



NATIONAL ACCESS  
**CANNABIS**

Recipes and  
Information  
Booklet

## Decarboxylation

Decarboxylation is essential to making cannabis oils, butters and tinctures. "Decarbing" effectively brings out the full flavor potential as well as turns THC-A into THC by releasing H<sub>2</sub>O (water) and CO<sub>2</sub> (carbon dioxide), turning on the psychoactive affects. This being said, many people report health benefits of THC-A and add raw bud and leaves to a smoothie, juice them, or even make capsules.

### What You Need:

Pyrex Dish (or rimmed baking sheet)  
Tinfoil

### Ingredients

Decarb as much dried product as needed. I recommend only decarbing enough to use in your butter/oil recipe. (See Canna Oil recipe that follows)

### Method

Break up flower into smaller pieces and spread out into an oven-safe dish being careful to now overcrowd (glass is best). Cover with tinfoil and bake for 30-60 minutes between 170-220° F (depending on how dry your cannabis is). Stir every 15 minutes so it toasts evenly. Cannabis should be dried and have turned a light brown.

Let cannabis cool completely and break up with your hands while wearing gloves into a coarse grind. You can now use your cannabis in your favourite butter and oil recipes! (Store in an airtight container once cooled if not using right away)

Please note: a toaster oven works more efficiently at keeping consistent temperatures compared to an oven. Reports show that a fluctuating temperature can cause up to 33% loss of your cannabinoids!

## Calculate Your Dose

Every 1 gram of cannabis bud has 1,000mg of dry weight. If a strain has about 20% THC, twenty percent of 1,000mg would be 200mg. Divide your number by the total amount of oil/butter that you use in your Canna Oil recipe to determine your equivalent dose. (I like to divide each cup by 48 to calculate a tsp measured dose)

If you are new to cannabis or edibles, start with a small dose (5mg) and wait a few hours until you understand how the THC level and strength of your edibles affect you. Always wait at least four hours (or until the next day) before consuming more. Experiment with your edibles when you're at home, and not needing to work or drive, until you find the right dose for you. It is advised not to drive 6-8 hours after consuming edibles, or if you are still feeling euphoric.

## Canna Oil

You can use any type of oil to infuse your cannabis with, but we suggest more natural oils and organic oils such as grapeseed, avocado, olive, coconut or sunflower. If you intend on cooking with your butter or oil, make sure not to ever exceed 320° F as this is when the THC starts to degrade. Don't forget to mix your oil thoroughly into your recipes to ensure even distribution.

### What You Need:

Magic Butter Machine (can be purchased at an NAC near you!)  
Glass Jar/Bowl

OR

Heavy-Bottomed Saucepan  
Cheesecloth and Sieve  
Whisk or Spatula  
Glass Jar/Bowl

### Ingredients

7-10g decarbed, ground bud  
2 cups oil of choice (grapeseed, sunflower, olive, avocado, coconut)

### Method

Slowly heat your oil in a large saucepan over low heat. Whisk in the cannabis, cooking for 3 hours stirring every 30 minutes. Strain the cannabis through a sieve layered with cheesecloth over a glass bowl. While wearing gloves, strain the cannabis through the cheesecloth by ringing it out over the sieve. You can discard the plant matter afterwards. Store in the cool dark place, or in the fridge. Calculate your dose by using the method described in the last recipe.

### Lecithin

Lecithin is used as an emulsifier and helps bind ingredients in lipids, as well as increases the bio-availability of the cannabinoids. Add in 1 tbsp of soy or

sunflower lecithin per cup of oil or butter to intensify the potency of your infusions.

## Easy Canna-Chocolates

### Ingredients

½ cup cocoa powder  
½ cup infused coconut oil  
3 tablespoons maple syrup or honey  
½ tsp vanilla extract

### Method

Gently melt coconut oil in a saucepan over medium-low heat. Stir cocoa powder, maple syrup, and vanilla extract into melted oil until well blended. Pour mixture into desired candy molds. Refrigerate until chilled, about 1 hour. Calculate your dose before consuming your treats!

## Peanut Butter Granola Bites

### Ingredients

1 ½ cup soaked, pitted dates  
6 tbsp maple syrup  
6 tbsp peanut butter  
½ - 1 cup infused coconut oil (depending on the strength of your oil)  
1 ¼ cup almonds or other nuts  
2 ¼ cups rolled oats  
1 ¼ cup chocolate chips, raisins or other dried fruit  
½ tsp salt  
1 tsp cinnamon

### Method

Process dates, maple syrup and peanut butter together until somewhat smooth. Add in coconut oil, process again until well combined. Mix in almonds, rolled oats, dried fruit or chocolate chips, salt and cinnamon and mix until thoroughly combined.

Roll into equal sized balls or press into a 8x8 glass dish. Refrigerate for 30 minutes before cutting into squares.

Still have questions about cooking with cannabis at home? Register for one of our upcoming cooking classes with your local National Access Cannabis location!

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