

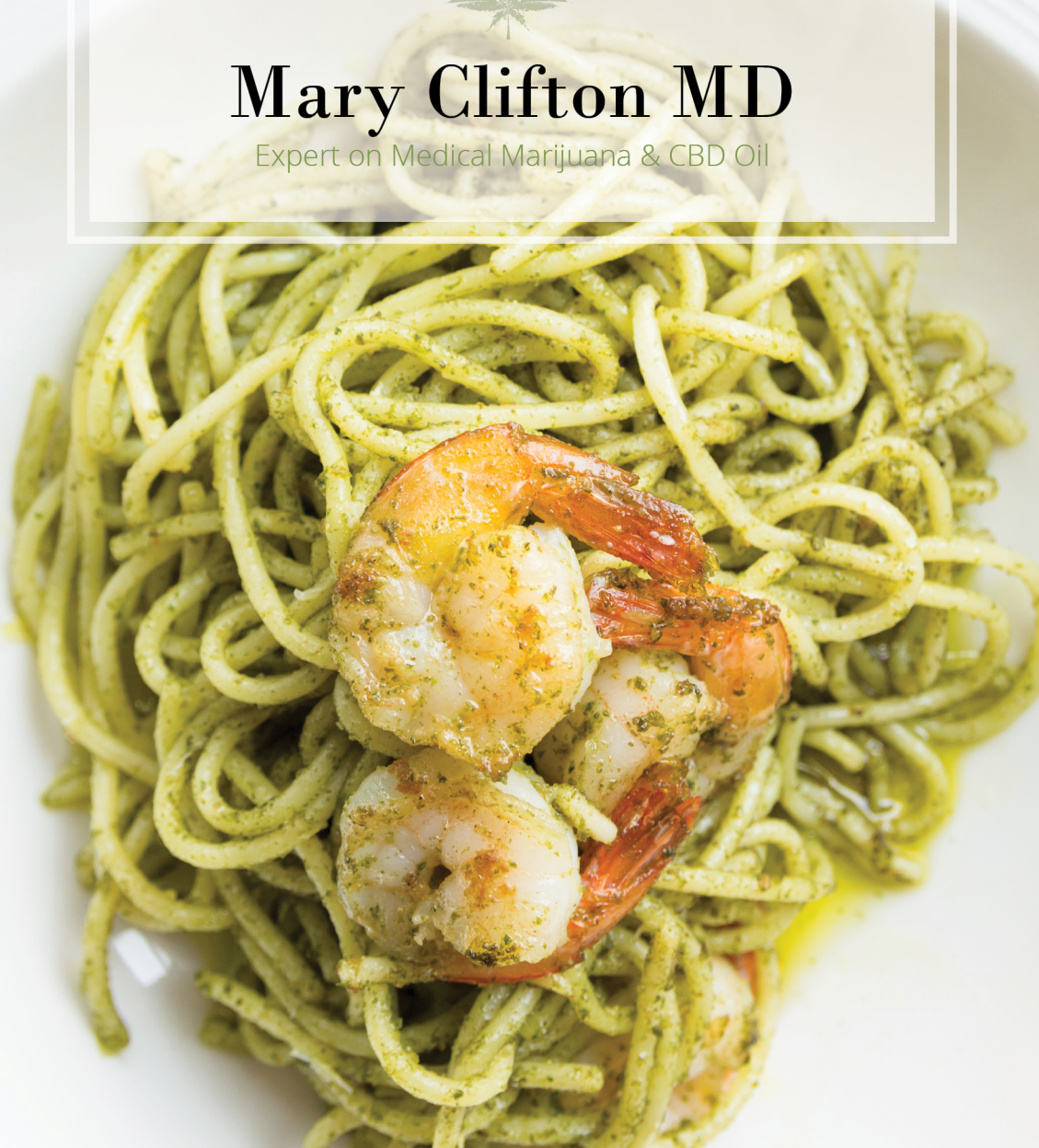
INFUSED

Cooking with Medical Marijuana & CBD Oil



Mary Clifton MD

Expert on Medical Marijuana & CBD Oil



WHY I WROTE THIS COOKBOOK

Writing this cookbook was a labor of love. The journey began with a dear friend of mine who had cancer and ended with me becoming licensed by the New York State Department of Health to approve patients 'who qualified' for medical marijuana or cannabis. (Gratefully, in New York State, the list of those who would qualify turned out to be much longer than I expected.)

As an MD, becoming fully versed not just in various types of CBD oil and cannabis was just the beginning. I have also deep dived into delivery methods, and in that part of the journey, started to accumulate and create recipes for my patients.

Providing the world at large just a handful of delicious marijuana and CBD infused recipes to get started, along with the valuable information (and a few stories) to successfully cook with cannabis, quickly became a passion.

Learning to accurately dose your edibles, cook with concentrates, and add marijuana to your favorite recipes is an easy beginning for those facing illness, injury, or anxiety.

This book has valuable information for anyone who uses cannabis as medicine, as well as great recipes for everyday use.

The recipes are amazing and yummy, as well as make use of powerful spices and ingredients. This truly is a gourmet cookbook, great for beginners or to add a few more original recipes for the expert, with cannabis and CBD oil being the featured ingredients.

We have two awesome bonuses you can have as a gift, a recipe book for smoothies and a few superstar creations for your pet! Just go to **www.DrMaryJaneMD.com/bonuses** to download those gifts.

To your best health and best life,
Mary Clifton, MD

FOLLOW DR. MARY TO GET EDUCATED AND STAY UP TO DATE ON MEDICAL MARIJUANA, THC AND CBD OIL RESEARCH.

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HOW TO USE THIS BOOK

Exact dosing is not possible unless a lab analyzes your infused ingredients. Use the recipes included in this book and information on THC and CBD as a guideline, not gospel. Consult your physician or healthcare team first for proper dosing.

As with any drug, such as alcohol or nicotine, exercise good judgment and use cannabis responsibly.

This book contains information about the plant cannabis sativa and its derivative products. Cannabis is a controlled substance in North America and throughout much of the world. Laws regarding the cultivation and use of cannabis vary significantly from one jurisdiction to another. The information contained in this book is intended for use only in jurisdictions where the activities involved are legal. The author does not in any way advocate or condone breaking the law. Readers should be aware that laws regarding cannabis frequently change and that readers are responsible for their own actions.

The author makes no claim of accuracy, safety, or legality of following instructions in this book. Nothing contained in this book should be construed to be legal or medical advice. This book is intended for informational and educational purposes only.

Always ask your physician before using cannabis or CBD oil.

BREAKFAST	SIDES & SNACKS	Gluten-Free Blondies
Berry Blast Smoothie	Classic Roasted Potato Chips	No-Cook Date Balls
Asparagus & Goat Cheese Frittata	Traditional Hummus	Sweet & Spicy Fat Bombs
MAIN DISHES	Sweet Potato Biscuits	Infused Golden Milk
Cabbage and Mushroom Stew	Roasted Root Veggies	BASE RECIPES
Pesto Pasta with Spicy Shrimp	Slow Roasted Beets	Almond Cannamilk
Salmon and Asparagus	Lemon Garlic Rainbow Chard	Cannamilk
Burrito Bowl	Infused Italian Dressing	Cannabis Cooking Oil
Roasted Beet Salad	SWEETS & DRINKS	Infused Butter
	Vanilla Chia Parfait	Non-Dairy Coconut Butter
	Classic Brownies	Infused Honey

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BREAKFAST

Berry Blast Smoothie

Serves 2

INGREDIENTS

2 cups hemp milk, unsweetened
2 medium bananas
1 Tbsp goji berries
1 tsp wheatgrass powder
1 Tbsp pure maple syrup
1 tsp hemp seeds, shelled
1 tsp chia seeds
1 tsp flaxseed meal
3/4 tsp CBD oil
1 tsp vanilla extract
2 cups frozen mixed berries
Pinch of salt

PREPARATION

In your blender, add all ingredients.
Blend on high for 45-60 seconds until smooth and creamy.

QUESTION: With all the claims being made on the internet, you have to wonder, what does CBD oil really help with?

ANSWER: We have enough data now to say that in certain cases, CBD oil will improve appetite, relieve pain, decrease inflammation, and improve mood and sleep, without the intoxicating effects of THC.

Asparagus & Goat Cheese Frittata

Serves 6

INGREDIENTS

2 Tbsp extra virgin olive oil

4 tsp [infused oil](#)

1 lb asparagus, trimmed, cut into 1/2 inch pieces

8 large eggs

2 scallions, cut into small pieces

4 pieces bacon, cooked, cut into 1/2 inch pieces (optional)

2/3 cup heavy cream (Silken tofu alternative below)

2 tsp salt

1/4 tsp Tabasco sauce

1 cup goat cheese, crumbled (dairy-free cheese alternative)



PREPARATION

Preheat oven to broil.

In a large mixing bowl, whisk eggs, cream, Tabasco sauce, scallions, salt and pepper.

In a large skillet over medium heat, add extra virgin olive oil.

Add asparagus and saute for 1 minute.

Pour in egg mixture over asparagus.

Let eggs cook for 2-3 minutes. They should start to set.

Sprinkle bacon and goat cheese crumbles evenly over top of frittata.

Place skillet in oven.

Broil until top sets and turns golden brown. About 4-5 minutes.

Remove from oven and allow to slightly cool.

Cut into 6 pieces.

PREP for Dairy Free Heavy Cream Alternative

Blend a Silken Tofu until smooth.

It is an excellent cream substitute when a thickener is needed in sauces and soups.

Choose medium firm or firm varieties for a thicker “cream”.

Pureed tofu can be substituted for heavy cream using a 1:1 ratio.

QUESTION: How can medical marijuana help?

ANSWER: Medical marijuana stimulates the endocannabinoid system, which is a system already present throughout all the cells in your body. The endocannabinoid system modulates immunity and neurotransmitter communication from cells to cells within neurons, and also monitors your mood. It helps to stimulate a runner’s high with exercise. You already have endocannabinoids, a common one known as anandamide, which are stimulating these receptors. But, using medical marijuana gives you exposure to CBD, THC, other common cannabinoids that also stimulate that endocannabinoid system, resulting in modulations in all kinds of body systems.

MAIN DISHES

Cabbage and Mushroom Stew

Serves 6

INGREDIENTS

1 green cabbage, cored, roughly chopped

1 Tbsp fresh dill weed, chopped

1/2 tsp paprika

1/4 cup water

1 cup vegetable stock

1 1/2 Tbsp [infused olive oil](#)

1 medium onion, diced

1/2 lb Shiitake mushrooms

1/4 lb button mushrooms

Salt and freshly ground pepper to taste



PREPARATION

In a large covered pot over high heat, add the vegetable stock and cabbage.

Steam cabbage for 5-6 minutes. Should start to wilt and still be bright green.

Turn off heat.

Remove cover.

In a large skillet over medium heat, saute onions and mushrooms until onions turn brown.

Add cabbage.

Heat through and continue to stir. Mix ingredients well.

In a small bowl, add water and cornstarch. Mix well.

Add cornstarch mixture to skillet.

Bring mixture to boil.

Stir until liquid thickens.

Reduce heat and season with dill weed, paprika, salt and pepper to taste.

Serve warm.



Pesto Pasta with Spicy Shrimp

Serves 4

INGREDIENTS

Pesto:

2 cups fresh basil, tightly packed

1/2 cup pine nuts

3 cloves garlic, peeled, roughly chopped

1/2 cup [infused extra virgin olive oil](#)

1 pinch sea salt

1 pinch fresh ground black pepper

1 Tbsp freshly squeezed lemon juice

3 Tbsp nutritional yeast

Shrimp (optional):

8 oz. linguine noodles

1 lb fresh shrimp, peeled, deveined

2 Tbsp butter (or dairy-free vegan option)

1 Tbsp infused avocado oil

1 Tbsp freshly squeezed lemon juice

1 tsp ground red pepper flakes

1 tsp cayenne pepper

Salt and freshly ground black pepper to taste

PREPARATION

Pesto:

In a food processor fitted with a “S” blade , add basil, pine nuts and garlic.

Pulse until mixture is coarsely ground and combined.

Turn motor on and drizzle oil in a thin stream.

Add sea salt, pepper, lemon and nutritional yeast.

Pulse 4-5 more times to combine.

Shrimp & Pasta:

In a large saucepan over medium heat, melt butter and olive oil together.

In a small bowl, add ground pepper flakes, cayenne pepper, salt and black pepper.

Combine well.

Add shrimp and stir ensuring shrimp is evenly coated.

If you like it less spicy, just sprinkle shrimp with desired amount.

Add shrimp to saucepan.

Add lemon juice and cook for 4-5 minutes. Shrimp should be pink on both sides.

Cook pasta to instructions on package.

Once shrimp is done, add pasta and saute together for 45 - 60 seconds.

Remove from heat.

Add 4-8 Tbsp of pesto sauce depending on your preference.

Add a few fresh basil leaves.

Top with Parmesan cheese.

Salmon and Asparagus

Serves 4

INGREDIENTS

4 6 oz. salmon fillets

2 tsp rock salt

1 gram dried cannabis

3 bunches asparagus, trimmed

4 cloves garlic, finely chopped

1/4 cup butter (or vegan butter)

PREPARATION

Salmon:

Preheat oven to 350 F.

On a baking sheet, place salmon filets. Do not let them touch.

Grind half of the cannabis onto filets and rub lightly into fish.

Add a pinch of salt to each filet.

Cover each filet with aluminum foil.

Place baking sheet in oven and bake for approximately 30 minutes.

After 20-22 minutes have elapsed, uncover salmon and continue to bake for 8-10 minutes.

Remove from oven.

Asparagus:

Trim asparagus by removing woody ends.

In a large pan over medium heat, add butter, garlic and remaining cannabis.

Reduce heat once butter has melted and garlic has become fragrant.

Add asparagus and toss to coat evenly.

Cook for 6-9 minutes and toss occasionally.

Remove and serve with salmon.

Burrito Bowl

Serves 6

INGREDIENTS

2 cups brown rice, cooked

3 cups black beans, rinsed, drained

1 tsp salt

1 tsp cumin

1 1/4 tsp chile powder

2 tomatoes, diced

1 yellow pepper, sliced thinly

1 red pepper, sliced thinly

1 cup cucumber, chopped

1 avocado, pitted, peeled and sliced

3 cups arugula

2 container firm Silken tofu

2 bunches cilantro

4 cloves garlic

1/2 cup fresh lime juice, squeezed

2 tsp kosher salt

Freshly ground black pepper to taste

5 slices jalapeno

6 - 8 drops CBD oil (of your choice)

PREPARATION

In pot add rice, spices, salt, cooked beans and cook

rice according to instructions on package.

In a food processor, add tofu, cilantro, garlic, lime juice, salt, pepper, jalapeno pepper slices and drops of CBD tincture.

Process until smooth. Scrape down sides when necessary.

Set aside.

When rice is done, in a bowl create a lettuce bed.

Top with beans and rice mix, arrange cut up vegetables on top.

Drizzle with infused creamy cilantro sauce.

Roasted Beet Salad

Serves 6

INGREDIENTS

10 medium sized CBD beets

3/4 cup balsamic vinegar

3/4 cup [infused extra virgin olive oil](#)

3 tsp Dijon mustard

6 oz. baby arugula

1/2 cup roasted almonds

6 oz. soft goat cheese (or dairy-free alternative)

1 1/2 tsp kosher salt

1 tsp freshly ground black pepper to taste

PREPARATION

Cut beets into 8 wedges. Set aside.

In a small mixing bowl, whisk vinegar, mustard, extra virgin olive oil, salt and pepper. Set aside.

In a large mixing bowl, add cut beets and 1/2 the dressing. Combine well. Beets should be coated. You may need to add more dressing.

Season if necessary.

In a medium bowl, add arugula and toss with

vinaigrette to slightly coat leaves.

On 6 serving plates, place equal amounts of arugula, beets and top with almonds and goat cheese.

Drizzle with extra vinaigrette.

Serve warm or cool.

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QUESTION: CBD oil and medical marijuana are both derived from the cannabis sativa plant. So, how is CBD oil different in its mechanism of action compared to medical marijuana. How does it work?

ANSWER: CBD oil may be useful for reducing inflammation or discomfort associated with many chronic medical conditions, including muscle spasm, pain management, anxiety and PTSD. It is derived from the cannabis sativa plant, but from different strains often from what we're using with medical marijuana, strains that have very low THC content.

In the absence of THC, there are very low or no psychoactive effects. So you can expect all of the health benefits from the CBD oil, without the psychoactive component. CBD oil is legal in all 50 states. You just have to be over 18 to purchase it.

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SIDES & SNACKS

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Classic Roasted Potato Chips

INGREDIENTS

4 lbs Yukon Gold potatoes, sliced 1/8 inch thick

1/2 cup [infused avocado oil](#)

1 Tbsp garlic powder

Salt and freshly ground pepper to taste

PREPARATION

Preheat oven to 400 F.

In a large mixing bowl, add sliced potatoes, avocado oil, salt, pepper and garlic powder.

Toss well so potatoes are evenly coated.

Spread potatoes on baking sheets in a single layer.

Cook for 12-15 minutes.

Rotate sheets.

Cook for 8-15 minutes more.

Check every few minutes. Cooking time will depend on how thick slices are and how crunchy you like them.



Traditional Hummus

Makes 1 1/2 cups

INGREDIENTS

15 oz. chickpeas, rinsed, drained

3 cloves garlic, peeled, halved

1/4 cup [infused extra virgin olive oil](#)

2 Tbsp freshly squeezed lemon juice

2 Tbsp tahini

1 tsp ground cumin

1/4 tsp paprika

3/4 tsp kosher salt

PREPARATIONS

In food processor, process chickpeas, garlic, lemon juice, tahini, cumin, salt and extra virgin olive oil until smooth and creamy.

You may need to add 1-2 Tbsp of water to get desired consistency.

Transfer to bowl and drizzle with extra virgin olive oil.

Sprinkle with paprika before serving.

**Add roast beets during the processing portion of preparations to create a "Roast Beet Hummus" for an added flair.*

Sweet Potato Biscuits

Serves 10-12

INGREDIENTS

1 1/2 sweet potatoes, mashed

1 cup milk

3 cups all purpose flour (or gluten-free alternative)

4 Tbsp sugar

2 Tbsp baking powder

2 tsp salt

12 Tbsp [cold unsalted infused butter](#)

PREPARATION

Preheat oven to 425 F.

Grease 2 biscuit sheets.

Peel and chop sweet potatoes.

In a medium pot over medium-high heat boil sweet potatoes.

When potatoes are tender, allow to cool.

Mash.

Add milk and whisk.

In a large mixing bowl, add flour, sugar, baking

powder and salt.

Mix and set aside.

Add infused butter to dry ingredients.

Using a fork, press butter into mixture. You should get a crumbly mealy texture.

Add sweet potato and milk mixture to bowl.

Fold gently.

If too dry, add a bit more milk for better consistency.

On a clean area, sprinkle dry flour and place dough on it.

Using a rolling pin, roll out dough to an even width.

Use a biscuit cutter to cut out biscuits until done.

Place cut out biscuit dough on greased tray.

Place in oven for 13-15 minutes.

They will rise and turn golden brown.

Serve warm.

Roasted Root Veggies

Serves 6

INGREDIENTS

1 lb parsnips, peeled and sliced 1/2 inch thick

1 lb celery root, peeled, sliced 1/2 inch thick

2 lbs carrots, peeled, sliced 1/2 inch thick

1 lb beets, peeled, sliced 1/2 inch thick

1/2 lb turnips, peeled, sliced 1/2 inch thick

1/2 cup avocado oil

1/2 cup [cannabis infused honey](#)

7 thyme sprigs

2 Tbsp sherry vinegar

Salt and freshly ground black pepper to taste

PREPARATION

Preheat oven to 400 F.

In a large mixing bowl, add root vegetables, avocado oil, honey and thyme.

Stir well.

Add salt and pepper.

Stir well.

Spread vegetables on 2 baking sheets. Must be in 1 layer.

Cover with foil.

Roast for 25 minutes.

Turn pan around and roast for 20-25 more minutes.

Vegetables should be tender.

Uncover and throw away foil.

Roast for 10 more minutes.

Put vegetables back in bowl and toss with vinegar and more salt and pepper.

Serve hot.

Slow Roasted Beets

INGREDIENTS

6 large beets, trimmed (about 4.5 lbs)

[Cannabis infused avocado oil](#)

Kosher salt

PREPARATION

Preheat oven to 290 F.

Rub beets with oil and salt.

Wrap beets together in large sheet of foil.

Edges should be together for tight seal.

Using a baking sheet, make a "bed" of kosher salt about 1/4 inch thick.

Place beet filled foil packet on "bed" so beets are safe from direct heat.

Place beets in oven and roast for 90-100 minutes.

Test by inserting a sharp knife or fork into beet.
Should be easy to pierce.

Remove from oven and peel open foil.

Allow to cool until easy to handle.

Beets are easier to peel when warm, place beet in paper towel and push skin off with a paper towel or peel.

Eat whole or cut into wedges.



Lemon Garlic Rainbow Chard

Serves 6

INGREDIENTS

3 bunches rainbow chard, cleaned, trimmed

6 Tbsp [infused avocado oil](#)

8 cloves garlic, peeled, sliced

1 Tbsp freshly squeezed lemon juice

2 pinches red pepper flakes

PREPARATION

Remove stems of chard from leaves.

Cut leaves into thin strips. Set aside.

Slice stems into thin strips. Set aside.

In a large skillet over medium heat, add oil.
Add garlic, red pepper flakes and chard stems. Cook and stir for 2-3 minutes. Garlic will become fragrant and stems will start to soften.
Add shredded chard leaves and stir.
Cook for 4-5 minutes over medium-low heat.
Stir and cook for another few minutes until chard has softened.
Remove from heat and toss with lemon juice to serve.

Infused Italian Dressing

INGREDIENTS

1 cup [infused avocado oil](#)
2/3 cup red wine vinegar
1/2 cup Romano cheese, grated (or dairy-free alternative)
1 1/4 Tbsp sugar
1 1/2 tsp dried basil
1 tsp freshly ground black pepper
1 1/3 tsp dried oregano
1/2 tsp garlic powder
1/2 tsp red pepper flakes

PREPARATION

Add all ingredients to a big jar.
Close lid tightly.
Shake well for 25-30 seconds.
Store in airtight container in fridge for up to 14 days.
Always shake before using.

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QUESTION: With so many CBD oils on the market, you have to ask, which is the best CBD product buy?

ANSWER: For me, that depends a lot on the farmers. I want great farmers working really high quality soil, and paying their workers appropriately. It benefits my community if the farming is done properly, but it also benefits me because then I don't have to worry about bioaccumulators like pesticides and herbicides toxifying up my CBD product.

Also, I want to know my laboratory. Is my laboratory using safe solvents and evaporation methods so that the purity of the CBD is maintained, so I'm not dealing with accumulation of chemical residues in my CBD oil? For me, also, it comes down to price. If a product is too expensive, if it's just unreasonable, it's not something I'm going to be able to continue in the long term. Have fun shopping. I've made a few recommendations on my site for products that combine CBD with herbal adaptogens and have no harmful chemical residue.

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SWEETS & DRINKS

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Vanilla Chia Parfait

Serves 2

INGREDIENTS

2 cups hemp milk

1/2 cup chia seeds

1/3 cup agave nectar

1 tsp cinnamon

1/2 tsp vanilla extract

.3 grams 99% pure CBD isolate powder

PREPARATION

In a blender, add all ingredients except for chia seeds.

Blend on high for 45-60 seconds or until desired smoothness.

In a small bowl, add contents from blender.

Add chia seeds and whisk. About 2 minutes to get rid of clumps.

Pour “pudding” into an airtight container.

Place in fridge and cool for 7-8 hours. Stir 2-3 times in first hour to keep consistency.

Chia seeds will help for a gelatin.

Remove from fridge and top with favorite fruits.



Classic Brownies

Makes approximately 12

Ingredients

Brownie:

1 cup [infused butter](#)

1 cup white sugar

2 eggs

1 1/4 tsp vanilla extract

1/3 cup cocoa powder, unsweetened

1/2 cup all purpose flour

1/4 tsp salt

1/4 tsp baking powder

Icing:

3 Tbsp [infused butter, softened](#)

3 Tbsp cocoa powder, unsweetened

1 Tbsp honey

1 tsp vanilla extract

1 cup confectioners' sugar

PREPARATION**Brownie:**

Preheat oven to 350 F.

In a large saucepan over medium heat, melt butter.

When melted, remove from heat and add sugar, eggs and vanilla extract.

Stir well.

Beat in cocoa powder, flour, salt and baking powder.

Add mixture to a greased 8 inch square baking pan.

Bake for 25 -30 minutes. Test by sticking toothpick into center. If clean when pulled out, they are ready.

Icing:

In a medium mixing bowl, add softened butter, cocoa, honey, vanilla extract and confectioners' sugar.

Stir until texture is smooth.

Frost brownies while warm.

Gluten-Free Blondies

Makes 12 - 18

INGREDIENTS

1 cup all-purpose gluten-free flour (no additives)

1/2 tsp Xanthan gum

1/2 tsp baking powder

1/8 tsp baking soda

1/2 tsp salt

1/2 cup [cannabutter](#), melted
3/4 cup coconut sugar
1 egg, beaten
1 Tbsp vanilla extract
1/3 cup walnuts (optional)

PREPARATION

Preheat oven to 325 F.

In a medium mixing bowl, add all dry ingredients.
Combine well.

In a large bowl, mix beaten egg, sugar and vanilla.

Add flour mixture to large bowl and combine.

Pour into mini muffin cups or a brownie pan.

Bake for 22-25 minutes.

Tops should turn golden. Check with toothpick. If inserted and comes out clean, blondies are done!



No-Cook Date Balls

Makes 36

INGREDIENTS

3 cups walnuts

1 1/2 cups shredded unsweetened coconut

3 cups soft Medjool dates, pitted

3 Tbsp [cannabis infused coconut oil](#)

3/4 tsp sea salt

1 1/2 tsp vanilla extract

PREPARATION

In a large food processor using a “S” blade, process nuts and coconut until crumbly.

Add dates, coconut oil, vanilla and sea salt.

Process until it becomes a sticky uniform batter.

Using a Tbsp, scoop a heaping portion of batter.

Roll between your hands to form balls.

On a parchment lined baking sheet, place dough balls.

Once all dough has been rolled, place baking sheet in freezer for 2 - 2 1/2 hours.

Store in sealed container in fridge for 1 week or longer in freezer.

*** Roll in shredded coconut or ground nuts before chilling for added flavor and look.*

Sweet & Spicy Fat Bombs

Makes approximately 12

INGREDIENTS

1-2 grams 99% CBD isolate (of your choice)

1 cup full fat coconut milk

2 Tbsp unsweetened cocoa powder

1 tsp unsweetened vanilla extract

1 tsp cinnamon
1/3 tsp cayenne pepper
1 1/2 Tbsp low carb sweetener
20 drops chocolate Stevia extract

PREPARATION

In a pot, warm up coconut milk to just above room temperature and add CBD isolate, stirring well.

Add all other ingredients.

Stir well.

Pour mixture into ice cube trays.

Transfer to freezer for approximately 2-3 hours or until frozen.

Remove and serve immediately.



Infused Golden Milk

Serves 4

INGREDIENTS

2 1/4 tsp ground turmeric
1/4 tsp ground black pepper
1/4 tsp boswellia powder

1 tsp ginger powder
3/4 vanilla bean, scraped
1/4 tsp ground cinnamon
1/8 tsp cardamom
4 tsp coconut sugar
24 oz. unsweetened coconut milk
4 portions [Infused Coconut Oil](#)

PREPARATIONS

In a large mixing bowl, add all dry ingredients and whisk together well.

Add scraped vanilla bean and whisk again.

Portion into 4 equal amounts and add to 10 oz. hot drink mugs.

Add cannabis oil.

Set aside.

In a medium saucepan over medium heat, warm up coconut milk but do not allow to boil.

Whisk frequently.

In the 4 mugs, pour in 6 oz. hot coconut milk and stir well.

Make sure all dry ingredients dissolve completely.

Serve hot.

QUESTION: How do I choose the right medical marijuana product for me?

ANSWER: It depends on just a few factors. We want to know exactly what you are treating; if you are dealing with nausea or chronic pain, decreased appetite related to HIV/Aids or cancer, if you have muscle spasms or neuropathic pain related to underlying diseases like multiple sclerosis. You could be dealing with more common issues such as chronic pain or anxiety and PTSD. You would want to know what kind of onset of action you want to gain.

Do you want a product that's going to act immediately and be something that you can use for breakthrough

situations with your condition? Is it something that you want to have last for several hours and not necessarily go through peaks and valleys where you experience benefit and then experience episodes where you're not under the influence of the medication?

Know your underlying diagnosis, the onset of action, duration of action, and then you are ready to talk to your medical marijuana provider so they can help you.

BASE RECIPES

Almond Cannamilk

Makes 2 liters

INGREDIENTS

1/4 cup ground almonds

2 cups water

1 gram ground cannabis

PREPARATION

In a food processor, grind almonds and water to a milky consistency.

Strain almond milk through cheesecloth.

In a medium pot over medium heat, bring mixture to a slow boil.

Add cannabis slowly and stir.

Ensure all cannabis is submerged.

Lower heat and simmer for 45-50 minutes.

Remove from heat and strain again through cheesecloth.

Store in fridge for 3-5 days or use right away.

Cannamilk

Makes 1 liter

INGREDIENTS

1 liter 3% milk

2 grams ground marijuana (depends on how strong you desire)

PREPARATION

In a double boiler, bring milk to a boil.

Slowly add desired amount of cannabis to milk.

Stir thoroughly until cannabis is completely submerged.

Lower heat and simmer for 40-45 minutes. Stir occasionally. Milk will turn a yellow/green color.

Remove milk from heat and strain through cheesecloth.

Allow to cool and store in fridge.

Can be stored for 3-5 days.



Cannabis Cooking Oil

INGREDIENTS

2 cups ground cannabis flower (less for milder

potency)

2 cups extra virgin olive oil or avocado oil

PREPARATIONS

Grind cannabis but do not grind to a fine powder.

Combine oil and cannabis in slow cooker.

Heat on low for 5-6 hours. Heating causes the activation of THC. Do not allow to burn which will destroy THC.

If oil is getting too hot and may burn, add a small amount of water.

Oil should never get above 245 F.

Strain oil with cheesecloth. Do not squeeze cheesecloth.

Throw away remaining plant material.

Pour oil into airtight jars.

Oil will last for approximately 2 months on shelf and longer in fridge.

***If you would like to make your oils spicy and full of garlic, add the desired amount of hot peppers and garlic to the infused oil. Ensure they are completely submerged in oil or they will spoil. Allow 2 weeks for flavor and heat to leach out.*

Cannabis Infused Coconut Oil

INGREDIENTS

2 cups organic coconut oil

2 cups ground cannabis flower (less for milder potency)

PREPARATIONS

Grind cannabis but do not grind to a fine powder.

Combine oil and cannabis in slow cooker.

Heat on low for 5-6 hours. Heating causes the activation of THC. Do not allow to burn which will destroy THC.

If oil is getting too hot and may burn, add a small amount of water.

Oil should never get above 245 F.

Strain oil with cheesecloth. Do not squeeze cheesecloth.

Throw away remaining plant material.

Pour oil into airtight jars.

Oil will last for approximately 2 months on shelf and longer in fridge.



Cannabutter

Makes 2 cups

INGREDIENTS:

2 cups unsalted butter

10-12 grams pure CBD hemp oil

4 cups water

PREPARATION:

Cut butter into smaller pieces.

In a medium saucepan over low heat, combine butter pieces, water and CBD hemp oil.

Cook for 3-4 hours.

Using a metal spoon, stir mixture every 30-35 minutes.

Allow to thicken as water cooks off.

When mixture becomes glossy and dense, remove from stovetop and allow to cool slightly.

Pour into airtight container and secure lid.

Place CBD infused butter in fridge for 3 hours to solidify.

Non-Dairy Coconut Butter

***Note: coconut oil remains solid at room temperature – to turn it into a liquid for measuring, place the oil in the oven to melt.*

Makes 2 cups

INGREDIENTS:

1/2 oz. cannabis, decarboxylated

2 cups organic coconut oil

2 tsp soy lecithin

PREPARATION:

In a crockpot set on low, add cannabis, soy lecithin and coconut oil.

Stir and cover.

Allow to cook for 3-4 hours.

Allow to cool with lid on.

When warm to touch, strain coconut oil using a cheesecloth.

Store in airtight glass container.

Will become butter-like as it cools more.

Infused Honey

Makes 2 cups

INGREDIENTS

2 cups local raw organic honey

10 grams decarboxylated cannabis (more if you want a more potent honey)

1-2 Tbsp sunflower lecithin

PREPARATION

Make a cheese cloth satchel filled with cannabis.

In a quart glass jar, add honey, sunflower lecithin and cannabis satchel.

Place lid on jar.

Line crock pot with a hand towel.

On low, fill crock pot with water and place honey jar in it.

Once honey is warm, occasionally shake jar.

Check lid to ensure pressure is not building. If it is, burp the jar and tighten lid again.

Allow to cook for 8-12 hours.

Use tongs to remove cannabis satchel from honey.

Squeeze using tongs.

Put lid back on and store in fridge or cool dark place.

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QUESTION: Can marijuana help with anxiety and depression?

ANSWER: Absolutely. The body already has the endocannabinoid system, endo standing for inside and cannabinoids referring to cannabidiols. The body has an endocannabinoid known as anandamide, which stimulates the endocannabinoid receptors at neurotransmitter junctions and helps impact the effects of neurotransmitters, like serotonin and glutamate. When you're using cannabis or

medical marijuana, you're providing compounds known as CBD and THC that also impact these endocannabinoid receptors. The good news is, they're concentrated in the central nervous system, in the spinal cord and in the brain, so if you're dealing with some anxiety and depression, and you're trying to improve your serotonin responses to happiness, having a bigger and better and happier response to joyful experiences, then medical marijuana may be a great choice for you.

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