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| Cooking with cannabis Cooking with cannabis is great way to customize your consumption method. Whether you’re using a distillate, tincture, or other concentrate in the kitchen, there is an easy way for you to incorporate cannabis into your diet. Salad dressings, cocktails, smoothies, your favorite dinner, and the classic, baked goods. The myriad of cannabis-based products available allows for the complete customization of any edible.  This brochure has been designed to lend a helping hand and suggest some trusted recipes to get you started cooking with cannabis in your own home. In this pamphlet is everything you need to know to start cooking with cannabis; what products are easiest to cook with, how to incorporate them into recipes, and even an example recipe |  | Medical Cannabis is Changing the Face of Clinical Medicine.  *We are the Leaders of that Change* |  | Mug brownie  In a mug thoroughly whisk together 2 tbsp. oil or butter, 2 tbsp. milk, ¼ tsp. vanilla extract, and a dash of salt. Add 2 tbsp. of cocoa powder, 2 tbsp. of sugar, and 4 tbsp. of flour to the mug and then whisk until well combined.  Microwave for 60 seconds and let sit for another 60 seconds. Top with cool whip or whipped cream and enjoy!  How to add cannabis: Get a known dose of your favorite of cannabis-based oil or butter. Use as much of the butter or oil as you need for your desired dose and place it in your measuring spoon. If it fills the 2 tbsp., perfect, but if not, fill up the rest of the spoon with vegetable oil or melted butter. Bake as directed. |
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| oil-based cannabis Oil-based cannabis products like oil-based tinctures and dystillates are great for baking and cooking with because they can be substitued for most fats in receipes. For example, if your favorite brownie recipe calls for ½ cup of vegetable oil, simply fully replace with ½ cup or partially replace with a smaller amount of concentrated oil to lower the dose. (Tip: Make a single serving brownie or other baked good in a mug to fully control the dose. A suggested recipe is on the other side of the page.)  Salad dressing are another easy way to substitute cannabis concentrate in for an ingrediant like olive oil. Most distyllates are mild in flavor, or you can buy a tincture that features the terpene limonene which will taste citrusy, making them perfect to incorporate into a light balsamic or citrus flavored dressing.  Get creative! If you have an awesome recipe for butter chicken or sautéed vegetables, try cooking, or just garnishing with cannabis-based oil or cannabutter. Some dispensaries offer grapeseed oil infused with cannabis, which is a very mildly flavored oil that’s great for cooking. Check out Elevation Oil at New England Treatment Access (NETA), which has a high smoke point perfect for cooking but is also recommended for smoothies. |  | cocktails  Oil-based tinctures can easily be made water soluble. Some water-soluble tinctures are available online or in stores but they can be difficult to find. To make your favorite tincture water-soluble at home, simply blend up with an emulsifier such as Gum Arabic. Emulsifying the cannabis-based oil with Gum Arabic makes it easy to incorporate the product into any cocktail recipe. Emulsifying with any product will slightly dilute the known dose of the oil, so try making the solution as needed. That way, the dose you use is known and can just be used to make the current batch of drinks.  Make the desired cocktail as directed and then thoroughly mix in your known dose of emulsified tincture. |  | Green Smoothie  In a blender place:   * ½ cup spinach * 2 tbsp. of a favorite nut butter * ½ cup of milk (or nondairy substitute) * ½ a banana (freeze ahead to replace ice) * ½ of Greek yoghurt (or nondairy substitute) * 2 tbsp. of honey * Desired dose of cannabis tincture   Blend, and enjoy!  Want something fruitier or dairy free? Replace the nut butter, milk, and yogurt with pineapple juice, pineapple chunks and mango chunks. Remember to freeze your fruit to use in the place of ice.  This recipe is completely customizable to your needs so experiment to find what works best for you.  (Tip: If you notice the oil-based tincture is difficult to blend in, try emulsifying with Gum Arabic first. See ‘Cocktails’) |