

SMOKE IT.

EAT IT.

DRINK IT.

PREHEAT TO 420° AND GET BAKED.



RISE
DISPENSARY

For Adult Use Only. Please Consume Responsibly.



PRODUCTS TO MAKE IT EASY

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Cannabis. Pot. Marijuana. Whatever you use to refer to the plant, there's no denying its newfound prevalence in the world. Walls are falling around cannabis prohibition and that means more opportunities for its use.

With the freedom to use cannabis growing by the day, our goal has always been to make accessibility universal. Your right to consume, however you want, wherever and whenever you want, includes in your kitchen. So, a perfect time for a cannabis cookbook.

Smoke it. Eat it. Drink it.

From baked goods to entrees to cocktails and everything in between, we've got the right steps to make the most satisfying infused eats possible. Now it's just up to you. You in?

As always, use caution, common sense and self-control when infusing your food. Like the saying always goes; start low and go slow. Take your time and enjoy yourself. That's the whole point.

Bong Appétit.

When cannabis is consumed orally, it may have an amplified effect on your mind and body so we recommend you "start low and go slow" if you're new to edibles! Start low by trying just a very small amount of your edible product and go slow to assess how your mind and body feel (after an hour or so!) before you consume more! We also find it helpful to enjoy your yummy new baked goods in a comfortable and relaxing environment. Bong Appétit!

This information is not a substitute for professional medical advice. Consumers should proceed at their own risk. You should check with a health professional before using cannabis for a medical condition.

Always store cannabis products out of sight and locked up tight to keep children and pets safe.

Marijuana is only for consumers 21 years of age or older, or for registered medical cannabis patients for whom it was originally dispensed.



LET'S RISE

DECARBOXYLATED KIEF OR FLOWER



For many of these recipes you will need decarboxylated kief or flower. Wait, what? Simply put, you need to heat cannabis to get the desired effects. We know this. It's why we have a dozen lighters in our home at any given time. When the flame hits the bowl, THCA is converted to THC, and you get high. For cannabis-infused foods, this process requires an extra step. Just as you would dice an onion or sear a cut of beef, the cannabis needs to be prepped for consumption. Preheating the buds (or kief) to a specific temperature for a certain length of time releases that sweet sweet THC. Then it's ready for infusion in all sorts of dishes. That's science. That's decarboxylation. Follow these short steps, and you'll be ready to bake and get baked in no time.

STEP 1

Preheat your oven to 220 - 230°F for flower or 245 - 250°F for kief.

STEP 2

Evenly spread cannabis onto parchment paper or foil-covered baking sheet. Make sure the flower is not too fine to where it will burn.

STEP 3

Bake flower in the oven for 30 to 40 minutes on the middle rack or kief in the oven for 20 minutes on the middle rack.

STEP 4

Once the cannabis is done baking, set it to cool for 30 minutes at room temperature.

STEP 5

Now your cannabis is ready for infusions!





THE BASICS

READY TO START YOUR INFUSION ADVENTURE? THIS IS WHERE IT ALL BEGINS AND WHERE THE DOSING IS CENTER STAGE. MAKE PLENTY AND STOCK UP, THIS IS PROBABLY THE MOST TIME CONSUMING PART OF THE PROCESS.



CANNA- BUTTER



WHAT YOU'LL NEED

- 🌿 medium saucepan
- 🌿 food-safe jar with lid
- 🌿 cheesecloth
- 🌿 stainless steel strainer
- 🌿 canning jar with lid for storing
- 🌿 candy thermometer

INGREDIENTS

16 oz jar of ghee or 1 lb of high-quality, high-fat butter

$\frac{1}{2}$ oz/14 g decarboxylated ground cannabis flowers
(for strongest psychoactive effect, use decarbed flowers; you
can use raw flowers for a less potent end product)



INSTRUCTIONS

STEP 1

Fill a medium sized pot about halfway full with water, and set it on your stove to medium-high heat. If you are using a steamer rack, which helps keep the infusion away from the heat from the bottom of the pan, set it in the pot now.

STEP 2

While the water warms up, melt ghee or butter in increments in the microwave. Once liquified, pour the ghee/butter in to a large, clean jar that has a lid (this comes in handy later) and add the ground cannabis. Stir the cannabis and butter together to combine, then seal the jar with its lid.

STEP 3

Place the jar in the pot of water and check the level of the water against the level of butter in the jar; the water should be just above the fat line, but not so high that the jar begins to float and swim around.

STEP 4

When the water has come up to a simmer, turn the heat all the way down to the lowest setting and place the jar in the water bath. Ideally your water bath will be at around 190°F maximum, 175°F minimum, and you want to maintain that temperature for about 3-4 hours. Check the water level and temperature at least once an hour, adding hot (or cool) water as needed. “Burp” the jar after the first hour—remove it, dry and open the lid, then reseal and submerge again.

STEP 5

After 3-4 hours total, remove the jar from the heat and let cool enough for you to handle it. Place a cheesecloth or other fine mesh cloth over your stainless steel strainer, then place the strainer and cheesecloth over a canning jar that comes with a lid for storage later. Strain the infused ghee/butter into the container, labeling it on all sides so anyone who comes across it will know it is infused.

STEP 6

Note the date of your infusion on the jar. Store your canna-butter in the refrigerator for a month, or freezer for up to 3 months.





CANNA-OIL

WHAT YOU'LL NEED

- 🌿 medium sauce pan
- 🌿 food-safe jar with lid
- 🌿 cheesecloth
- 🌿 stainless steel strainer
- 🌿 bottle/jar with a good sealing lid for storing
- 🌿 funnel (optional, but helps)

INGREDIENTS

8 oz/1 cup of high-quality extra-virgin olive oil, or any other oil that you'd like to infuse 2 g of decarboxylated or raw kief

OR ¼ oz / 7 g decarbed ground cannabis flowers (for strongest psychoactive effect, use decarboxylated flowers; use raw flowers for a less potent end product)



INSTRUCTIONS

STEP 1

Fill a medium sized pot about halfway full with water and set it on your stove to medium-high heat. If you are using a rack, which helps keep the infusion away from the direct heat from the bottom of the pan, set it in the pot now.

STEP 2

Stir the oil and decarboxylated kief (or cannabis flowers) in a clean 16 oz jar and seal well with a clean lid. Place the jar in the pot of water and check the level of the water against the level of oil in the jar; the water should be just above the fat line, but not so high that the jar begins to float and swim around. Remove the jar from the water until the water comes to a simmer.

STEP 3

When the water has come up to a simmer, turn the heat all the way down to the lowest setting and place the jar in the water bath. Ideally your water bath will be at around 190°F maximum, 175°F minimum, and you want to maintain that temperature for about 2 hours if using kief, 3-4 hours if using flowers—and somewhere in between if you are using a mix of the two. Check the water level and temperature at least once an hour, adding hot (or cool) water as needed. “Burp” the jar after the first hour—remove the jar, dry it, pen the lid, then reseal and submerge again.

STEP 4

After 3-4 hours maximum, remove the jar from the heat and let it cool just enough for you to handle. Make sure the jar you store it in has a good seal. **IF YOU USED KIEF, YOU’RE DONE!**

STEP 5

If you used flowers, place a cheesecloth or other fine mesh cloth over a stainless steel strainer, then place this over a clean jar or funnel and bottle—whatever you will store your canna-oil in. Transfer the strained canna-oil to the jar.

STEP 6

Label your jar thoroughly so anyone who comes across it will know it is infused, and include the date.

STEP 7

Store your canna-oil in a cool, dark place for two weeks, or in the refrigerator for up to a month.





CANNABIS- INFUSED ALMOND BUTTER

WHAT YOU'LL NEED

- 🌿 cookie sheet
- 🌿 food processor
- 🌿 blender
- 🌿 16 oz canning jar

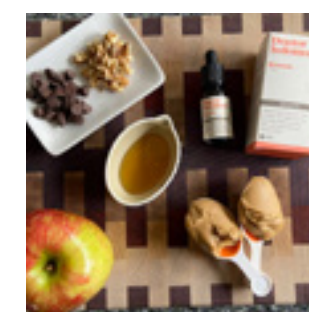
INGREDIENTS

16 oz/1 lb of almonds, toasted if desired
2-4 tbsp of canna-coco oil, or other infused oil
(nut oils are great, if available) sea salt, to taste

OPTIONAL FLAVORINGS:

1-2 tbsp maple syrup or honey, 1 tsp cinnamon
1 tsp vanilla paste or vanilla extract
(this will shorten shelf life, keep in fridge and use within a week)
2 cups cherry juice
¼ cup sugar

MORE LIKE THIS



**DOCTOR SOLOMON'S
APPLES**



CANNA-HONEY



INSTRUCTIONS

STEP 1

For optimal flavor and ease of blending, toast your almonds by preheating your oven to 350°F and putting the nuts in a single layer on a baking sheet. Roast in the hot oven for 8-10 minutes, checking them often and stirring until they are toasting unevenly. By the time you can smell them, they are done! Take them out of the oven and let cool slightly. If you think they are in danger of being over-toasted, immediately transfer them to a cool plate or pan to stop the cooking faster.

STEP 2

Transfer the still-warm nuts to the bowl of a food processor fitted with the S-blade, or the pitcher of a high-powered blender. Pulse the nuts in the processor or blender and scrape down the sides. Continue to blend in this way until a paste begins to form. It may seem dry, but the oils of the nuts will release as they are blended. You can also now add your canna-oil, which will help with the blending. If you do not want to get dosed while cooking, taste the mixture before you add the oil and adjust the salt level, adding other spices or flavorings if you'd like. After all ingredients are added, continue blending to the consistency you prefer. Do not add water or any other liquid, rather add a little unmedicated oil if you feel your nut butter is too dry.

STEP 3

Transfer the nut butter from the processor or blender to a clean 16 oz jar, or two 8 oz jars. Store in the refrigerator for the longest shelf life, but still try to eat it within 2-3 weeks.





CANNA-BERRY FREEZER JAM

WHAT YOU'LL NEED

- 🌿 one large stainless steel or enamel saucepan, 4-6 qt capacity
- 🌿 one 16 oz clean canning jar, or two 8 oz jars, or four 4 oz jars
- 🌿 colander
- 🌿 high-accuracy high-heat thermometer, like a candy thermometer; optional but recommended candy thermometer

INGREDIENTS

- 2 cups/14 oz sugar
- 2 packed cups/14 oz raspberries, organic if possible
- 1-3 tbsp fresh lemon juice, strained through a fine sieve
- 1-2 tbsp of canna-coco oil or cannabis tincture



INSTRUCTIONS

STEP 1

Preheat oven to 250°F. Place sugar in an ovenproof shallow pan and warm in preheated oven for 15 minutes—this will help the sugar dissolve quicker in the raspberries and help set the jelly. In the last 5–8 minutes of heating the sugar, rinse the raspberries in a colander, shake off excess water and place in a large stainless steel or enamel saucepan.

STEP 2

Bring to a full boil over high heat, mashing berries with a wooden spoon or silicone spatula, stirring constantly. Cook at a high-rolling boil for about 1 minute, still stirring and scraping down the edges and sides of the pan.

STEP 3

Use an oven mitt to take the sugar from the oven and add it to the mashed raspberries. If you have a candy thermometer, attach it now and stir the mixture constantly, returning to a boil. Place a few spoons in your freezer to cool, you'll use them to check the gel in a few minutes.

STEP 4

Cook until liquid is reduced and mixture will form a gel, about 5–10 minutes total, at 220°F. To check the gel, dip a cool metal spoon into the hot fruit. Immediately lift it out and away from the steam and turn it horizontally over a plate. At the beginning of the cooking process, the liquid will be light and syrupy, but as it gets closer the drops will be heavier. Be careful, it's super hot. The jam is done when the drops are very thick and two run together before falling off the spoon, or when the cooled jam on the spoon looks thickened to your liking.

STEP 5

Remove the jam from the heat and stir to cool for about 5 minutes, or to around 180–190°F. Add lemon juice to taste and your cannabis oil or tincture, stirring thoroughly to blend. You are ready to funnel your jam in to one 16 oz jar, or a few smaller jars if you're kind enough to give some away! Store in the fridge for up to 2 weeks, and in the freezer for up to 2 months. Enjoy!



CANNA- HONEY



WHAT YOU'LL NEED

- 🌿 microwave-safe mixing bowl
- 🌿 canning jar

INGREDIENTS

1 cup high-quality unfiltered raw honey, either locally harvested or a known medicinal honey, like manuka—thick, creamy honey will emulsify with the oil the best

$\frac{1}{4}$ cup/2 oz canna-coconut oil



INSTRUCTIONS

STEP 1

Pour your cup of honey into a microwave-safe small mixing bowl. Warm slightly in 15-second increments in the microwave until it is stirrable (a must for the thicker, creamier honey I suggest you use for this recipe). Melt the canna-coconut oil, just until liquified, also in the microwave in increments.

STEP 2

Using a silicone spatula or a whisk, stir the honey while you pour in the oil. Continue to whisk or stir until all of the oil has blended with the honey, about 1-2 minutes. Stir a few more times over the next 10-15 minutes as it cools, then while it is still liquid, pour it into a clean 12-16 oz jar.

STEP 3

Label the jar on all sides so anyone who comes across it will know it is infused. Include the date and any other important details.

STEP 4

Store your canna-honey in a cool dark place at room temperature for a week if you are using it regularly, or in the refrigerator for up to 3 months.





DOCTOR SOLOMON'S CANNA- HONEY

WHAT YOU'LL NEED

- 🌿 small mixing bowl
- 🌿 airtight container

INGREDIENTS

1 cup high-quality unfiltered raw honey, either locally harvested or a known medicinal honey, like manuka—thick, creamy honey will emulsify with the oil the best

Doctor Solomon's drops or whatever tinctures are available at your local dispensary



INSTRUCTIONS

STEP 1

Combine honey and your desired amount of Doctor Solomon's drops in a bowl.

STEP 2

Mix together until thoroughly combined.

STEP 3

Store in an airtight container clearly marked "infused" for up to a month.





SUPER GREEN CANNA- PESTO

WHAT YOU'LL NEED

- 🌿 food processor
- 🌿 airtight, food safe container
- 🌿 plastic wrap

INGREDIENTS

- 1 cup loosely packed fresh basil
- ½ cup loosely packed cannabis fan leaves
(optional, you can use more basil or parsley instead)
- 1-2 small cloves garlic, to your taste
- ½ cup freshly grated Parmesan cheese
- ¼ cup toasted walnuts or pine nuts
- 1 tbsp lemon juice
- 1-2 tbsp cannabis infused olive oil,
adjusted to desired dosage 6-7 tbsp olive oil
- Salt and pepper to taste



INSTRUCTIONS

STEP 1

In the bowl of a food processor or blender combine basil, cannabis leaves if using, garlic, parmesan, nuts, lemon juice and a pinch of salt. Pulse to chop, scrape down the sides with a rubber spatula, then pulse a few more times to mix. Taste for seasoning now if you don't want to get medicated while preparing this pesto!

STEP 2

With machine running, slowly drizzle in canna-olive oil and unmedicated olive oil. If you don't mind a little buzz, taste once more and season with salt and pepper as needed.

STEP 3

Transfer to an airtight container, topping the pesto with a layer of plastic wrap to keep it as green as possible. Serve with pasta, as a topper for chicken, in a sandwich—get creative! Enjoy within 3-5 days, or freeze for up to 2 weeks.





SNACKS + SIDES

THE MAIN COURSE IS ALWAYS CENTER STAGE, BUT NO TEAM IS COMPLETE WITHOUT COMPLEMENTARY PLAYERS. DIPS, FRUIT, GRANOLA: WHO SAID INFUSED CAN'T BE HEALTHY TOO?





HEMP & ALMOND GRANOLA CLUSTERS

WHAT YOU'LL NEED

- 🌿 large bowl
- 🌿 whisk
- 🌿 baking tray
- 🌿 parchment paper
- 🌿 airtight container for storing
- 🌿 breakfast bowl for serving

INGREDIENTS

- 1/2 cup coconut oil*
- 1/2 cup pure maple syrup
- 1 tbsp brown sugar
- 2 tsp vanilla extract
- 3 1/2 cups old-fashioned rolled oats
- 1/4 cup pumpkin seeds
- 1 cup almonds, roughly chopped
- 1/2 cup hulled hemp seeds (aka hemp hearts)
- 1 1/2 tsp cinnamon
- 1 tsp sea salt
- 1 egg white



INSTRUCTIONS

STEP 1

Preheat oven to 325°F.

STEP 2

Melt the coconut oil, maple syrup, and brown sugar in a pot over medium-low heat, stirring until sugar is dissolved and contents are well blended. Remove from heat and stir in vanilla extract.

STEP 3

In a large bowl, mix together the oats, pumpkin seeds, almonds, hemp seeds, cinnamon and salt. Pour the warm syrup mixture over the oats, stirring to combine. Use a whisk to whip the egg white until it is frothy, then fold into the granola mixture. Line a large baking tray with foil or parchment paper and pour the granola onto the baking sheet, flattening in to a single layer.

STEP 4

Bake in the preheated oven for 30-40 minutes, until golden and toasty to your taste, then set on a rack to cool. The secret to making these clusters is to avoid stirring whatsoever during baking—wait until the granola is fully cooled before breaking it up and storing it in an airtight container. Best if consumed within two weeks.

STEP 5

These granola clusters are delicious on their own, but you can also enjoy them in a bowl of plain yogurt with your favorite jam mixed in. A delicious breakfast is a bowl of yogurt with these granola clusters, some berries and the cherry syrup from our chocolate tart recipe! If you choose not to medicate the granola, you can always dose your individual serving with infused honey and/or infused jam instead... or in addition! Always dose to your tolerance and taste.

*To infuse this recipe with cannabis, replace 1-2 tbsp of the coconut oil with an infused oil, depending on desired dosage. ½ tsp of cannabis oil is a good starting dose per serving; it all depends on the strength of your infused oil. If your oil has a 5-10 mg THC/tsp strength, you can replace 2 tbsp of the coconut oil with canna-oil and know that per ½ cup serving you will have a range of 5-10 mg THC dosage. Since the oil is heated there may be some burnoff. Still delicious even if it's low-dose! Alternatively, make this granola unmedicated and keep some infused honey on hand so you can dose your serving individually instead.



DOCTOR SOLOMON'S APPLES



WHAT YOU'LL NEED

-  microwave-safe bowl
-  serving plate

INGREDIENTS

- 1 large apple
- 2 tbsp peanut butter
- 1 tbsp Doctor Solomon's Tincture Canna-Honey

OPTIONAL

- 2 tbsp chocolate chips
- 2 tbsp dried cherries
- 1 tbsp hemp seeds or walnuts



INSTRUCTIONS

STEP 1

Slice apple into 8 slices and fan out onto a plate.

STEP 2

Place peanut butter in microwave-safe bowl and heat for 30 seconds or until it is a fluid consistency.

STEP 3

Drizzle the peanut butter over apples.

STEP 4

Top with your perfect dose of infused honey and additional, optional ingredients.





HIGHCUTERIE BOARD

WHAT YOU'LL NEED

- charcuterie board, cutting board, plate... whatever works!
- bowls for dips

INGREDIENTS

What's your pleasure?
Not sure what to add? Try some options below!

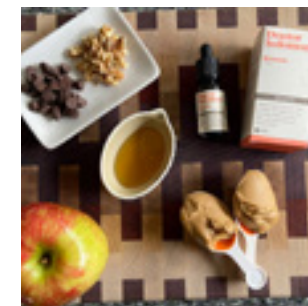
- cheese curls
- potato chips
- tortilla chips
- pretzels
- crackers
- popcorn
- salami
- cheese cubes
- chocolate chip cookies

DIPS FROM YOUR LOCAL GROCERY STORE

- buffalo chicken dip
- spinach artichoke dip
- salsa

Be mindful of the dosage!

OTHER RECIPES TO CONSIDER



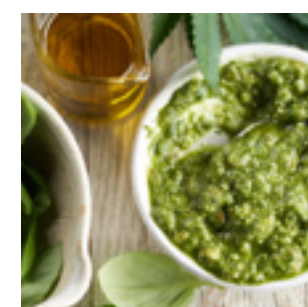
DOCTOR SOLOMON'S APPLES



CANNA-HONEY



CANNA-BERRY FREEZER JAM



SUPER GREEN CANNA-PESTO



CANNABIS-INFUSED ALMOND BUTTER





DESSERT

SAVE SOME ROOM. SERIOUSLY. DESSERT IS ALWAYS A GOOD TIME, BUT THIS DESSERT IS ON A WHOLE OTHER LEVEL, LITERALLY. WE'RE NOT TALKING SPACE CAKES HERE, BUT THESE WILL DEFINITELY BRING YOU TO THE STRATOSPHERE.





INCREDIBLES™ NO-BAKE OATMEAL COOKIES

WHAT YOU'LL NEED

- 🌿 large bowl
- 🌿 sauce pan
- 🌿 spoon or ice cream scooper
- 🌿 wax paper
- 🌿 cookie sheet

INGREDIENTS

- 1 ½ cups quick-cooking oats
- ¼ tsp salt
- ½ cups chopped pecans
- 1 incredible™ black cherry bar
- 1 cup white sugar
- ¼ cup evaporated milk
- ¼ cup butter
- 1 tbsp unsweetened cocoa
- ¼ tsp vanilla extract
- ¼ cup dried tart cherries

OPTIONAL

- ⅓ cup peanut butter



INSTRUCTIONS

STEP 1

In a large bowl, combine oats, nuts, and salt. Set aside 9 dried cherries.

STEP 2

For accurate dosing, break incredibles™ chocolates along score lines, set one chocolate slice aside and chop each of the remaining 9 pieces individually. In a small, heavy bottom saucepan, combine sugar, evaporated milk, butter, and cocoa. Bring to a boil for one minute.

STEP 3

Remove from heat, stir in vanilla, and oats mixture and combine well. For a creamier texture add in the optional butter here!

STEP 4

Using a spoon and your hands shape the cookies into 9 even rounds and place onto waxed paper. Top each cookie shape with a cherry and your incredibles™ chocolate. Store in the refrigerator until hard and chilled. Enjoy!

TIP: This recipe is naturally gluten free but want to make it vegan too? Substitute butter for any vegan butter and substitute evaporated milk for canned coconut milk and voilà VEGAN!





GLUTEN-FREE CANNABIS CHOCOLATE & CHERRY TART

WHAT YOU'LL NEED

- 🌿 food processor
- 🌿 cookie sheet
- 🌿 heatproof bowl
- 🌿 parchment paper
- 🌿 saucepan
- 🌿 mixer

INGREDIENTS

FOR THE CRUST:

- 1 1/3 cups buckwheat flour
- 1/4 cup cornstarch
- 1/2 cup Dutch process cocoa powder
- Scant 1/2 cup sugar
- 1/2 tsp kosher or fine sea salt
- 1/2 cup cold unsalted butter, cut in cubes
(or use a non-dairy butter alternative, for Vegan/DF)
- 1 tsp pure vanilla extract
- 4–6 tbsp cold water or juice,
such as cherry or pomegranate

FOR THE FILLING:

- 12 oz high-quality dark chocolate, chopped
- 1 1/4 cups heavy whipping cream
(or coconut cream for Vegan/DF)
- 1/2 tsp pure vanilla extract

FOR THE CHERRY GLAZE:

- 2 cups cherry juice
- 1/4 cup sugar

FOR THE WHIP:

- 1 cup heavy whipping cream
- 1/4 cup mascarpone cheese
(Dairy-Free: Whip up coconut cream instead,
or buy a non-dairy whipped cream product)

FOR THE GARNISH:

- Fresh pitted cherries, mixed berries,
and pomegranate seeds



INSTRUCTIONS

STEP 1

For the crust: Preheat the oven to 350°F. In a food processor, combine the flour, cornstarch, cocoa powder, sugar, and salt and pulse a few times to thoroughly combine. Scatter the butter pieces over the flour mixture and pulse until the mixture is the texture of coarse sand. Add the vanilla and 4 tablespoons of the water or juice and pulse just until the dough starts to come together. Pinch a little of the dough between your fingers; if it doesn't hold together, gradually pulse in 1-2 tablespoons more water, just until it comes together.

STEP 2

Line up six 4-inch tart pans with removable bottoms on a sheet tray and divide the dough between them, about ½ cup dough per tart. (You can also use one larger (9.5 inch) tart pan instead if you prefer.) Press the dough mixture onto the bottom and up the sides of each pan. Prick the bottom all over with a fork, then place sheet pan in the refrigerator for 30 minutes.

STEP 3

After the 30 minute chill time place the pan with all the tarts directly into the preheated oven. Bake until crust is slightly puffed and darkened, 16-18 minutes. Remove from the oven and let cool completely on a wire rack.

STEP 4

For the filling: Put the chopped chocolate in a heatproof bowl. In a small saucepan over medium heat, bring the cream just to a boil. Immediately pour the cream over the chocolate and let stand for 2 minutes.

STEP 5

Add the vanilla and whisk until the mixture is well blended and smooth. Divide the filling between the cooled crusts, cover loosely with a sheet of parchment paper and chill for at least 3 hours or up to overnight.

STEP 6

For the cherry glaze: In a small saucepan over high heat, combine the cherry juice and sugar and bring to a boil, stirring to dissolve the sugar. Reduce the heat to low and cook, stirring often, until the mixture has reduced by half and is syrupy enough to coat the back of a spoon, about 20-25 minutes. Remove from the heat and let cool completely. Store in an airtight jar in the refrigerator until you are ready to serve the tart.

STEP 7

For the whip: In a chilled bowl, using a handheld mixer, beat the cream on medium-high speed until soft peaks form. Add the mascarpone and continue to beat on medium-high until combined and the soft peaks hold.

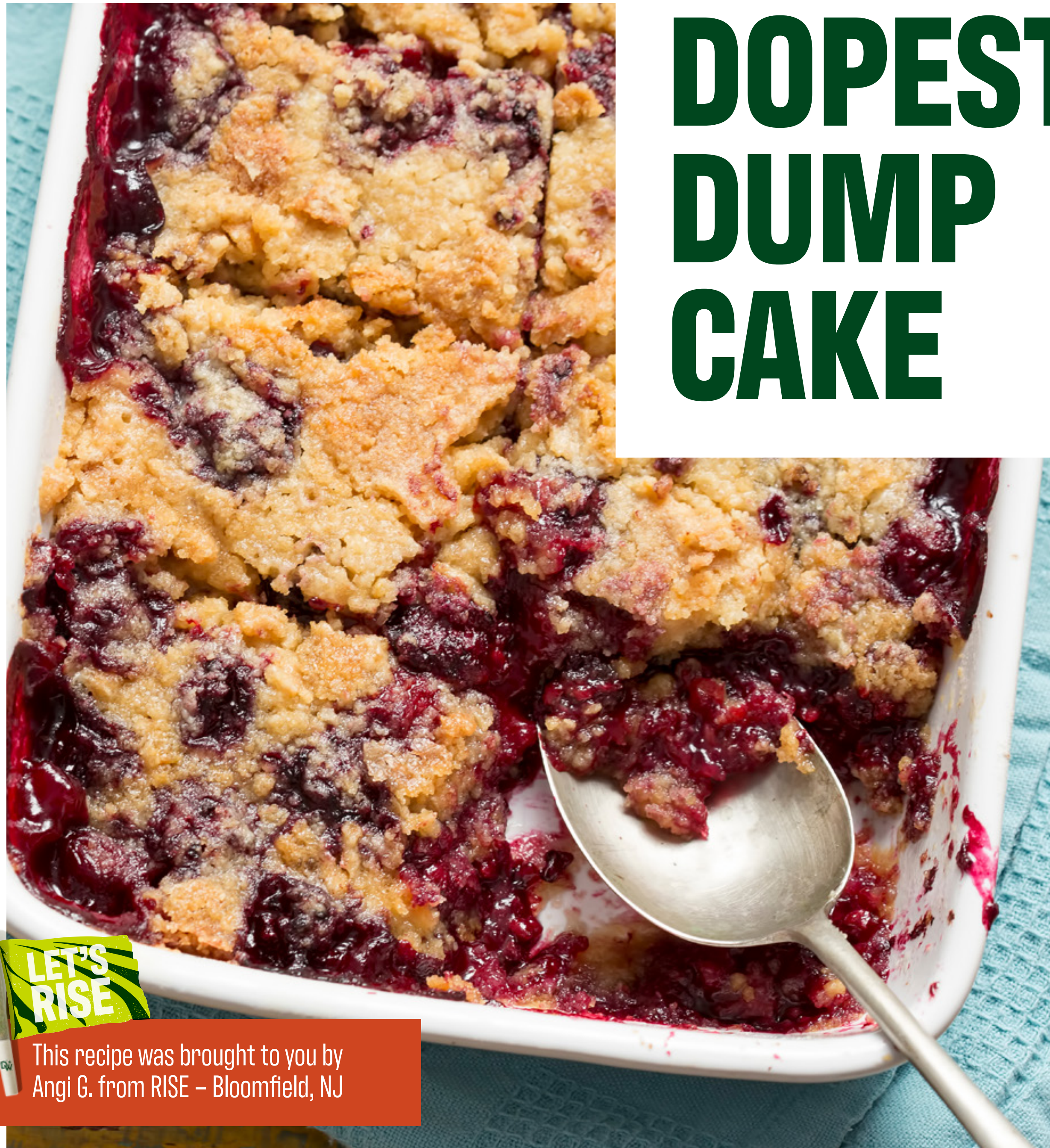
STEP 8

Remove the pan sides and serve half or whole tarts on individual serving plates, or cut each in 4 wedges and arrange on a serving platter. Either garnish each serving with a drizzle of the cherry syrup, a dollop of whipped cream and a few of the cut berries, or serve all toppings on the side.

There are many options to infuse this recipe with cannabis. Either replace 2 or more tablespoons of the butter in the crust with canna-butter, replace 2 tablespoons of the cream in the filling and/or whip topping with infused cream, or all (or none!) of the above, depending on desired dosage. If your butter or cream has a 5-10mg THC/teaspoon strength, you can use 2 tablespoons of either at any step to give you twelve ½ teaspoon 2.5-5mg THC servings, which will give you 5-10mg per 4-inch chocolate tart. Count your total milligrams of added THC and divide by the amount of servings desired to get an estimate of dosage, and adjust accordingly.



DOPEST DUMP CAKE



WHAT YOU'LL NEED

🌿 13" x 9" cake pan

INGREDIENTS

- 1 box of cake mix of your choice
- 1-2 cups of cannabutter
- 2 cans of pie filling of your choice
(recommend strawberry)
- 1 container of pre-made cheesecake filling
(optional, makes creamier)
- Sprinkle of pumpkin pie seasoning

LET'S
RISE

This recipe was brought to you by
Angi G. from RISE – Bloomfield, NJ



INSTRUCTIONS

STEP 1

Spray 13" x 9" cake pan with butter cooking spray.

STEP 2

Pour in two containers of your pie filling and spread across bottom evenly.

STEP 3

Dollop the pre-made cheesecake filling in approximately 1 tbsp scoops across top (optional).

STEP 4

Dump cake mix over top and spread evenly.

STEP 5

Place slices of cannabutter across the cake like a grid until it is all covered.

STEP 6

Sprinkle pumpkin pie seasoning on top.

STEP 7

Bake at 350°F for 45 minutes—1 ½ hrs depending on your oven or until top is brown and mix is bubbling.

STEP 8

Serve and enjoy!





CHOCO-CANNA SWIRL BANANA BREAD

WHAT YOU'LL NEED

-  food processor
-  airtight container
-  plastic wrap

INGREDIENTS

- $\frac{3}{4}$ cup semisweet chocolate chips
- 2 cups all-purpose flour
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ tsp baking soda
- $\frac{1}{2}$ tsp salt
- 3 very ripe bananas
- $\frac{1}{4}$ cup buttermilk
- 2 large eggs, beaten lightly
- 4 tbsp butter, melted and cooled
- 2 tbsp canna-butter, melted and cooled
- 1 $\frac{1}{2}$ tsp vanilla extract



INSTRUCTIONS

STEP 1

Preheat the oven to 350°F. Spray a 9-inch loaf pan (or 3 mini/4-inch loaf pans) with cooking spray, layer with parchment paper, then lightly grease the parchment paper with cooking spray. Melt the chocolate chips in a medium (about 4-cup capacity) microwave-safe bowl for 15-second increments, stirring between each increment, until smooth. Set aside to cool slightly while you prepare the batter.

STEP 2

In a large bowl, whisk together the flour, sugar, baking soda and salt. Set aside.

STEP 3

In a separate medium bowl, mash the bananas with a fork. Add the buttermilk, eggs, melted butters and vanilla, blending well with the fork or a whisk.

STEP 4

Using a rubber spatula, stir the banana mixture into the dry ingredients just until combined—it will be thick and slightly lumpy, that's what you want! Scoop 1 cup of the batter into the bowl with the melted chocolate and stir to combine.

STEP 5

Fill the prepared loaf pan or pans with alternating scoops of the banana batter and the chocolate batter. Using a butter knife, swirl the batters together.

STEP 6

Bake the bread in the preheated oven for about 45-55 minutes for the large pan, or 30-40 for the small pans, until a toothpick inserted in the center of the loaf comes out clean.

STEP 7

Allow the loaf or loaves to cool in the pan for 5 minutes, then transfer to a rack to cool completely. Slice, serve and enjoy.





INCREDIBLES™ PEANUT BUTTER CHEESECAKE BARS

WHAT YOU'LL NEED

- 🌿 9" x 9" baking pan
- 🌿 cutting board
- 🌿 knife
- 🌿 whisk
- 🌿 spatula
- 🌿 bowl

INGREDIENTS

- (1) one 8 oz block cream cheese, soft
- 1/2 cup sugar
- 1 egg
- 1/4 tsp vanilla
- pinch of salt
- 1 pre-made dough refrigerated
"ready-to-bake" peanut butter cookie dough
- 1/2 cup semi-sweet chocolate chips
- 1/2 cup pretzel pieces, chopped
- 1 incredible™ Peanut Budda Buddha bar



INSTRUCTIONS

STEP 1 Preheat the oven to 350°F.

STEP 2 Press the peanut butter cookie dough into the bottom of a 9-inch square pan to form the crust.

STEP 3 Sprinkle ½ of pretzel pieces across the dough in an even layer, setting some aside.

STEP 4 Top with leftover pretzel pieces and chocolate chips.

STEP 5 Bake the dough for 25-30 minutes, or until firm to the touch and just beginning to turn golden brown.

STEP 6 While in the oven prep your Peanut Budda Buddha garnishes!

STEP 7 Once out of the oven, cool the dough for 10 minutes, and place each Peanut Budda Buddha piece into the middle of where each bar slice will be. Press gently.

STEP 8 Cool 20 more minutes, and then refrigerate for at least 1-2 hours until chilled.

STEP 9 Cut into 9 bars and enjoy.

STEP 10 Store leftovers in the refrigerator.

STEP 11 Want to kick the garnish up a notch? With the remaining bag of chocolate chips, melt in the microwave in 30 second intervals. Once liquid, pour into a zip lock bag and seal. Cut a bottom corner tip off and gently drizzle chocolate over the top of the bar prior to putting in the fridge. Tada! Extra chocolatey and extra cute.



MAINS

THIS IS WHERE IT ALL COMES TOGETHER. THE MAIN COURSE IS WHAT PUTS BUTTS IN THE SEATS, AND THESE WILL NOT DISAPPOINT. YOU WON'T FORGET ABOUT THESE ELEVATED ENTRÉES ANYTIME SOON.





HOT HONEY PIZZA

WHAT YOU'LL NEED

- 🌿 large bowl
- 🌿 whisk
- 🌿 spatula or wooden spoon
- 🌿 plastic wrap
- 🌿 pizza stone
- 🌿 parchment paper
- 🌿 cookie sheet

INGREDIENTS

- 1 tbsp sugar
- 1 ¼ oz packet (2 ¼ tsp) active dry yeast
- 1 or 2 tbsp canna-oil (such as infused extra virgin olive oil— adjust to desired dosage)
- 1 or 2 tbsp extra-virgin olive oil, plus more for brushing (3 tbsp combined total oil)
- 3 ¾ cups all-purpose flour, plus more for dusting
- 1 ½ tsp salt
- 3 cups pizza sauce
- 4 cups shredded mozzarella cheese
- 6 oz pepperoni slices, or however much fits your pizza and your mood
- 2 jalapeños, thinly sliced
- 2-4 tbsp honey, chile-infused honey, or canna-honey chili flakes, optional
- grated parmesan cheese, optional



INSTRUCTIONS

STEP 1

For the dough: Dissolve sugar in 1 ½ cups warm water (~105°F) in a large bowl; sprinkle the yeast on top. Set aside until foamy, about 10 minutes. Stir in the 3 tablespoons of oils.

STEP 2

Whisk the flour and salt in a large bowl. Make a well in the center of the flour and pour in the yeast mixture, stirring with a wooden spoon or rubber spatula until the dough comes together. Turn the dough out onto a lightly floured surface. Wash and dry your flour bowl and lightly oil both large bowls and set aside

STEP 3

Knead the dough until smooth and elastic, about 5 minutes, dusting with more flour if necessary. Split and form into 2 balls. Add a ball of dough to each oiled bowl and turn to coat with the oil. Cover tightly with plastic wrap and set aside at room temperature until doubled in size, about an hour and a half.

STEP 4

If freezing one or both dough balls, let rise just 30 minutes then wrap in plastic wrap and store in a freezer bag for up to 1 month. When you're ready to make your pizza, defrost on the counter then place dough in a covered, oiled bowl and let rise an hour or until doubled in size.

STEP 5

To make the pizza! Preheat the oven to 450°F. If you like to use a pizza stone, let it preheat with the oven.

STEP 6

Roll one of the dough balls on a lightly floured surface, stretching by hand to the desired size, about 13-15 inches in diameter. Transfer to a flat baking sheet or the underside of a regular baking sheet dusted with flour, cornmeal, parchment paper or a light layer of oil.

STEP 7

Assemble with half of each of the toppings: tomato sauce, cheese and layers of pepperoni and jalapeño. Bake in the hot oven for 12-15 minutes, watching closely in the last 5-7 minutes and turning the pizza pan as needed to ensure even baking.

STEP 8

Remove from the oven on to a cutting board, slice into 6 or 8 slices, and top with a drizzle of honey or canna-honey, chili flakes, and freshly grated parmesan. Enjoy immediately!



ALBONDIGAS DE CORDERO CON SALSA ROJO

WHAT YOU'LL NEED

-  small sauté pan
-  spice mill
-  mixing bowl

INGREDIENTS

- 2 dried guajillo peppers
- 2 dried ancho chiles
- 1 anise pod
- 2 cardamom pods
- ½ tsp ground cinnamon
- ½ bunch cilantro
- 1 shallot
- 2 peeled garlic cloves
- 8 oz can tomato paste
- 16 oz can plum tomatoes
- 2 cups beef stock
- 1 lb ground lamb
- 1 cup breadcrumbs
- 1 large egg
- 1 french baguette
- 2 tbsp canna-butter
- pinch of salt and pepper

LET'S
RISE

This recipe was brought to you by
Christopher R. from RISE – Niles, IL



INSTRUCTIONS

STEP 1

In a small sauté pan begin to lightly toast the guajillo peppers, ancho chiles, anise pods, cardamom pods and ground cinnamon. This extra effort will reward you later with a much more vibrant dish.

STEP 2

Once toasted, transfer to a spice mill and “grind baby grind.”

STEP 3

Finely chop the shallot and peeled garlic cloves and set aside momentarily.

STEP 4

“Glove up”. Put the ground lamb into a bowl and add in the finely chopped shallot and garlic, 1 cracked egg, ½ cup of breadcrumbs, a healthy pinch of salt and fresh cracked pepper. MIX WELL.

STEP 5

Roll small meatballs. Appx. 8 to 10. Place on a pan and transfer to a preheated 350°F oven for 10 to 12 minutes. (Medium rare is fine as they will finish in the sauce.)

STEP 6

While the meatballs are in the oven, the sauce can be prepared. Begin by adding a pat of non-infused butter to a hot sauté pan. Add in some of the chopped shallot and garlic. Next, add in 2 tbsp of tomato paste and stir together with shallots and garlic. Quickly add in 1 cup of beef stock and incorporate. Next add in the entire can of plum tomatoes. Stir gently to combine ingredients and bring mixture to a simmer. While simmering sprinkle in some of the spice mixture, leaving some left over to top off the meatballs to serve.

STEP 7

As the sauce reduces, you can use the remaining stock and spice mixture to adjust consistency and boldness of flavor.

STEP 8

Once you’re satisfied, add in 2 tbsp canna-butter and stir into your sauce until you achieve a beautiful, silky, vibrant, deep red sauce.

STEP 9

Add in the meatballs and simmer gently for 10 minutes.

STEP 10

Transfer to a serving bowl and top with chopped cilantro, a dusting of the spice mix and serve with a toasted baguette. Enjoy!





HERB GRILLED CHEESE

WHAT YOU'LL NEED

- 🌿 skillet
- 🌿 knife and cutting board
- 🌿 butter knife to spread

INGREDIENTS

- 2 yellow onions, finely diced
- 1 tbsp + 1 tsp canna-butter
- 1 tbsp olive oil
- 1 tbsp minced fresh thyme
- 2 tsp minced fresh rosemary, divided
- 2 tsp minced fresh cannabis fan leaves, divided (optional)
- 1 tsp brown sugar
- Salt and pepper to taste
- 4 tsp butter, divided
- 8 slices good Brioche or other thick-cut, soft bread
- small amount of mayonnaise for spreading, optional
- 12 oz Gruyere cheese, sliced thinly, room temperature
- 4 thin slices Muenster cheese, room temperature
- 6 oz grated white cheddar cheese, room temperature



INSTRUCTIONS

STEP 1

Place a sheet pan with a cooling rack on top of it into your oven and preheat to 200° F. Melt canna-butter and 1 tbsp olive oil in a large skillet over medium-low heat—don't let it smoke.

STEP 2

Add diced onions, minced thyme, 1 tsp of the rosemary and 1 tsp of the minced cannabis leaves to the warm skillet and cook low and slow, stirring often, until onions are soft and starting to brown, about 15 minutes. Stir brown sugar, salt and pepper to taste into the onions and cook another minute, then transfer all onion bits to a plate.

STEP 3

Spread one side of two pieces of bread with a little bit of mayonnaise, if using. Add 1 tsp of butter and a pinch of remaining herbs to the same skillet over medium-low heat, swirling to coat the bottom of the pan.

STEP 4

Add both pieces of bread, mayonnaise side down, then add one-fourth of the thin slices of Gruyere to one piece of bread and 1 slice of Muenster cheese on top of the other. Sprinkle one-fourth of the grated cheddar over the Gruyere. Once the cheese starts to melt, sprinkle a couple tablespoons of the caramelized onions over the shredded cheese.

STEP 5

When cheese is melting and bread is good and golden brown, sandwich the Muenster piece of bread over the loaded side and cook on low heat, flipping often, until cheese is fully melted. Transfer to the rack in the warm oven while you repeat with remaining slices of bread and ingredients, making 4 sandwiches total.

STEP 6

For a party, you could cut the sandwiches in quarters and serve on a platter. Cut and serve immediately once you remove them from the warm oven.





CANNACADO TOAST

WHAT YOU'LL NEED

- 🌿 toaster oven, grill or heavy stovetop pan
- 🌿 serving plate

INGREDIENTS

1-2 tbsp of olive oil, melted butter or oil of choice
1-2 loaves of artisanal bread, sliced ½-inch thick
5-6 avocados, pitted, peeled and sliced
1 lemon, cut in half
salt and pepper, to taste

TOPPINGS GALORE, CHOOSE JUST FEW OR MANY:

smoked salmon, anchovies or sardines
ricotta or mascarpone cheese
eggs, hard or soft-boiled, poached, or fried
radishes, mixed colors thinly sliced

and/or watermelon radish, peeled and thinly sliced
baby bell peppers, snap peas, or any other veggies
you enjoy pickled peppers, caper berries, olives
or any other savory pickled toppings fresh herbs
and edible flowers, any variety you like

FINISHERS:

sea salt, pepper, hot sauce, chili flakes, lemon
wedges to squeeze homemade or high quality
dispensary-bought THC-infused olive oil



INSTRUCTIONS

STEP 1

Lightly brush the bread slices with some of the oil or butter on both sides, if desired. Use either a toaster oven, grill, heavy pan on the stove or your oven's broiler to toast the bread slices to your desired doneness.

STEP 2

Next, top each toast with avocado slices, mashing with a fork if you like. Squeeze a little lemon juice over each piece and season the avocado lightly with salt and pepper before adding additional toppings.

STEP 3

Top each toast with varied delightful toppings: Smoked salmon, dollops of mascarpone or ricotta cheese, hard-boiled eggs, thinly-sliced radishes, snap peas or other veggies, sardines if that's your thing, olives, pickled peppers, spring onions or green onions, herbs, edible flowers, chili flakes, hot sauce, lemon wedges, sea salts and fresh-ground pepper.

STEP 4

Cut toasts in to 2-3 pieces if serving a crowd. Serve with cannabis infused olive oil, drizzling it on right before eating.





FRIED SAGE & CANNABIS GNOCCHI

WHAT YOU'LL NEED

- 🌿 4-6 qt stockpot
- 🌿 skillet
- 🌿 paper towels
- 🌿 serving bowls

INGREDIENTS

- 12 oz pack of refrigerated high-quality gnocchi, gluten free if desired
- ¼ cup olive oil
- 10-12 sage leaves, divided
- 10-12 small cannabis fan leaves, very dry
- 1 tbsp butter
- 1-2 tsp canna-butter (dose to your desire and account for a little burnoff)
- parmesan chunk to grate over finished dish
- olive oil or canna-oil, to drizzle if desired
- salt and pepper to taste
- chili flakes, optional



INSTRUCTIONS

STEP 1

Set a 4-6 qt stockpot of water on the stove to boil.

STEP 2

Meanwhile, in a small skillet heat the $\frac{1}{4}$ cup of olive oil over medium heat until it is shimmering. Drop a small cannabis leaf into the oil to check the temperature; if it is hot, it will curl and cook up very quickly, versus getting soggy in oil that is not quite ready. Also be sure that your cannabis and sage leaves are very dry, to avoid any extra popping or spurting when the leaves hit the oil. Work carefully.

STEP 3

Line a plate with a few paper towels. Fry your cannabis leaves and a few of the small sage leaves in the oil, cooking only a few at a time and pulling them out with tongs directly onto the paper towel to drain. Remove oil from heat and set aside fried leaves, for garnish.

STEP 4

Chop the remaining sage leaves and a few extra cannabis leaves if you have them. Set a medium skillet on the stove, turning it on to medium heat once you start cooking the gnocchi.

STEP 5

When the water has come up to a boil, add 1 tbsp of salt and cook gnocchi according to package directions, slightly undercooking since they will continue to cook in the butter sauce. They typically cook quickly, so once you drop them in the water (or even slightly before), begin the butter sauce.

STEP 6

Heat the skillet to medium-high and add the butter. Once it is melted and beginning to foam, add the canna-butter, chopped herbs, a pinch of salt and a few grinds of pepper, stirring constantly. Using a “spider” or other hand-held strainer, scoop the gnocchi right into the hot pan and stir gently, folding to coat gnocchi pillows with the herb and butter sauce. Any extra liquid should cook off quickly or be absorbed as part of the sauce. You can continue to cook a little longer on medium heat, to get some toastiness on the gnocchi, or serve immediately while it is still a bit saucier.

STEP 7

Divide gnocchi into bowls and garnish generously with freshly-grated parmesan cheese. At this point you can also drizzle with more canna-oil, if you are looking for a stronger dose. Finish with a few grinds of black pepper, a few of the fried leaves and a pinch of chile flakes if you like it hot!





DRINKS

LOOKING FOR MORE OF A LIQUID CANNABIS DIET? LOOK NO FURTHER THAN THIS DRINK LIST OF INFUSED MOCKTAILS. THERE'S NOTHING BETTER THAN A SPARK OF REFRESHMENT WITH A DOSE.





CITRUS MOCKTAIL WITH TINCTURES



WHAT YOU'LL NEED

- 🌿 glasses
- 🌿 ice bucket (optional)

INGREDIENTS

1-2 750 ml bottles or 4-6 12 oz sparkling water,
fully chilled

1 qt each of 3-4 different citrus juices, such as
grapefruit, blood orange, tangerine, lemonade

4-6 citrus fruits, for garnish

1-4 small dropper bottles of single-strain cannabis
tinctures, homemade or dispensary-bought



INSTRUCTIONS

STEP 1

Make your mocktail mimosa bar: Prepare an ice bucket for your bottles or cans of sparkling water. Place your juices in various pitchers, label the contents—it's nice to have these on ice as well. Set out small jars or glasses and a small liquid measuring cup or two for guests to use, plus the labeled tincture bottles, making sure each has its own dropper. Make sure to have indicator signs for each tincture with strain info, suggested juice pairings and dosage.

STEP 2

Make various citrus fruit garnishes, like pinwheels, slices, twists and peels and set them out in small bowls. Or, for an even more interactive experience, just put a bowl of the fruits, a small cutting board and knife, channel key, peeler and cocktail picks out and let guests garnish their own cocktail.

STEP 3




A good juice-to-sparkling water ratio for a mocktail mimosa is 1:3 or 1:4. Guide guests to put $\frac{1}{3}$ or $\frac{1}{4}$ cup of juice in their 8 oz glass and top the rest off with bubbles. Then they can choose their strain and drop 5-10 drops of tincture in their glass, depending on desired dosage. Clink your glasses together and enjoy!



CANNA-COFFEE



WHAT YOU'LL NEED

-  blender
-  french press or any kind of coffee brewer
-  coffee mug or tumbler

INGREDIENTS

- 12 oz / 1 ½ cups of freshly-brewed hot coffee
- ½-1 tsp infused canna-coco oil or canna-butter
(grass-fed butter or ghee is best)
- 2 ½ tbsp coconut oil, ghee, or ideally a mix of both
pinch of sea salt



INSTRUCTIONS

STEP 1

Put your hot coffee and your chosen fats and/or oils into the pitcher of your blender. Blend with caution, as the contents are hot—try holding the lid with a kitchen towel at a slight tilt to let steam escape. Start with a few pulses and then let it rip to thoroughly blend until contents are emulsified and coffee has a creamy, foamy look to it.

STEP 2

Pour in to your favorite mug and enjoy immediately.





LIFTED & BRIGHT APPLE CIDER

WHAT YOU'LL NEED

 2 qt pot

 mugs

INGREDIENTS

4 cups of apple cider, organic if possible

4 cinnamon sticks

4 star anise pods

8 cloves

1-inch chunk of ginger, optional

2-4 tbsp brown sugar or other sweetener
(perhaps forgo this if dosing with glycerine or canna-honey)

1-2 tbsp of cannabis tincture—alcohol tincture,
glycerine tincture, or canna-honey
thinly sliced apples and lemons, oranges,
or tangerines, for garnish



INSTRUCTIONS

STEP 1

Warm the apple cider in a 2 qt pot over medium heat with the spices and ginger, if using. When lightly simmering, turn down the heat to low and add sweetener, if using, and tincture or canna-honey. Stir to dissolve and let sit over the lowest heat for about 5-10 minutes.

STEP 2

Pour hot cider into 12 oz mugs and garnish each with one of the cinnamon sticks and one of the star anise pods, plus a slice of apple and lemon or other citrus. Enjoy!



For a larger party, double or triple this recipe and serve it from a crock-pot on the “warm” setting.



FROZEN STRAWBERRY CANNA- NADE



WHAT YOU'LL NEED

 cups

 blender

INGREDIENTS

4 oz frozen strawberries

½ cup sugar

1 cup water or lemonade

6 cups ice; more as needed

desired amount of Doctor Solomon's Tincture or whatever
tinctures are available at your local dispensary

LET'S
RISE

This recipe was brought to you by
Christopher M. from RISE – Rochester, NY



INSTRUCTIONS

STEP 1

Add frozen strawberries, sugar, and lemonade/water into a blender and blend until evenly mixed.

STEP 2

Add cannabis tincture and ice to your mixture and blend, blend, blend!

STEP 3

Serve in cups and enjoy!





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