cookie sheets. Be sure to leave at least 2 inches between pieces and bake until golden (approximately 10 minutes).

Orange Poppy Seed Cookies



These light and luscious cookies are citrusy and nutty and ideal when you don't feel like something too overly sweet and heavy. They are simple and quick to put together and pack a lot of flavor.

Serves: 36

Preparation time: 15 mins

Cooking time: 10 – 12 mins

List of Ingredients:

- 1/2 tsp of baking soda
- 1 tbsp of orange zest
- 1 tsp orange juice

- 1 tbsp of poppy seeds
- 1/2 cup of cannabutter
- 2/3 cup of sugar
- 1 1/4 cup of flour
- 1 egg
- Dash of salt

Instructions:

Set the oven to 350°F for preheating.

Whisk the sugar and cannabutter together for about 2 minutes. This will leave a light batter, relatively fluffy.

Add the orange zest, the orange juice, and the egg, making sure to thoroughly mix each one for best results.

Take another bowl and sift the baking soda, salt, and flour together.

Add the sifted mix to the original batter, and mix only long enough to see them combined before folding in the poppy seeds.

Tip: For chewier cookies, line the cookie sheets before baking. Parchment paper works best!

The mix is now ready to be placed onto the cookie sheets. Take a teaspoon and parcel out the pieces, making sure to leave even spaces between each cookie.

Place in the oven and bake for about 10-12 minutes, the cookies are ultimately done when the edges are golden. Remove from the heat, let them cool down, and enjoy!

Slice and Bake Cinnamon Cookies



A very simple, crisp cookie with a great cinnamon taste that just bursts with flavor.

Just slice and bake when needed in very little time as you do with store bought cookie dough and they are ready in a flash. These are 10 times as delicious though and you will always have cookies at a moment's notice!

Serves: 60 cookies

Preparation time: 20 mins plus 1 hour chilling time

Cooking time: 8 mins

Ingredients:

- 1 cup cannabutter
- 1/2 cup firmly packed light or dark brown sugar
- 1 tsp vanilla
- 2 1/4 cups all-purpose flour
- 1/2 cup sugar
- 1 teaspoons ground cinnamon

Directions:

Combine cannabutter, brown sugar and vanilla in large bowl. Beat with a whisk or electric beater on medium until light and creamy.

Add flour and beat, scraping bowl often, until mixture forms a dough.

Divide dough in half. On waxed paper, shape each half into a 10 inch roll, lifting the wax paper to help shape the roll.

Wrap each roll in plastic wrap and chill for 1 hour until dough is firm enough to slice.

When you are ready to bake them preheat oven to 375°F.

Cut logs (or as many cookies you want to bake) into 1/4-inch slices with sharp knife.

Place 1 inch apart onto ungreased cookie sheets. Bake for 9 to 10

minutes or until lightly browned on edges. Cool slightly.

While cookies are cooling combine sugar and cinnamon in small bowl and roll the warm cookies in cinnamon-sugar mixture.

The cookie dough will stay fresh for up to a week in the refrigerator or you can freeze it for up to 3 months. Just keep well wrapped in the plastic food wrap.

Tropical Paradise Cookies



Moist, buttery cookies, that are so soft they almost have a cake like feel to them with a great pineapple flavor. Add in the macadamia nuts and coconut and the have a wonderful fruity tropical flavor.

Serves: 36 cookies

Preparation time: 15 mins

Cooking time: 15 mins

List of Ingredients:

- 1 tsp baking powder
- 1 tsp vanilla

- 1/4 cup of finely chopped crystallized ginger (optional)
- 1/2 cup of softened cannabutter
- 1 (8-ounce) can crushed pineapple in juice, well-drained
- 2/3 cup of chopped macadamia nuts
- 3/4 cup of sugar
- 3/4 cup sweetened flaked coconut
- 1 3/4 cup of flour (all purpose works best)

Instructions:

Set the oven to 350°F to preheat.

Combine sugar and cannabutter in large bowl. Beat with a whisk or at medium speed with an electric beater until light and fluffy. Add pineapple and vanilla; mixing continuously to the point of being well combined.

Add flour and baking powder and beat until well mixed.

Gently stir in nuts, 1/4 cup coconut and crystalized ginger (if using).

Place remaining coconut in a small bowl.

Shape dough into 1-inch balls and dip top of each cookie into remaining coconut. Take the cookies and place them onto the ungreased baking sheets, ensuring that there are two inches

between each cookie. Bake for 12 to 15 minutes or until set.

Let cool for 5 minutes before removing from cookie sheets.

Nutty Snowballs



These simple little tasty cookies are just so easy to make. They have a wonderful shortbread like texture that just melts in your mouth.

Serves: 36

Preparation time: 10 mins

Cooking time: 20 mins

Ingredients:

- 1 cup cannabutter, softened
- 1/4 cup sugar
- 1 tsp pure vanilla extract

- 2 cups all-purpose flour
- 2 Tbsp. cornstarch
- 1 cup of unsalted roasted almonds, finely chopped
- 1/4 tsp salt
- 1 cup of powdered sugar to coat

Directions:

In a large bowl, use a whisk or handheld electric mixer on low speed, beat the cannabutter with 1/4 cup of the sugar until creamy.

Add the vanilla extract. Gently beat in the flour, corn starch, roasted almonds and salt until well combined.

Wrap in plastic wrap and refrigerate for one hour.

Preheat oven to 325°.

Remove the dough from the refrigerator, and roll about a tbsp of dough into a 1 inch ball.

Arrange the balls on the baking sheet about 1 inch apart. Bake the cookies on the middle shelf of the oven for 20 minutes, or until golden and set.

Fill a shallow bowl with 1 cup of sifted powdered sugar.

Cool for around 5 minutes and when cool enough to touch, roll

the cookies in the powdered sugar and set aside on the parchment lined rack to cool completely.

When cool, dust again in the powdered sugar and store in an airtight container.

Note: You can also use pecans, walnuts, hazelnuts, macadamia, almonds or any of your favorite nuts in place of the almonds or a combination as they all work well.

Strawberry Thumbprint Cookies



A very addictive shortbread cookie that is perfect for cannabutter. They will disappear very quickly! You can also use different jams as well apricot or cherry are just as delicious.

Serves: 42 cookies

Preparation time: 20 mins plus 1 hour chilling time

Cooking time: 15 mins

Ingredients:

- 1 cup cannabutter, softened
- $\frac{2}{3}$ cup sugar
- 2 cups all-purpose flour
- $\frac{1}{2}$ cup of strawberry jam, at room temperature

Directions:

Combine cannabutter and sugar in a large bowl. Beat with a whisk or electric beater on medium until soft and creamy.

Add flour and beat or mix until well combined.

Cover, refrigerate for at least 1 hour until firm.

Preheat oven to 350 degrees

Shape dough into 1 inch balls and place 2 inches apart on an ungreased cookie tray.

Make an indentation with your thumb in the middle of each cookie about half way through. The edges may crack slightly but this is fine.

Stir the jam until it has a smooth consistency and then fill each indentation with $\frac{1}{4}$ tsp of strawberry jam.

Bake for 14 – 18 minutes until edges are lightly browned on the middle rack of oven.

Let stand on cookie tray for 1 or 2 minutes and then remove to a cooling rack.

Notes: Don't make the indentation too deep otherwise it will soak through while baking.

Don't miss out on the chilling process as if the dough is too soft the cookies will spread.

SQUARES, BARS AND SLICES

Pot Brownies



The recipe that seems to have defined what cooking with cannabis really is about. Our brownie recipe has been perfected after many attempts to create an easy-to-make dessert that will quickly become a favorite.

Serves: 10 – 12

Preparation time: 25 minutes

Cooking time: 35 minutes

List of Ingredients:

- 1/8 tsp baking powder
- 1/8 tsp salt

- 1 tsp vanilla extract
- 1/4 cup and 2-tablespoons all-purpose flour
- 1/4 cup of cannabutter
- 1/4 cup of unsweetened cocoa powder
- 3/4 cup of white sugar
- 1 egg

Instructions:

Set oven to 350 degrees Fahrenheit to preheat and prepare an 8 inch square pan by greasing it and adding flour.

Take a large saucepan and place over medium heat. Melt 1/4 cup cannabutter, and remove the saucepan from the stovetop.

Add the eggs, vanilla, and sugar. Combine with baking powder, salt, flour, and cocoa. Pour into the greased pan and bake for 30-35 minutes.

Lemon Haze Bars



Serves: 10 - 12

Preparation time: 15 minutes

Cooking time: 40 minutes

List of Ingredients:

- 1/8 tsp baking powder
- 1 tbsp and 1-1/2 tsp all-purpose flour
- 2 tbsp and 1-3/4 tsp lemon juice
- 3 tbsp of white sugar
- 1/4 cup and 2 tbsp of softened cannabutter
- 1 cup of all-purpose flour
- 1-1/2 eggs

- 1/2 cup and 1 tbsp white sugar

Instructions:

Set oven to 350 degrees Fahrenheit to preheat.

Crust instructions – Combine the butter, sugar, and flour. Press it with a fork into an 8 inch square pan. Stick it into the oven and bake until the crust turns white, approximately 20 minutes.

Blend the 2 tbsp of flour, baking powder, sugar, and lemon juice together until thoroughly combined. Pour over the pre-baked crust, and put it back into the oven for 20 more minutes.

Now it's ready for the finishing touches. Let it cool, top it with powdered sugar, and enjoy!

Fudge Stoney Squares



Serves: 10 - 12

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients:

- 1/4 tsp vanilla extract
- 1 tbsp and 1 3/4 tsp cocoa
- 2 1/2 tsp cannabutter
- 3 tbsp and 1/2 tsp milk
- 1/3 cup (and 1 tbsp) of white sugar

Instructions:

Prepare an 8 inch square dish by greasing it.

Take a medium sized saucepan and place over medium heat. Mix the cocoa, milk, and sugar in the saucepan, continually stirring to the point of boiling. Once boiling, immediately turn down the heat, only allowing the mixture to simmer (rather than boil).

Leave the mixture with a candy thermometer in it to keep an eye on the temperature. The mixture will be done when it reaches 238 degrees fahrenheit.

If you do not have a thermometer to use, you'll have to rely on the batter drop test. Take a drop of the mixed batter and add it to some cold water. If it forms a ball that can be flattened in response to touch then the mixture is done, if it doesn't then more time is needed.

Once finished, immediately remove the saucepan from heat.

Add the vanilla and the cannabutter and mix thoroughly.

Take the resulting batter and pour into prepared pan. Give it some time to cool, and voila, ten-twelve squares await!

Canna-Peanut Butter Bars



Serves: 10 - 12

Preparation time: 25 minutes

Cooking time: 15 minutes

List of Ingredients:

- 4 tbsp peanut butter
- 1 cup of melted cannabutter
- 1 cup of peanut butter
- 1 1/2 cups of semisweet chocolate chips
- 2 cups of graham cracker crumbs
- 2 cups of confectioners' sugar

Instructions:

Combine the cannabutter, confectioners sugar, graham cracker crumbs, and peanut butter in a medium bowl. Stir thoroughly, until it is firm enough to be pressed onto the base of a 9x13 baking pan.

Now it's time to melt the chocolate. There are a few ways to do this, it can be done in the microwave or over the oven. As it is melting, add the peanut butter to form a chocolate peanut butter mix. Be sure to keep stirring this until the appropriately smooth texture is achieved.

Pour the mix over the crust and refrigerate. Once fully cooled (approximately an hour), cut into squares and enjoy.

Raspberry Bars



These take very little time to prepare and are simple to bake. The tartness of the raspberries and the cannabutter base combine together deliciously. This recipe can be changed up by using any different fruit flavors.

Serves: 25 bars

Preparation time: 15 mins

Cooking time: 45 mins

Ingredients:

- Crumb topping
- 2 ¼ cups plain flour

- 1 cup sugar
- 1 cup chopped pecans
- 1 cup cannabutter
- 1 egg

Filling:

- $\frac{3}{4}$ cup raspberry preserves, room temperature
- $\frac{1}{2}$ cup fresh or frozen raspberries, thawed

Directions:

Line an 8 inch square baking pan with aluminum foil and extend the foil over the edges. Grease the foil and set aside.

Place all crumb topping ingredients into a large bowl. Stir gently (using a whisk or a low setting on an electric mixer) to mix the ingredients. The result should be coarse and crumbly.

Reserve 2 crumb mixture and set aside.

Take the rest of the mixture and coat the baking pan, pressing down for firmness.

Mash raspberries and raspberry preserves with a fork and spread over it within an inch of the edge so it does not burn during baking.

Crumble the remaining crumb mixture on top.

Bake until it is golden, approximately 45 – 50 minutes.

Once it is done, allow it to cool completely before slicing the bars.

Cranberry Coconut Bars



A super easy and simple recipe with a wonderful mix of chewy coconut, macaroon, dried cranberries and brown sugar on a cannabutter shortbread crust.

Serves: 36 bars

Preparation time: 20 mins

Cooking time: 40 mins

Ingredients:

Crust

- 1/4 tsp salt
- 1 ½ tsp vanilla

- 3/4 cup of sugar
- 3/4 cup of very cold cannabutter
- 3/4 cup of brown sugar, packed firmly into the cup
- 1 1/2 cups of flour (all-purpose works best)
- 3 eggs beaten

Topping:

- 2 cups sweetened flaked coconut
- 1 cup sweetened dried cranberries

Directions:

Set the oven to 350°F to allow preheating.

Mix the sugar and flour together in a bowl.

Add the cannabutter with a fork or a pastry blender. The result should be a coarse and crumbly mixture.

Take the mix and press along the bottom of a 9x13 inch baking pan. Bake until the mixture's golden along its edges.

While crust is baking combine all topping ingredients in large bowl and mix well until combined.

Take the topping mix and pour it over the crust, spreading evenly. Bake entire thing until golden all over, approximately 20-25 minutes.

Allow the bars to cool. Once cooled, slice into bars.

Dark Chocolate Oatmeal Bars



These chewy bars smell absolutely delicious when baking and are just that and very moreish. The whole wheat flour and oats blends beautifully with the cannabutter.

Serves: 30 bars

Preparation time: 20 mins

Cooking time: 45 mins

Ingredients:

- 3/4 cup cannabutter, at room temperature
- 1 cup coarsely chopped roasted almonds
- 3/4 cup of all purpose flour

- 3/4 cup of whole wheat flour
- 1 cup of rolled oats
- 1 ½ tsp baking powder
- 1/2 tsp salt
- 1 1/4 cups light brown sugar, firmly packed
- 3 large eggs
- 1 tbsp pure vanilla extract
- 6 ounce bittersweet chocolate, chopped

Directions:

Set the stove to 350°F to preheat.

Stir the baking powder, salt, rolled oats, and flour (both types) together in a bowl and set aside for later.

Take another bowl and mix cannabutter and brown sugar, the eggs (one at a time), and vanilla. Ensure that everything gets mixed in, and that the batter is stirred until creamy.

Pour the dry ingredients bowl into the batter, combining carefully as the almonds and chocolate are stirred in.

Line a 9 x 12-inch baking dish with aluminum foil and lightly grease foil with butter.

Pour the batter into the pan and cook for 35 minutes. The top will be golden, but the true test is the center. Place a toothpick into the center of the pan, and see what comes out. It should

have moist crumbs attached.

Allow the bars to completely cool before lifting to a cutting board and slicing into bars. Makes approximately 30.

Note: This recipe does have a large amount of cannabutter in them so don't cut the bars too large.

Chocolate Almond Bars



These are the perfect answer for a chocolate craving and the almond butter makes them super moist and super delectable. If you love the taste of chocolate and peanuts then swap out the almond butter for peanut butter for a just as an amazing treat.

Serves: 24

Preparation time: 10 mins

Cooking time: 10 mins

Ingredients:

- 1 cup crunchy almond butter
- 2 cups powdered sugar

- ½ cup cannabutter, softened
- 1 Tbsp. cannabutter
- 1 ½ cups of graham cracker crumbs
- ¾ cup semisweet chocolate chips
- ¼ cup slivered almonds

Directions:

Line a 9 x 13 inch pan with foil and set aside

In a medium saucepan gently melt the cannabutter stirring occasionally and then stir in the powdered sugar, almond butter and graham cracker crumbs.

Stir until well combined and then press this mixture into the pan.

In a small saucepan gently heat the 1 Tbsp. of cannabutter and gradually add in chocolate chips and stir until melted and combined.

Spread over almond mixture in the pan and top with the slivered almonds.

Chill in refrigerator for 60 mins to allow it to set.

When cutting into bars use a sharp knife that has been dipped into hot water as the chocolate top would have hardened.

Store in an airtight container.

Krispie Squares



Serves: 10 - 12

Preparation time: 5 minutes

Cooking time: 5 minutes

Ingredients:

- 2 tablespoons cannabutter
- 2 cups mini-marshmallows
- 2-1/2 cups rice crispy cereal

Instructions:

Take a large saucepan and place over low heat. Use this saucepan to then melt the margarine, stirring in the

marshmallows only once the margarine is melted. Stir the resulting mix well for at least two minutes, constantly blending and mixing.

Once thoroughly combined, remove the saucepan from heat and stir in the cereal. This can then be pressed onto a buttered and wax paper-lined 9x13 pan. Allow to completely cool.

Once cooled, slice into bars and enjoy! (Suggested serving size: 2 inch square bars).

CUPCAKES

Cinnamon Doughnut Mini Cupcakes



These mini cup cakes are irresistible!

Cinnamon sugar doughnuts that taste just like doughnuts except that they are not fried. Moist and cinnamony with a delicious crunchy sugar crust these will quickly disappear from the kitchen. In the time you can run out to the store and buy some doughnuts you can whip up these warm, straight from the oven muffins.

Serves: 24

Preparation time: 15 mins

Cooking time: 15 mins

Ingredients:

- 1 1/4 tsp baking powder
- 1/4 cup of cannabutter, melted
- 1/3 cup white sugar and an additional 1/4 cup white sugar
- 1/2 cup of milk
- 1 cup all-purpose flour
- 1 beaten egg
- 1 tbsp cinnamon
- Desired filling (strawberry, blueberry, raspberry, anything!)

Directions:

Preheat oven to 375°F

Take a large bowl and sift the baking powder, flour, and sugar together.

Whisk the cannabutter, egg, and milk together. Add the previously sifted ingredients together with the cannabutter/egg/milk mix.

Pour it into mini-muffin pans and bake for 10-12 minutes. The cupcakes will be golden.

While the cupcakes are baking combine $\frac{1}{4}$ cup of white sugar and cinnamon in a shallow bowl or dish.

Once it's finished, pull it out of the oven and turn everything off. Coat the cupcakes with melted cannabutter, cinnamon-sugar mix, and desired jelly.

Best enjoyed when still warm!

Spiced Carrot Cupcakes with Cream Cheese Frosting



Carrot cakes never go out of style and one bite will tell you why!

Moist and melt in the mouth, packed with carrot, fruit and spices with a delicious cream cheese topping. These cupcakes are simply delicious.

Serves: 12

Preparation time: 20 mins

Cooking time: 20 mins

Ingredients:

Cupcakes

- 1 1/2 cups all-purpose flour
- 1 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground allspice
- 1/4 tsp. nutmeg
- 1/4 tsp. salt
- 1 1/4 cups brown sugar
- 2 large eggs
- 1/4 cup cannabutter, melted
- 1/4 cup orange juice
- 1 /2 tsp. vanilla extract
- 1/2 cup raisins
- 1/4 cup of walnuts, chopped
- 1 1/2 cups shredded carrot

Frosting

- Shredded coconut (optional)

- 8 ounce of cream cheese, room temperature
- 3/4 cup confectioners' sugar
- 1 /2 tsp. vanilla extract

Directions:

Set the stove to 350°F to preheat. Place paper baking cups into muffin pan cups.

In a medium bowl, whisk together flour, baking soda, spices and salt.

In a large bowl, beat together sugar and eggs until smooth. Whisk in melted cannabutter, orange juice and vanilla extract. Gradually stir in flour mixture until only a few streaks of dry ingredients remain. Stir in shredded carrots, and then divide evenly into prepared muffin pan.

Bake for 16-18 minutes, until a toothpick inserted into the center remains dry and clear.

Remove from oven and let cool on a wire rack. After about 10 minutes remove the cupcakes from the pans and cool completely on a wire rack before frosting.

Frosting:

Take a medium sized bowl and mix the confectioner's sugar, cream cheese, and vanilla together. Whisk. The result will be delicious cream cheese frosting that can be spread over the warm

cupcakes, and topped with coconut if so desired!

Hummingbird Cupcakes



Tasty and easy to make these cupcakes are soft and moist without being fragile. Banana, pineapple and coconut blend together for melt in your mouth awesome! Adding golden raisins also work wonderfully with this recipe.

Serves: 12

Preparation time: 25 mins

Cooking time: 20 mins

Ingredients:

Cupcake

- 1/4 cup crushed pineapple packed in juice (do not drain)

- 2 large ripe bananas, mashed
- 1 cup of flour (all purpose works best)
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- ½ cup cannabutter, at room temperature
- 1/2 cup sugar
- 2 large eggs
- 1 tsp pure vanilla extract
- 1/2 cup chopped pecans
- 1 cup unsweetened desiccated coconut
- 1/2 cup golden raisins (optional)

Cream Cheese Frosting

- 8 ounces cream cheese, at room temperature
- 1/4 cup butter, at room temperature
- 3 cups powdered sugar
- 2 teaspoons vanilla extract

Directions:

Cupcakes:

Preheat the oven to 350 degrees with rack in the center. Line a 12-cup muffin pan with cupcake liners in preparation.

Add the pineapples and bananas to a medium bowl. Mash together with the back of a fork and set aside.

Whisk or beat together the flour, baking powder, baking soda, cinnamon and salt in a separate medium bowl.

Add the cannabutter and the sugar to a large bowl. Beat with a whisk until light and fluffy, around 2 minutes. Beat in the eggs, one at a time, and then the vanilla extract.

Add the dry ingredients into the wet by scoopfuls and beat until thoroughly combined.

Stir in the pineapple and bananas, being careful not to over-mix. Fold in the pecans, coconut and golden raisins (if using).

Pour batter into the liners, working to fill at least 2/3 of the way.

Place into the oven and bake for 15-20 minutes. The signs of completed cupcakes will include a toothpick that comes out clean, and an outwardly golden appearance.

Remove from the oven and place on wire rack to cool. Once this is achieved, use a small spatula or kitchen knife to frost tops of each cupcake.

Top with finely chopped pecans.

Cream Cheese Frosting:

Add the butter and cream cheese to a large bowl and beat together with a whisk until very smooth and no lumps. Add the

powdered sugar and vanilla and continue to beat until smooth and light.

Vanilla Mini Macaroon Cupcakes



These mini cupcakes have the texture of a macaroon. The coconut flavor is subtle and the icing is sweet and smooth with the added white chocolate. As there is butter in the cup cake and the frosting the cannabutter has been omitted from the cupcake as not to overpower the delicate taste of the macaroon.

Serves: 48

Preparation time: 35 mins

Cooking time: 15 – 17 mins

List of Ingredients:

Cupcakes

- 1 tsp vanilla

- 1/4 cup of milk
- 3 ounces of softened cream cheese
- 3/4 cup of softened butter
- 1 cup of sweetened flaked coconut
- 1 1/2 cups of flour (all purpose works best)
- 1 3/4 cups of sugar
- 3 eggs

Frosting

- 3 to 4 tbsp whipping cream
- 1/3 cup of softened cannabutter
- 4 ounces of melted white chocolate
- 3/4 cup sweetened flaked coconut
- 3 cups of powdered sugar

Directions:

Set the stove to 350 degrees for preheating. Line a few cupcake trays with likely 48 liners.

Take a big bowl and mix the butter, cream cheese, and sugar until creamy. Once these have been beaten together, mix in the rest of the ingredients, ensuring each is mixed thoroughly throughout the batter.

It's then the simple matter of pouring the batter into the cupcake liners that were prepared, and baking for 15-17 minutes. The cupcakes are done when a toothpick comes out dry, and the tops

are golden in appearance. Once finished, remove immediately from the oven.

Give at least five minutes for cooling purposes, and then take the cupcakes out of the trays and place them on a cooling rack.

While they cool, make up the icing, and coat the cupcakes once they're completely cool. That's it, delicious cupcakes await!

Chocolate Malt Cupcakes



This delicious cupcake tastes just like a super chocolatey malted milkshake – but better. The cupcake is perfectly moist while the frosting is rich and creamy. The malt ball on top adds a nice crunch. They look like you have spent hours in the kitchen but they are super easy to make.

Serves: 25 - 30

Preparation time: 30 mins

Cooking time: 20 mins

List of Ingredients:

Cupcakes

- 1/2 tsp salt
- 1 tsp vanilla extract
- 1½ tsp baking soda
- 1/2 cup of granulated sugar
- 1/2 cup of chopped up bits of Chocolate Covered Malt Balls
- 2/3 cup of cannabutter
- 3/4 cup of unsweetened high quality cocoa powder
- 3/4 cup of brown sugar, firmly packed
- 1 cup of sour cream
- 1 cup of whole milk
- 1½ cups of malted milk powder
- 2¼ cups of flour (all purpose works best)
- 3 large eggs, at room temperature

Buttercream

- 1 cup butter, softened
- 1 tsp vanilla
- 1/3 cup malt powder
- 1/3 cup unsweetened cocoa powder
- 2 1/4 cup powdered sugar
- 2 – 3 Tbsp. heavy cream or half-&-half
- Chocolate Covered Malt Balls to garnish

Directions:

Cupcakes

Set the stove to 350 degrees to preheat. Ensure that the oven rack is set to the center of the oven for best results. Place paper baking cups into muffin pan cups; set aside.

Take a bowl and whisk the dry ingredients together (baking soda, cocoa, flour, sugars, and salt). Then, using a different bowl, dissolve the malted powder into the milk. Combine the bowls, mixing well. Taking one at a time, beat in the eggs, the sour cream, and the vanilla, mixing well.

Pour the batter into the cupcake trays. A good general rule of thumb here is to ensure that each cupcake holder is filled at least 2/3 of the way.

Bake in the preheated oven for 18-20 minutes, until the tops are golden and it passes the infamous toothpick test.

Cool in pans on wire racks 10 minutes. Remove cupcakes to wire racks to cool completely.

Frosting

In the bowl of a stand mixer fitted with the paddle attachment, beat butter and vanilla on medium speed until creamy.

In a large bowl, sift together the malt powder, cocoa powder and powdered sugar.

Gradually add the dry ingredients to the butter and mix at low speed until fully incorporated. Scrape down the sides of the bowl as needed.

Once all of the dry ingredients have been incorporated, add in 2 tablespoons of cream. Turn the mixer up to medium speed and beat the buttercream for about 5 minutes, scraping down the sides of the bowl as needed. Gradually add in more cream, by the teaspoonful, until you reach the desired consistency. The frosting should ultimately become thick and stiff.

Take the frosting by the bagfuls and coat the cupcakes. Don't be afraid to get a bit decorative here with some swirls or circles! Finish it off with a malt ball and decorate with a striped paper straw cut to size, if desired.

Notes: The frosting will have a moderately grainy texture from the malt powder. The cannabutter was left out of the frosting

due to it being in the cupcake but you could add it to the frosting for a stronger desired effect.

Strawberry and Lime Margarita Cup Cakes



These cupcakes are spiked with tequila and taste just like strawberry margaritas. They are packed with flavor of strawberries

and lime with a hint of tequila all infused into a white cake mix and topped with delicious tequila lime frosting.

Serves: 12

Preparation time: 25 mins

Cooking time: 18 – 20 mins

Ingredients:

Cupcakes

- ½ tsp salt
- 2½ tsp baking powder
- 1/2 cup sugar
- 1/2 cup of softened cannabutter
- 1/2 cup of dried strawberries. (These strawberries should be treated by soaking in 6 tbsps of Tequila for two hours prior to making the cupcakes.)
- 1 and 1/4 cups of flour
- The juice of 1 lime
- -Zest
- 2 eggs

Icing

- 1 tbsp lime juice
- 2 tbsp tequila
- 1 cup unsalted butter
- 2 3/4 cups of powdered sugar

Garnish

- 12 slices lime, thinly cut and each cut in half or thin slice of strawberry
- Coarse sugar or lime zest

Directions:

Cupcake

REMINDER: Ensure you have treated the strawberries with the tequila in advance of making the cupcakes! (See instructions above). It is the berry tequila that will be used.

Set the oven to 350°F. Set up cupcake liners for a 12-cup muffin tin. Set aside.

Mix the butter and sugar together until creamy. Begin to add in eggs one at a time, and complete by adding the baking powder, flour, salt, lime, and zest. Once combined, add the strawberries.

Evenly distribute the batter amongst the cupcake tray and set in the oven for around 20 minutes. The completed cupcakes will be firm, and pass the toothpick test. Once done, remove from the oven at once and allow to cool.

TIP: When the cupcakes are cooling, that strawberry tequila can come in handy! Poke holes in each of the cupcakes and spoon about half of the tequila over the tray.

Icing

Begin by creaming the butter with a whisk or with an electric mixer. This process will take five minutes, at a minimum, to complete. Add the powdered sugar, lime juice, tequila, and salt. Mix well, using the sugar to control the consistency.

This can then be used to ice tops of cupcakes. Garnish with a lime slice or strawberry. Sprinkle coarse sugar around edges of cupcakes or lime zest if desired.

MUFFINS

Coconut Lime Mini Muffins



Get a taste of the tropics with this creamy coconut and lime muffin. The flavor combination of lime and coconut makes these super moist tender muffins citrusy and delicious.

Serves: 40

Preparation time: 20 mins

Cooking time: 15 mins

Ingredients:

Mini Muffins

- 2 cups self-rising flour
- ½ cup sugar

- 1 cup sweetened, coconut flakes
- 2 lightly beaten eggs
- 1 1/4 cup milk
- 1/2 cup cannabutter
- 1 tsp coconut extract
- 1 tsp vanilla extract
- 2 tsp lime zest

Coconut Cream Cheese frosting

- 1/4 cup of cannabutter, room temperature
- 4 ounces Philly cream cheese, room temperature
- 1/2 cup of powdered sugar
- 1/4 cup sweetened, coconut flakes

Directions:

Mini Muffins

Preheat oven to 350°F with oven rack in the center of the oven.

In a large bowl, add self-rising flour, sugar and coconut flakes. Stir to combine.

In a large bowl, beat together cannabutter and sugar with an electric beater until combined. Add the egg, milk, coconut extract, vanilla extract and lime zest and stir until blended.

Pour the wet ingredients into the bowl of dry ingredients and stir until evenly distributed.

Pour batter into greased mini muffin tins. Bake at 350°F for 15-20 minutes.

Be sure to check with a toothpick to see if the muffins are done. If the toothpick comes out of the muffin clean, then they're ready. Allow cool for a minute or two in the pan, and then transfer to a wire rack for cooling.

Frosting

Cream the cannabutter and cream cheese together, about 2 minutes, scrape down the sides and bottom.

Slowly mix in the powdered sugar, taste as you go adding more sugar until you have reached the desired sweetness.

Fold in the coconut. Spread onto cooled cupcakes. Sprinkle on a bit of extra shredded coconut on top and serve or store in a sealable container.

Black Forest Muffins



These black forest muffins are a wonderful way to combine cherries and chocolate in a single serve of deliciousness. Perfect as a snack or even for dessert.

Serves: 20

Time: 15 minutes prep, 20 minutes cooking.

Ingredients:

- 1/2 tsp bicarbonate soda
- 1/2 cup of cannabutter
- ½ cup of roughly cut dark chocolate
- 3/4 cup of brown sugar

- 1/4 cup of either unsweetened cocoa powder (Dutch cocoa works too)
- 3/4 cup of milk
- 1 1/4 cups of self-rising flour
- 2 eggs
- 15 ounces of dark cherries in syrup (thawed, drained, whatever the preference)
- 1 tbsp cocoa
- Extra 1 tsp icing sugar

Directions:

Set the oven to 350°F. Prepare a 12 hole muffin tray with liners.

Cream the butter and sugar together, adding a single egg at a time.

Take the baking soda, the cocoa, and the flour and sift together with the butter mix from before. Finish up by combining with the milk, chocolate, and cherries.

Try to fill each cupcake tin to approximately $\frac{3}{4}$ full and place in the preheated oven for 20-25 minutes. The cupcakes are done when they pass the clean toothpick test.

Once finished, remove from heat and let cool while the icing is made. Frost and enjoy!

Blueberry Muffins



Blueberry muffins are a classic, incredibly moist muffin bursting with blueberries and are delicious warm. Great for breakfast or just a quick snack. Try breaking them in half and spreading with a little cannabutter for an extra cannabutter experience.

Serves: 12

Preparation time: 15 mins

Cooking time: 20 mins

List of Ingredients:

Muffins

- 1/2 tsp salt
- 2 tsp baking powder

- 1/3 cup of sugar
- 1/2 cup of cannabutter
- 1 cup of milk
- 2 cups of flour (all purpose works best)
- 1 egg, slightly beaten
- 1 cup fresh or frozen blueberries

Icing

- 1/4 cup of melted butter
- 1/4 cup of sugar

Directions:

Preheat the stove to 375°F and position rack in center of oven. Grease a muffin tin or line the cups with paper liners.

In a large mixing bowl, beat cannabutter and sugar with an electric mixer or whisk, until light and fluffy. Add egg, one at a time, beating after each addition. Combine with the rest of the ingredients, saving the blueberries for last.

Pour into the muffin trays and bake for 20-25 minutes. The muffins are done when golden. Once finished, remove from heat and let cool for 10 minutes before taking them out of the pan and icing them.

Icing can be combined in advance, or the muffins can be dipped into the butter and sugar (in turn).

Best enjoyed warm!

Norwegian Apple Muffins



This delicious apple muffin recipe is inspired by a traditional Norwegian favorite and blends well with almonds and cannabutter. The texture is like moist cake, and the lemon and apple flavors are both present without overpowering each other. As with any muffin it is delicious served warm spread with extra cannabutter.

Serves: 12

Preparation time: 20 mins

Cooking time: 20 mins

Ingredients:

Muffins

- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 1 1/2 tsp baking powder
- 2 tsp freshly grated lemon zest
- 1/3 cup of softened cannabutter
- 3/4 cup of sugar
- 1 cup of apple slices; cored, peeled, finely chopped or grated
- 1 1/2 cups of flour (all purpose works best)
- 2 eggs

Suggested finishing touches

- 1/4 cup sugar
- 1/4 cup sliced almonds

Instructions:

Set the oven to preheat at 375°F.

Sift the dry ingredients (baking powder, cinnamon, flour, salt) and keep separate for now.

Taking a different bowl, cream together the cannabutter and sugar. Once creamy, add the lemon zest and eggs, combining well before adding in the dry ingredients.

Finish up by adding in the apples, and scoop into the muffin trays.

Bakes in approximately 18-22 minutes, finished when golden. Once finished, remove from heat and allow to cool for a few minutes before removing from muffin tins.

The only thing left to do is top it off with the finishing touches, as desired.

Banana Honey Muffins



More than just a boring bran muffin, these flavorful and moist muffins have been jazzed up with honey and banana and are super easy to make. The secret to these is making sure your bananas are very ripe to overly ripe for full sweet flavor.

Serves: 12

Preparation time: 15 mins

Cooking time: 20 – 25 mins

List of Ingredients:

- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp baking powder
- 2 tbsp honey
- 1/4 cup cannabutter, melted
- 2/3 cup milk
- 1 cup bran cereal

- 2 eggs, lightly beaten
- 1/3 cup firmly packed brown sugar
- 1 cup very ripe bananas, mashed
- 1 1/2 cups of flour (all purpose)

Instructions:

Preheat the stove at 375°F with oven rack in the center of the oven. Grease a 12 muffin cup pan or line with paper muffin liners.

Mix the bran cereal and milk together in a large bowl and let stand for 5 minutes.

Combine with the bananas, brown sugar, cannabutter, eggs, and honey, thoroughly mixing to ensure best results. Add the dry ingredients (baking powder, baking soda, flour, and salt) and stir until thoroughly mixed in as well. The resulting batter will be moistened, and easily scoop-able into the muffin tins.

Set in the oven and watch for 20-25 minutes. The muffins are done when it passes the toothpick test.

CAKES AND LOAVES

Banana Bread



Sometimes the simple recipes are the most perfect and the secret to this recipe is using over ripe bananas to bring out the natural sweetness and flavor of the bananas and keep it moist. This is equally delicious served at room temperature or warm with a little bit of cannabutter or butter on it.

Serves: 12 slices = 1 loaf

Preparation time: 15 mins

Cooking time: 1 hour and 10 mins

List of Ingredients:

- 1 tsp baking soda

- 1/4 tsp salt
- 1 tsp of ground cinnamon
- 1 tbsp of milk
- 1/2 cup of cannabutter
- 1/2 cup of chopped walnuts
- 3/4 cup of brown sugar
- 2 cups of flour (all purpose works best)
- 2 eggs, beaten
- 3 large mashed overripe bananas

Directions:

Set the oven to preheat at 350 degrees Fahrenheit (175 degrees C). Also take a moment to grease a 9x5 inch pan in preparation for the bread.

Combine the dry ingredients, the baking soda, cinnamon, flour and salt. Set aside.

Taking a different dish, cream together butter and brown sugar. Add the bananas, eggs, milk, and walnuts. Add the entire mix into the dry ingredients and combine well.

Now the easy part. Simply take the batter and pour it into the greased pan, baking it for an hour (or until the toothpick test can be passed).

Make sure it cools for at least ten minutes before attempting to move it out of the pan, and cool completely before slicing.

Note: If you love the taste of banana and chocolate this is absolutely delicious with $\frac{1}{2}$ cup of choc chips added.

Cranberry Nut Loaf



Full of fresh tangy cranberries this slightly sweet bread will melt in your mouth. It is super moist and full of flavor with a faint hint of orange and walnuts with the occasional explosions of tart cranberries.

Serves: 8 slices

Preparation time: 10 mins

Cooking time: 60 mins

Ingredients:

- ½ tsp baking soda
- ½ tsp salt

- 1 ½ tsp baking powder
- 1 tbsp grated orange peel
- 1/4 cup of melted cannabutter
- 3/4 cup of granulated sugar
- 3/4 cup of coarsely chopped walnuts
- 3/4 cup of orange juice
- 1 cup of chopped cranberries (thawed or fresh)
- 2 cups of flour
- 1 egg, beaten

Directions:

Set the oven to preheat at 350°F.

Take a large bowl, and mix the dry ingredients (the baking soda, baking powder, flour, and salt). Combine with the cranberries and walnuts, and set aside.

In a different dish, combine the rest of the ingredients, mixing well. Take the resulting batter and combine with the dry mix from before, mixing until just blended.

Here's that easy part, pour it into a baking pan of choice (8x4, 9x5 work best). Set in the oven and bake for approximately an hour, it should be able to pass the toothpick test when done.

When finished, allow to cool for at least 10 minutes before taking it out of the pan.

Note: If you really love cranberries and want a prettier bread, sprinkle some whole cranberries on top of the batter before you bake it. The explosion of red on top adds a gorgeous appearance and flavor to the bread.

If you can't find fresh or frozen cranberries you can use dried fruit instead. Just soak them in orange juice or water 30 – 60 mins first.

Tres Leche Cake



A traditional Spanish recipe and the most delicious cake you've ever tasted. It's extremely rich and dense, sweet and moist. It is nothing like a traditional dry cake that is light and fluffy.

Serves: 24

Preparation time: 30 mins

Cooking time: 30 mins

List of Ingredients:

- 1/2 tsp vanilla extract
- 1 tsp baking powder
- 1/2 cup cannabutter

- 1 cup white sugar
- 1 1/2 cups of flour (all purpose works best)
- 1 1/2 cups of heavy whipping cream
- 2 cups whole milk
- 12 fluid ounces of evaporated milk
- 14 ounces of sweetened condensed milk
- 5 eggs

Instructions:

Prepare a 9x13 baking dish by greasing it and setting it aside. Set the stove to preheat at 350 degrees fahrenheit.

In one dish, sift the dry ingredients together (baking powder and flour).

Using a different dish, mix together the cannabutter and sugar until creamy. At this point, it's time for the vanilla and the eggs, make sure to stir them in well.

Remember that dry mix? Add it in two tablespoons by two tablespoons, ensuring everything gets combined thoroughly before transferring to the baking dish.

Cook for around 30 minutes.

Remove the cake pan to a cooling rack and allow to cool for 30 minutes. Poke the top of the cake all over with a skewer or fork and allow the cake to cool completely.

Now it's time for the finishing touches. Mix the milk(s) together and top the cake with those first. The icing (a mix of the whipped cream, the sugar, and the vanilla) goes on last, a thick bonus to a delicious cake.

Chill and keep refrigerated until ready to serve.

Blueberry and Apple Cookie Cake



This is the best of both worlds. A scrumptious combination of apple and blueberry cake with a golden shortbread crusty foundation. It is delicious warmed as a dessert served on its own or with ice cream or custard.

Serves: 10 slices

Preparation time: 15 mins

Cooking time: 45 mins

Ingredients:

Crust

- 1/3 cup of sugar
- 1/2 cup cannabutter
- 1 cup of flour (all purpose works best)

Filling

- 1/2 tsp cinnamon
- 3/4 tsp baking powder
- 1 tsp vanilla
- 1 cup fresh blueberries (thaw if using frozen)
- 1 cup apple, peeled, cored and thinly sliced
- 2/3 cup of granulated sugar
- 1/4 cup of brown sugar, firmly packed
- 1/4 cup of flour (all purpose works best)
- 2 eggs

Directions:

Set the oven to preheat at 350°F.

Take a large sauce pan (or a really big medium) and place over low-medium heat. Use this to melt the cannabutter, stirring it continuously for between 3-4 minutes. The result should be golden brown.

Once finished, take from the heat immediately. Combine with 1 cup flour and 1/3 cup sugar; thoroughly mixing until it is ready to be placed along the baking pan (8 inch square works best). Press the mix into the base, and move on to the next step.

Combine apple, blueberries, flour, baking powder, cinnamon, sugar, and vanilla. Add the eggs, beating until smooth, and use on the freshly baked crust. Finish the set up by sprinkling the brown sugar, and place in oven to bake.

Baking time is approximately 40-45 minutes. The top should pass a toothpick test, and appear to be a healthy golden. Let it cool down before cutting.

Serve on its own or with a good quality vanilla ice cream or whipped cream.

Dried Cherry and Almond Mini Loaves



Filled with cherries, chocolate chips and almonds, these tasty buttermilk loaves are easy to make. If you can't find dried cherries then dried cranberries or dried apricots work just as well.

Serves: 5 mini-loaves

Preparation time: 20 mins

Cooking time: 35 mins

Ingredients:

Loaves

- 1/4 tsp ground cloves
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp vanilla
- 2 tsp baking powder
- 1 tbsp honey
- 2 tbsp of brown sugar, firmly packed
- 1 cup of sugar
- 1 cup buttermilk
- 1 cup roughly chopped almonds
- 1 cup dried cherries
- 3/4 cup cannabutter, softened
- 3 cups of flour (all purpose works best)
- 2 eggs
- 1/2 cup of chocolate chips

Cherry Butter

- 1 tsp almond extract
- 2 tbsp powdered sugar
- 1/2 cup of cherry preserves
- 1 cup cannabutter, softened (or regular butter as cannabutter is in the loaves)

Instructions:

Set the oven to preheat to 350°F.

Mix the dry ingredients together in a bowl and put away for now (baking powder, baking soda, cloves, flour, salt).

In a different dish, mix the remaining ingredients – saving the almonds, the cherries, and the chocolate chips – making sure to add the eggs only one at a time. The batter should be creamy and smooth.

Gradually add the flour mixture and beat gently until thoroughly combined. Now it's time to add those chocolate chips, cherries, and almonds. The reason they're saved for last is to ensure they can be evenly distributed.

Take the resulting batter and scoop into five well-greased mini loaf pans (5 ½ x 3-inch).

Cook until it can pass the toothpick test, approximately half hour – 40 minutes. Let cool for 15 mins before transferring to a wire rack to cool completely.

While cooling, cream 1 cup of butter/cannabutter and some preserves. This makes a delicious topping for your bread!

Simple One Pan Lemon Cake



If you love lemons you will love this simple cake that is moist and delicious! It is not overly rich but has an amazing lemon flavor that is so delicious, moreish and blends superbly with the taste of cannabutter. The texture of the cake is light, airy and moist.

Serves: 9

Prep time: 15 mins

Cooking time: 30 mins

Ingredients:

Cake

- 1/2 tsp salt
- 1 1/2 tsp baking powder

- 2 tsp freshly grated lemon zest
- 1/4 cup of cannabutter
- 3/4 cup of milk
- 1 cup of sugar
- 1 1/4 cups of flour (all purpose)
- 1 Egg

Glaze

- 1 tbsp of melted cannabutter
- 3/4 cup of powdered sugar
- 2-3 tsp lemon juice
- Lemon zest (optional)

Directions:

Set the oven to preheat to 350°F.

Prepare an 8x8 baking pan by greasing it. Add the dry ingredients (the baking powder, flour, salt, and sugar) to the baking pan itself, making a hole in the middle.

Now, taking a bowl, combine the lemon zest and the egg, stirring with a fork. Pour the result into the hole you made, and add the melted cannabutter into the same place.

Finally, pour the milk over the entire mixture, and stir thoroughly.

All that's left is to bake it for approximately a half hour. When

it's done, a toothpick should be clean and dry when dipped in. Pull it out of the oven and allow it to cool completely.

While it's cooling, mix 1 more tablespoon of cannabutter with lemon juice and powdered sugar to create a glaze, and coat the cake with it.

Enjoy!

NO BAKE

No Bake Chocolate Cookies



These chocolate macaroons like cookies are quick and simple, and even faster to disappear (as they are delicious).

Serves: 24

Preparation time: 10 mins

Cooking time: 5 mins

Ingredients:

- 2 tbsp hot cocoa mix
- 1/4 cup of milk
- 1/4 cup of cannabutter
- 1/2 cup of sweetened flaked coconut

- 3/4 cup of sugar
- 1 cup of quick cooking oats
- 1 cup of coarsely chopped peanuts

Directions:

Take one bowl and place the coconut, oats, and peanuts in it. Put it off to the side for now.

Next, taking a saucepan that is at least 3 quarts, mix the rest of the ingredients. Using medium heat, bring the mixture to a boil and allow it to continue to do so for two minutes before removing from the heat.

Add in the bowl mix that's already been made and drop by the teaspoonful onto cookie sheets lined with waxed paper.

Finish things up by rolling in the coconut and allowing to cool. These cookies should be refrigerated and can be frozen – if they last that long!

Easy Banana No Bake Cookies



These simple cookies are quick and easy to make. Banana is a great way to add moisture and sweetness to almost anything. Nothing beats this combination of chocolate, banana and nuts. When stored in the fridge they become fudgy and somehow, even more scrumptious.

Serves: 24

Preparation time: 20 mins

Cooking time: 1 hour 20 mins

Ingredients:

- 2 very ripe bananas, chopped

- 1 cup sugar
- 1/2 cup cannabutter
- 1/2 cup milk
- 1/2 cup peanut butter or almond butter
- 3 cups instant or traditional oats
- 2 cups chopped Walnuts
- 1/3 cup unsweetened cocoa powder
- 1 tsp. vanilla extract
- 1/2 tsp. salt

Directions:

Combine bananas, sugar, cannabutter, cocoa powder and milk in a medium sauce pan and bring to a boil and then turn down to a simmer.

Stir frequently for around 2 – 3 minutes until the mixture has a smooth consistency.

Remove from stove and stir in the remaining ingredients until well combined.

Drop large teaspoonfuls onto sheets lined with wax paper and let cool completely.

Chill for around 2 hours and store in the refrigerator in an air-tight container.

No Bake Date Squares



The dates and chocolate in this recipe make it deliciously sweet and moreish and really compliments the taste of the cannabutter.

Serves: 40

Preparation time: 15 mins

Cooking time: 2 hours

Ingredients:

- ½ cup cannabutter
- ½ cup of brown sugar, firmly packed
- 1/2 cup (4 ounces) of chopped dates
- 1 (1-ounce) square semi-sweet baking chocolate

- 1 ½ cups crispy rice cereal
- ½ cup chopped roasted almonds
- 1 tsp vanilla
- Powdered sugar or sweetened shredded coconut - optional

Directions:

Take a saucepan and place over medium heat. In it, mix the brown sugar, chocolate, cannabutter, and dates. Continue mixing and stirring for at least 8 minutes (likely more like 10) until the batter is thick but still workable/not dried out.

Now, add the rest of the ingredients – but save the powdered sugar for later.

The entire batch can now be poured into a 9x9 baking pan and firmly pressed down with the back of a spoon.

The only thing left to do is to allow it to cool for at least 2 hours before cutting and topping with coconut and powdered sugar!

Southern Country No Bake Slice



Rich, sweet and decadent a little piece goes a long way. This slice is super moist and rich with coconut, pecans and pineapple giving it lots of flavor and they are quick and easy to make.

Serves: 15 – 20 slices

Preparation time: 40 mins

Cooking time: 5 mins

Ingredients:

Slice

- 1 cup of pecans, chopped
- ½ cup of finely chopped tinned pineapple (drained)
- 1/2 cup milk

- 1 egg
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ cup cannabutter
- 16-ounces of graham crackers
- 1 cup shredded coconut

Topping

- 1 tsp vanilla
- 3 tbsp milk
- 2 cups powdered sugar
- $\frac{1}{2}$ stick of unsalted butter
- Zest of lemon

Instructions:

Prepare a 9x13 pan by coating it in a line of graham crackers.

Take a large saucepan and use it to melt the butter, adding the sugar as it melts.

In a separate bowl, whisk together the milk and the egg. Slowly and continuously stir into the saucepan from before. Allow the mixture to boil, but make sure to vigilantly stir it to avoid burning. As soon as it boils, take it away from the stovetop.

Take a small bowl and mix the graham cracker crumbs, pineapple, coconut. Use this to cover the first layer of graham crackers in the pan, and then top with additional graham crackers. Press these down gently.

Now it's time for the finishing touches, the toppings. Mix the ingredients you've decided to use and coat the layer of graham crackers. Allow it to cool completely, chilling in the fridge if desired, before cutting the squares from it.

They taste great both chilled and at room temperature, but for storing you need to keep them in the fridge.

Note: This recipe uses butter in both the slice and topping so regular butter is used in conjunction with cannabutter.

Peanut Butter and Jelly No Bake Bites



Quick, easy and totally delicious. Certain flavors just work wonderfully together and peanut butter and strawberry jam is one of them. Add silky chocolate to the mix and these will disappear quickly!

Serves: 30 bars

Preparation time: 10 mins

Cooking time: 10 mins

Ingredients:

Bar

- 1/2 cup cannabutter

- 1 cup crunchy peanut butter
- A bunch of miniature marshmallows (enough to fill about 3 cups)
- A similar ton of rice krispies cereal (about 4 1/2 cups)

Suggested Filling

- 2/3 cup strawberry jam

Topping

- 1/2 cup milk chocolate baking chips
- 2 teaspoons cannabutter

Directions:

Take a large saucepan and place it over low heat. Use this to melt the cannabutter, marshmallows and peanut butter, but be sure to continually mix it and mind it to prevent burning. The entire process takes no more than five minutes.

Stir the cereal in thoroughly and use the back of a spoon to press it into a 7x11 inch baking dish. (There's no need to grease the baking dish).

Immediately spoon jam over the contents of the saucepan; smoothly spreading over the top until covered.

While this is cooling, bring the cannabutter and chocolate chips to a melt. This can be done by using a small dish over heat, constantly mixing, for approximately two minutes, or by using

the microwave.

Spread the melted chocolate gently over the jam layer and refrigerate the slice. When the chocolate has set, cut into small bars.

Chewy Cookies & Cream Bars



These are very similar to rice krispie bars with the marshmallows and are quick and easy to make but have the added deliciousness of the chocolate Oreo cookies which makes it a delicious twist on a traditional classic treat.

Serves: 12 bars

Preparation time: 5 mins

Cooking time: 10 mins

Ingredients:

- Enough oreo cookies to fill up about 16 ounces
- A bag of large white marshmallows (works out to

about five cups).

- 1/4 cup cannabutter

Directions:

Prepare an 8 inch square baking dish by coating it with aluminum foil or wax paper. Don't worry if it hangs over the edges, just leave it be for now.

Take the Oreo cookies and put them into a big ziplock bag, rolling it over with a rolling pin until they are crushed into pieces (we're not going for fine dust here, chunks is good!).

Now, take a bowl that can be used in the microwave and use it to melt the cannabutter and marshmallows together (approximately 1.5-2 minutes).

Pour the resulting mixture onto the cookies. Mix quickly until well combined. Once this is done, the mix is ready to be baked. Press it down into the 8 inch pan and set for 10-15 minutes.

Remember how the foil was fine to hang over the edge? Use this as an advantage and remove the bars from their container on the foil. Cut when cool.

Note: This recipe works well with vanilla sandwich cream cookies as well if you prefer or feel like a vanilla treat.

CANDY AND SNACKS

Soda Cracker Toffee



This is an easy to make but wonderfully delicious rich treat. This toffee is made with saltine crackers with caramelized brown sugar toffee and is a little bit salty and a little bit sweet and is totally irresistible with its combination of chocolate, nuts and toffee. I actually make 2 batches one with cannabutter and the other with normal butter as it is just so hard to stop at just one piece!

Serves: Full cookie sheet

Preparation time: 10 mins

Cooking time: 8 mins

Ingredients:

- A sleeve – a sleeve and a half of salted crackers (stop

when 40 have been used).

- 2 cups semisweet chocolate chips
- 1 cup cannabutter
- 1 cup finely chopped almonds or peanuts
- 1 cup dark brown sugar

Directions:

Set the stove to 400 degrees fahrenheit for preheating and prepare the baking sheet to be used by lining it. Aluminum foil or parchment paper both work.

Line a cookie sheet with the saltine crackers with the salt side facing up and cover the whole sheet with crackers. There shouldn't be any space left on the sheet.

Taking a small pot, combine the sugar and cannabutter and allow them to boil. Stir constantly until the mixture starts to turn a golden brown, caramel color (approximately 3 minutes).

Immediately pour the toffee mixture on top of the crackers, spreading them as evenly as possible, and bake them for 5 minutes.

Cover the toffee with chocolate chips and allow it to set for 1-2 minutes (out of the oven). This will melt the chocolate, and allow it to be spread easily with the baker's tool of choice.

All that's left are the finishing touches, in this case chopped

nuts. Once the mix is coated, let it completely cool before breaking into deliciously chewable pieces.

Store whatever ends up being left (it won't be much if company has been over!) in the fridge in an airtight container.

Rocky Road



These should come with a warning as they don't last long! Sweet, deliciously crunchy from the nuts and chewy marshmallow, these are really mouthwatering delicious. Easy and quick to make even better to eat!

Serves: 24

Preparation time: 5 mins

Cooking time: 5 mins and 1 hour chilling time

Ingredients:

- 2 cups pink and white marshmallows, halved
- 1 cup red glace cherries

- 1/2 cup unsalted roasted peanuts (or nuts of your choice)
- 1 cup shredded coconut
- 2 cups premium chocolate chips
- ¼ cup cannabutter

Directions:

Line a 9 x 9 baking pan with parchment or wax paper.

Combine marshmallows, cherries, peanuts and coconut in a medium bowl.

Gently heat chocolate chips and cannabutter in a saucepan over low heat until melted, stirring constantly.

Fold the melted chocolate mix into the dry ingredients and mix well until everything is coated.

Spread mixture into prepared pan and refrigerate until set for around 1 hour.

Remove from pan by lifting edges of wax paper; peel off paper.

Cut into slices before serving.

Note: If you don't like glace cherries they can be left out completely or replaced by soft jube candy, raisins, dried cranberries or dried apricots or Maltesers.

Caramel Chews



Serves: 24

Preparation time: 10 minutes

Cooking time: 30 – 45 minutes

Ingredients:

- 1 cup sugar
- 1/2 cup brown sugar
- 1/2 cup cannabutter
- 1/2 cup milk
- 1/2 cup of whipped cream
- 1/2 cup light corn syrup
- 1 tsp vanilla

Directions:

Grease a 9x13 baking dish in preparation.

Using a heavy duty (four quart) saucepan, mix the ingredients together – saving the vanilla for now – over medium heat. Mind that the mixture gets stirred occasionally, but let it come to a boil to fully melt the ingredients (this will take between 15 to 20 minutes).

Leave it cooking for 25-30 minutes. The way to tell if the process is done is to take the temperature, the internal temperature should be 244 degrees fahrenheit. The batter at this point will look something like a ball.

Now, take the saucepan off and add the vanilla just before pouring over the 9x13 dish that was prepared. Allow it to cool completely before cutting, but cut into ½ inch – 1 inch pieces and give it a taste!

Store whatever is left in the fridge.

Baked Caramel Popcorn



Serves: 10 - 12

Preparation time: 30 minutes

Cooking time: 1 hour

Ingredients:

- 1/2 cup and 1 tbsp and 2 tsp cannabutter
- 1 cup and 3 tbsp brown sugar
- 1/4 cup and 2 tsp corn syrup
- 1/2 tsp salt
- 1/4 tsp baking soda
- 1/2 tsp vanilla extract
- 12 cups popped popcorn

Directions:

Take a large bowl and set the popcorn in it. Set the stove to 250 degrees Fahrenheit (95 degrees C) to preheat.

Take a medium sauce pan and melt the butter over medium heat.

Add the brown sugar, corn syrup and salt, continually mixing and stirring to prevent it sticking to the pot until the mixture is boiling.

Once boiled, allow it to continue to do so for at least four minutes without mixing, at which time it can be removed from the stovetop.

Add the baking soda and the vanilla to the mix.

Now it's the fun part. Pour it over the popcorn, stirring it throughout to ensure even distribution. Take it all and pour it into the baking dishes, baking it for one hour – but stirring every fifteen minutes.

Let it become entirely cool to the touch before breaking into pieces!

Honey Joys



Serves: 10 - 12

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

- 4 tbsp of cannabutter
- 1 tbsp sugar
- 1 tbsp honey
- 2 cups Corn Flake cereal

Directions:

Prepare cupcake pans by lining 24 with cupcake liners. Set the

stove to 150°C to preheat.

Melt all of the ingredients, except the cornflakes, together. Mix thoroughly. Once this is accomplished, add the corn flakes, ensuring they too are thoroughly combined.

Take the resulting batter and scoop it into the cupcake liners, baking for ten minutes. Once done, let it cool before serving.

BUTTERS

Sweet Flavored Butters



No time to bake something? Try these smooth, creamy and simply delicious flavored butters in place of regular butter or cannabutter as a fast way to dress up almost anything from toast or waffles to pancakes.

Serves: ½ cup

Preparation time: 5 mins per flavor

Cooking time: 5 mins per flavor

Cinnamon and Honey Butter

- ½ cup cannabutter, softened
- 1 tbsp honey
- 1 tsp cinnamon

Mint and Lemon Butter

- ½ cup cannabutter, softened
- 1/4 cup finely shredded mint
- Zest of 1 lemon
- 1/4 cup powdered sugar, sifted

Lemon Sugar Pancake Butter

- ½ cup cannabutter, softened
- Zest of 1 lemon
- 2 teaspoons lemon juice
- 1/4 cup white sugar

Strawberry Butter

- ½ cup cannabutter, softened
- 1 cup of hulled and finely chopped strawberries
- ½ cup of super fine sugar

Hazelnut and Chocolate Butter

- ½ cup cannabutter, softened
- 1 tbsp cocoa powder
- 1/4 cup powdered sugar
- 1/4 cup ground hazelnuts

Honey Nut Butter

- ½ cup cannabutter, softened
- 2 teaspoons chopped nuts of choice
- 2 teaspoons honey

Raspberry butter

- ½ cup cannabutter, softened
- 2 teaspoons seedless raspberry jelly

Orange Honey Butter

- ½ cup cannabutter, softened
- 2 tablespoons honey
- 1 tbsp grated orange zest

Pecan and Ginger Butter

- 1/2 cup cannabutter, softened
- 1/4 cup Pecans, finely chopped
- 2 tablespoons crystallized ginger, finally chopped
- 1 tsp Brown sugar
- 1/2 tsp Allspice

Directions:

Beat softened cannabutter with a whisk until light and fluffy, gently add flavor variations and beat until well incorporated.

Use immediately or lay a large piece of plastic wrap or wax paper on your counter. Spoon the butter into the middle of the wrap. Roll the plastic wrap over the butter, gently forming it into a log, tucking the ends under tightly and chill in the refrigerator until its set.

To use, cut a slice of butter from the log.

These butters also freeze well for up to 2 months.

Melt over waffles, French toast or pancakes

Gently panfry or roast with fresh fruit

Spread on crumpets, toast, scones, brioche or cake

Add a little extra flavor to anything that normally uses butter!

Butter Conversion

$\frac{1}{4}$ cup = $\frac{1}{2}$ stick or 4 tablespoons

$\frac{1}{2}$ cup = 1 stick or 8 tablespoons

$\frac{3}{4}$ cup = $1\frac{1}{2}$ stick or 12 tablespoons

1 cup = 2 sticks or 16 tablespoons

2 cups = 4 sticks or 32 tablespoons

Conclusion

We hope you enjoyed the recipes and content provided within this book! Stay tuned for other books in our series covering Savory, Gluten-Free and Sugar-Free cannabis infused recipes.

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