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# A COMPLETE GUIDE TO CANNABIS EDIBLES

Combining a great high with delicious edible ingredients has been growing in popularity, and when you see the results for yourself, you'll understand why. Unfortunately, getting the best results for your efforts means that you can't simply throw weed together with some flour and sugar in a bowl. Like fine cooking in general, baking with cannabis is a process that you can refine with practice, smart techniques, and tasty base ingredients. We'll cover the basics of what you need to know to get started and know how to make edibles for yourself!

### HOW THE BAKING SCIENCE WORKS: DECARBOXYLATION

Without decarboxylation, consuming cannabis won't provide medicinal or recreational benefits. What you'll get instead is, oddly enough, a superfood rich with vitamins and minerals. Unfortunately, there isn't much research that analyzes the effects of regular raw cannabis consumption, but the important fact here is that the raw product contains tetrahydrocannabinolic acid (THCA) and cannabidiolic acid (CBDA). When exposed to the proper amount of heat, these acids activate to become tetrahydrocannabinol (TCH) and cannabidiol (CBD)—in essence, this is how decarboxylation works.

Cannabis decarboxylation naturally occurs when the plant is burned in a joint or vaporized. One of the reasons it's worthwhile to decarboxylate cannabis for edibles is its potency: smoked weed isn't fully activated when burned, but a carefully decarboxylated cannabis plant has all its potent potential ready for use.

There are two traditional methods of using decarboxylation (or decarbing) at home. One uses boiling water in a slow cooker





while the other evenly spreads cannabis in a single layer on a baking sheet before cooking it in the oven. Even more modern and refined methods exist today, which use specialized (and expensive) heating devices that produce perfectly regulated and decarbed cannabis.

Whatever method you choose, it's important to note that decarbing is a process that takes hours and careful preparation to complete. It's also a vital part of how to make edibles work. Be sure to try our guide for reliable results if you're new to cannabis edibles.

### PREPARING CANNABIS-INFUSED MEDIUMS

Once your decarbed cannabis is ready to go, there's still one more step before it can be used in traditional baking recipes. Mixing it into a proper fat-based medium will deliver the best cooking results because cannabinoids are lipophiles meaning that they are fat-soluble. It is the best method for how to make edibles quickly, easily, and with the potency you need.

### **ABOUT CANNABIS EDIBLES**

Edibles are fantastic for those who can't smoke or would like to enjoy a more intense and lasting experience. Whatever your preference, the great thing about homemade cannabutter is that you have more control over the potency of your edibles. Take care to consider the strength of your homemade infused foods because overdoing it can lead to a distressing experience. In order to avoid that, it's advised that you ingest small portions (roughly 5-10mg servings) every 45 minutes or so until you reach your preferred blissful state.

# Table of Contents

# 1. CANNABUTTER

Page 5–8

# 2. COCONUT OIL

Page 9–12

# 3. TINCTURE/ALCOHOL

Page 14

4. HONEY

Page 15–18

# 5. FLOUR & SUGAR

Page 19-22



# CANNABUTTER

Once you know how to make cannabutter, you can transform just about any of your favorite recipes into a heavenly infused delight!

Cannabutter will instantly turn any food into an edible. One of the best ways to use it is as a replacement for regular butter in any baking recipe. It can also be used as a means of sauteing, or even as a topping for things like baked potatoes, popcorn, biscuits, or toast. Its versatility makes it one of the most popular methods for consumption!

## **INGREDIENTS:**

- We follow the 1:1 ratio. 1 cup (10g) of cannabis flower per 1 cup of butter. (1:1 is exceptionally potent! To decrease potency, just use less cannabis.)
- Lecithin: Use 1 oz. per 1 stick of butter. It comes in powder, liquid, and gel capsules and can usually be found in the vitamin aisle at most grocery stores. Lecithin is a fat and is used to ensure that the molecules will bind appropriately.
- Slowcooker/crockpot
- Fine mesh strainer or cheesecloth
- Spatula (used to press down while filtering)
- Mason jar or something to store your cannabutter in. The liquid butter will be extremely hot, so don't use anything that has the potential to melt!





# **DIRECTIONS:**

- 1. Grind your cannabis flower by pulsing it a few times in a blender and de-carb it by putting it in the oven at 240° for 30 minutes. It's important to de-carb cannabis so that the THC is activated to its full potential.
- Begin the infusion process by adding the lecithin, the de-carbed flower, and butter into your slow-cooker.
- 3. Cook on HIGH for 1 hour and then switch to LOW for 6+ hours. The longer you let it infuse, the more potent your cannabutter will be.
- 4. Once the infusion is done simmering, strain it through a fine-mesh strainer or cheesecloth into a mason jar. Use a spatula to press down the sediment and draw out as much of the liquid as possible. You can wait until it cools down some, but it's easier to work with while its fluid, so beware that it can be very hot and scalding!
- 5. Let the butter cool down for about 1 hour and then store in the fridge.
- 6. When your cannabutter is cooled down, it is ready to use at your disposal! It is important to note that with making your own edibles, it is incredibly difficult to calculate the exact dosage. So, do take care to not overdo it, especially if you are a beginner. Start off small and go slow and you'll find your bliss in no time!



# COCONUT OIL

When it comes to cooking with cannabis, recipes will often require using cannabutter. However, butter may not be an option for some, especially for those that follow a vegan lifestyle or have dietary restrictions. Luckily, cannabis doesn't discriminate against what fats that its components will bind to whether it is animal or plant-based. THC and CBD molecules tether easily to fat molecules regardless of where they originated because they are lipophilic and fatsoluble. This means that they best dissolve in fats. When you infuse cannabis in this manner, you better optimize its benefits than if you were to use water or alcohol bases. For this recipe, we are going to explore a very simple yet versatile coconut oil infusion.





# **INGREDIENTS:**

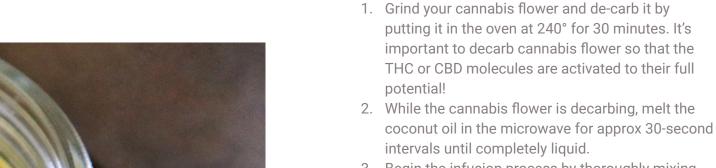
- 1 Cup melted coconut oil
- 1 Cup dry cannabis flower (Quarter to a Half-Ounce depending on your tolerance and experience – use less cannabis to decrease potency)
- 1 TBSP Soy Lecithin (note that any type of lecithin will work)
- Slow-cooker
- Cheesecloth or fine mesh strainer







# **DIRECTIONS:**



- 3. Begin the infusion process by thoroughly mixing the lecithin with the oil.
- 4. For a water bath method, pour the oil mixture and decarbed flower into a mason jar. Put the lid on the jar and set in your slow-cooker in enough water to completely cover the oil line. If you don't prefer a water bath method, just add the oil and cannabis flower directly inside the slow-cooker WITHOUT any water.
- 5. Let simmer on HIGH for 1 hour and then switch to LOW for 6+ hours. The longer you let it infuse, the more potent it will be. Take care to stir every so often so you don't scorch the oil.
- 6. Once the steeping process is finished, strain it through a fine-mesh strainer or cheesecloth into a glass mason jar or storage container. You can wait until it cools down, but it's often easier to work with when it's fluid. Do be beware that it will be searing hot!
- 7. Let cool, and store in the fridge for increased shelf life.



# TINCTURES & ALCOHOL



A tincture is a concentrated extract of the cannabis plant often made by absorbing components of the herb into high proof alcohol.

Once you have your tincture, it can be used in a wide variety of ways. The simplest option is to consume it sublingually—with a few drops under the tongue. If the taste of the pure tincture is bothersome, you can also create your own edibles on the fly by adding it to almost any food. Put a few drops in your favorite food or drink, give it a stir, and you're off to the races.

What makes tinctures such a good mode of consumption? An important factor is that they take effect quickly. If you take your tincture sublingually, it's absorbed right into the bloodstream. This gives you both faster and longer-lasting effects than just about any other method of cannabis use.

Tinctures can be taken discreetly, without anyone knowing what you're doing. In a world where cannabis use is still stigmatized, that matters. A tincture has no cannabis smell, and it looks like any other medicine in a bottle with a dropper.

And if you've ever had the unpleasant experience of taking more cannabis than you intended and riding out an unpleasant high, you'll know how valuable it can be to precisely control your dose. Tinctures give you that power.





### **DIRECTIONS:**

- 1. Decarb your cannabis flower in the oven at 240° for 30 minutes
- 2. In a glass jar, mix decarbed cannabis with a high proof grain alcohol such as vodka or everclear
- 3. Let sit for several weeks, shaking the jar every so often to promote mixing.
- 4. When the tincture turns dark green, it means the cannabinoids have been absorbed.
- 5. Strain the plant matter out of the liquid and discard it.

The liquid you have left is your tincture! Now simply store it in a dropper bottle and carry it with you to use as needed.

This cannabis honey is right on the money! Honey is easily adaptable and often used in a multitude of recipes as a natural sweetener. Did you know that honey has been used in conjunction with holistic and natural medicine over the course of the last five thousand years? It has antiseptic and antimicrobial properties which also probably explains why it never goes bad!







# CANNAHONEY

Cannabis and honey are a great couple as they can form the base for many different kinds of infused edible recipes. To optimize all of the goodness in the cannabis plant we are going to use cannabis-infused coconut oil in this recipe because cannabinoids love to bind to fats. Since coconut oil is also a solid fat, we don't have to worry about it separating from the honey. This honey is going to have a bit of a creamy consistency and look similar to creamed or spun honey. It'll be smooth and spreadable so you won't have to worry about it dribbling everywhere creating a sticky mess!



# **INGREDIENTS:**

- ½ cup of infused coconut oil
- 16oz. honey
- Blender
- Rubber Spatula
- Funnel
- Glass Storage Container



# **DIRECTIONS:**

- Warm up the infused coconut oil in a glass jar. This can be done by submerging the jar (with the lid on) into boiling water for about 5 minutes. Or you can gently microwave it for 30 seconds at a time just be sure to remove the lid.
- Warm the honey by putting it in the microwave for roughly 15 seconds. This will slightly thin the honey for better mixing.
- Pour the warmed honey and heated infused coconut oil into a blender until thoroughly whipped and combined.
- Remove from the blender using a rubber spatula and let it pour through a funnel into its storage container.
- Let it cool to room temperature.
- Store in the fridge or pantry.

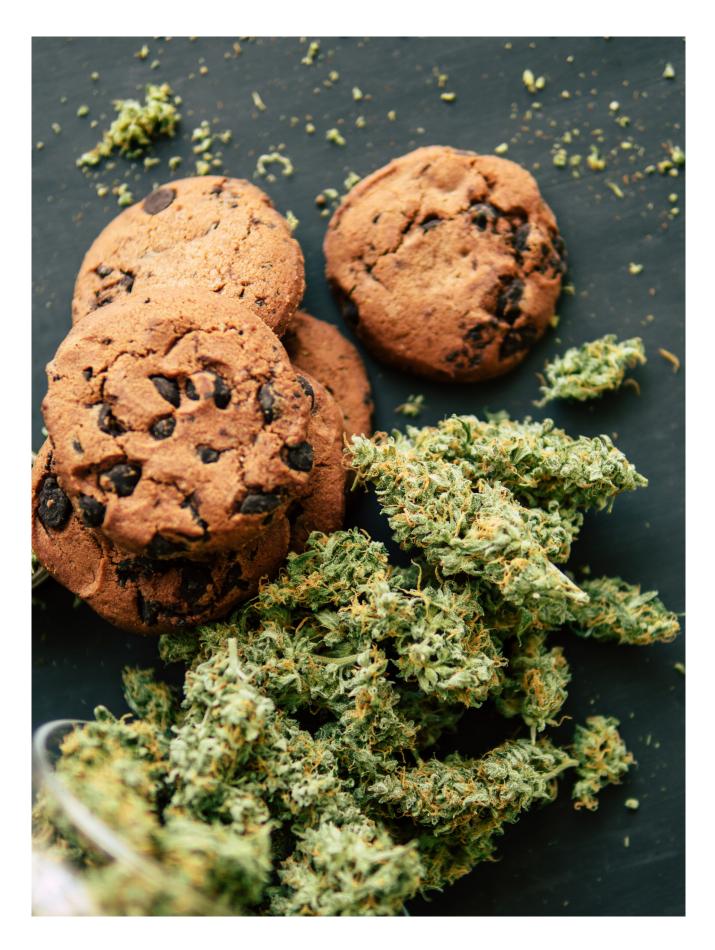
This cannabis honey is a great addition to a slice of toast, a sweetener for tea, or even in a baklava dish. No matter how you choose to use it, its versatility and mild taste make it one of the easiest and gentlest ways to medicate. As with all edibles, be sure to always begin with a low dose and be patient. Stay lifted and enjoy!

# FLOUR & SUGAR

Cannabis-infused flour and sugar is a surefire way to incorporate cannabis into your life. Perhaps the most well-known method of consuming cannabis is by smoking the cannabis flower, but for one reason or another, plenty of people opt not to do this. For those that choose not to smoke, the alternatives are plentiful.

Historically, the best method has been to infuse cannabis into a fatty substance like butter or oil, since the fats would bind with and extract the cannabinoids. But there are other options available to you as well...





# **FLOUR**

Unlike cannabis butter, cannabis-infused flour involves eating the actual cannabis flower. You're going to be throwing away the stems, but you'll be cooking with the leaves and buds. This is an easy process that almost anyone can follow.

# **DIRECTIONS:**

- 1. Sift through your cannabis flower and remove any stems or seeds so you're left with only the buds.
- 2. Decarb your cannabis flower by baking it at 240° F for 30 minutes. Allow it to cool.
- 3. Place cooled cannabis in a food processor (or coffee grinder). Process until the plant has become reduced to a very fine powder.

When cooking a recipe that calls for flour, simply replace up to ¼ of the total amount of flour with your processed cannabis. It's as easy as that. Please note that your finished product may end up tasting of plant matter, so if that idea is offputting to you, cannabis-infused flour might not be the best choice.









# SUGAR

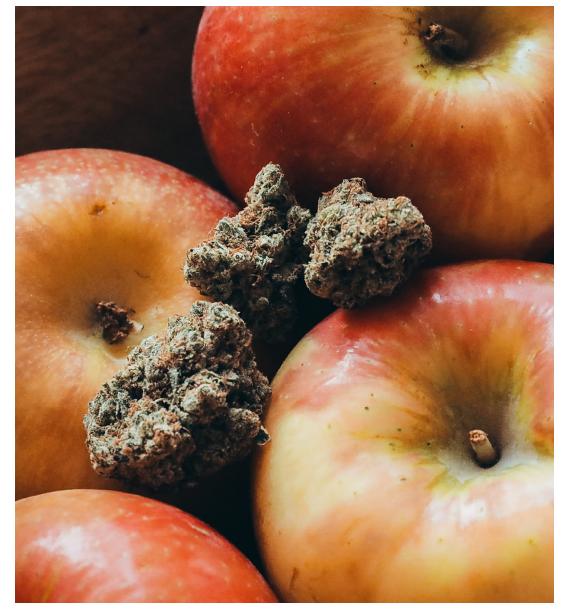
In order to make cannabis-infused sugar, you will need to infuse vodka with decarbed cannabis at least one day beforehand. The directions are as follows.

# **DIRECTIONS:**

- Mix 3-5g of dry decarbed cannabis flower with 34 cup of Everclear or high-proof grain alcohol.
- Let it infuse for at least 24 hrs up to several weeks. Do note that the longer it sits, the more potent it becomes.
- When your cannabis-infused vodka is done infusing, strain the contents of the jar through a fine-mesh strainer and discard the plant matter.
- Add <sup>3</sup>/<sub>4</sub> cup of sugar to the strained mixture and mix thoroughly.
- Spread the solution into a glass baking dish and bake at 200° F for about 20 minutes, stirring regularly until the alcohol evaporates and the sugar takes on a golden color.

You can use cannabis sugar just as you would use regular sugar. It doesn't carry that chlorophyll taste that you're likely to get with cannabis flour. You can also stir it into your tea or coffee or pour it over your breakfast cereal. The only limit to what you can do with cannabisinfused sugar is your own imagination!





















# **CANNABIS & HEMP**

The world has been using cannabis for a millennia. Until this past century, hemp was a staple crop that was cultivated across the world. In fact, the earliest textile ever found is a piece of hemp fabric that dates back to around 8000 BC.

The ancient Chinese were the first to use cannabis as paper, which the American Declaration of Independence was famously written upon in 1776, and it was lauded for its medicinal properties that helped with a vast range of ailments before modern medicine came into play. Many farmers across the world were legally required to grow hemp for the economy up until this past century.

Hemp was suddenly prohibited in America and other countries after the 1930s when it became a hovering threat to competing industries and developed

an association with its distant relative, marijuana, and other illicit drugs. Eventually, hemp became illegal altogether when President Richard Nixon signed the Controlled Substance Act where it was forcibly shelved into a stigma specially reserved for the morally corrupt.

In 2018, the new Farm Bill that allows for hemp research and production. While the bill is still restrictive, it is groundbreaking in that it paves the way for industrial hemp's comeback!

Hemp has an extensive range of uses. The entire plant from top to bottom can be utilized! It truly is a miracle plant. It feeds, it treats, and can be used as an ingredient to many goods we use in our everyday lives!





