

# Cannabis Recipes: Motif's Greatest Hits

**Important: Remember that items made with cannabis may be illegal in your jurisdiction unless you have proper medical certification, and must always be kept strictly away from children and pets.**

Cannabis has been known since ancient times, and some claim that the mysterious קנהבוסים ("kaneh-bosim," singular "kaneh-bos") listed as an ingredient of the holy anointing oil used as a part of priestly ceremonies in the ancient Jewish Temple is a reference to what we know as "cannabis." The possibility cannot be ruled out, but it's almost certainly wrong. The coincidental false cognate from the similar-sounding Hebrew and Greek/Latin names proved too tempting to be ignored, inspiring this creatively novel claim in a 1967 book. It was the Sixties, right? We won't give *that* recipe - you're unlikely to need holy anointing oil - but feel free to look it up in Exodus 30:22-24 where modern scholars translate it as "aromatic reed."

On the other hand, it is a more likely possibility, although hardly certain, that the Hebrew פנאג ("pannag") of Ezekiel 27:17 was actually cannabis, and that this is the word that eventually became "cannabis" in Greek and "bhanga" in Sanskrit - the latter a neat segue into our first recipe.

*From <https://motifri.com/carnalcannabis/> Feb 3, 2016 - "Sex and Marijuana: Carnal Cravings and Cannabis Connect," by Grace Hyde.*

## Bhang Cannabis Drink

Ingredients:

2 cups water  
4 cups warm milk  
1/2 to 1 teaspoon rosewater  
1oz bud  
3/4 to 1 cup sugar  
2 tablespoons blanched, chopped almonds  
1/8 teaspoon garam masala (blend of black pepper, cardamom, caraway seed, clove, cinnamon, bay leaf, nutmeg, mace, cumin seed, coriander, and saffron - varies between brands)  
1/4 teaspoon ginger powder

Instructions:

Bring the water to a boil in a clean teapot.

Remove any stems or seeds from the cannabis, add to the teapot, and cover. Let simmer for approximately 7 minutes.

Strain the water and cannabis through cheesecloth and squeeze the wet cannabis to extract as much water as possible. Save this water.

Place the cannabis in a mortar and add 2 tablespoons warm milk. Slowly but firmly grind the milk and

cannabis together.

Put the cannabis through cheesecloth and squeeze out as much milk as you can. Save this milk.

Repeat this process until you have used 1/2 cup (8 tablespoons) of milk. (Save this milk. The cannabis should look pulpy at this point.) Put the cannabis back into the mortar.

Add the chopped almonds and enough warm milk to completely cover the chopped almonds and cannabis.

Grind the mixture in a mortar until a fine paste is formed.

Put this through cheesecloth and squeeze out as much milk as you can. Save this milk also. (Repeat until dry.)

Throw out the dry mass. Combine all the liquids that have been saved (the water and the milk).

Add garam masala, ginger powder, sugar, rosewater, and remaining milk. Stir.

Chill, serve and enjoy.

Note: This drink is VERY potent!! Consume small amounts at a time and wait 45 minutes to an hour for the onset of effects.

*From <https://motifri.com/these-arent-grandmas-cookies/> Apr 15, 2015 - "These Aren't Grandma's Cookies."*

### **Cannabutter/Cannasugar**

Combine an ounce of ground cannabis buds, 1 pound of butter and a cup of water and then let that simmer for roughly four hours. After the cannabis has infused, strain the butter and store it in the fridge for roughly three hours to allow the cannabutter to separate from the water. Once it has separated, poke a hole in the butter, and drain the water underneath the cannabutter. You can also infuse coconut oil with hash or kief by combining the medicinal product with the oil and heating it to 225 degrees Fahrenheit for roughly two hours.

For cannabis sugar, dissolve cannabis hash or kief into alcohol. After it has dissolved in the alcohol, add sugar to the mixture and let it dissolve. Pour the mixture onto a sheet tray and bake it in the oven at 200 degrees Fahrenheit for about an hour to an hour and a half. You will be left with a sheet of sugar and can either break it into smaller pieces or sift it so it becomes a sugary consistency again.

*From <https://motifri.com/cannakitchen/> Apr 6, 2016 - "In the Canna-Kitchen," by Grace Hyde.*

### **Dark Chocolate Canna Cake**

Makes 12 servings: Use 1 gram of kief or hash (or more if you prefer high potency edibles) hash oil or infused coconut or cooking oil

2 cups sugar

1-3/4 cups all-purpose flour

3/4 cup dark cocoa  
1-1/2 teaspoons baking powder  
1-1/2 teaspoons baking soda  
1 teaspoon salt  
2 eggs  
1 cup milk  
1/2 cup vegetable oil  
2 teaspoons vanilla extract  
1 cup boiling water

1. Preheat oven to 275°.
2. Grease and flour 2 9" round baking pans.
3. Mix together sugar, flour, cocoa, baking powder, baking soda and salt in large bowl.
4. Warm the vegetable oil and mix with your cannabis concentrate, or substitute infused cooking oil for vegetable oil. Add to batter.
5. Add eggs, milk, and vanilla; beat on medium speed of mixer for 2 minutes.
6. Stir in boiling water while the mixer is running so you don't scramble the egg. The batter will be very thin.
7. Pour batter into prepared pans.
8. Bake 40-45 minutes, cool, frost and enjoy!

Cupcakes: Makes 30 cupcakes, bake for 30-35 minutes.



Note: The cannabis cooks out at 300°, therefore we must bake it at a slightly lower temperature. Because of this, cooking times need to be adjusted. Be sure to watch your product while it is in the oven, and remove when a toothpick inserted into the middle of the cake comes out clean.

#### Frosting

1/2 cup (1 stick) butter or margarine

2/3 cup dark cocoa

3 cups powdered sugar

1/3 cup milk

1 teaspoon vanilla extract

Melt butter; stir in cocoa; alternate adding powdered sugar and milk until combined; add vanilla

From <https://motifri.com/cannakitchen/> Apr 6, 2016 - "In the Canna-Kitchen," by Grace Hyde.

#### **Strawberry Banana Raw Cannabis Smoothie**

Note: The next recipe is slightly different than that of a typical edible. This recipe calls for raw cannabis, that is, not dried or cured, and preferably cut from the plant within 48 hours. Raw cannabis offers a vast array of health benefits, and some people go so far as to refer to it as a vegetable. Raw cannabis is full of amino acids, omega-3 fatty acids and, most importantly, cannabinoids that haven't been activated. Before activation, the cannabinoids THCA and CBDA aren't psychoactive, so you can therefore consume very large quantities at once (recommended 500-1000mgs daily) without psychoactive effects.

Raw cannabis consumption has been extraordinarily promising for those afflicted with autoimmune diseases.

5-7 raw cannabis leaves  
1-2 raw cannabis buds (1-2 inches in length) stem removed  
1 cup hemp/nut milk of your choice  
1 banana, chopped and frozen  
2 cups frozen strawberries, sliced  
1 tablespoon agave nectar

Add all ingredients to blender; pulse until combined. Take care not to overheat the motor, as heat will activate the cannabinoids and produce a psychoactive product.

From <https://motifri.com/cannakitchen/> Apr 6, 2016 - "In the Canna-Kitchen," by Grace Hyde.

### **Cheddar Bacon Jalapeno Biscuit**

Makes 12 biscuits

6 bacon slices, cooked and chopped  
3-3/4 cups bread flour  
1-1/2 tablespoons baking powder  
1-1/2 teaspoons baking soda  
1-1/4 teaspoons salt  
1/2 cup (1 stick) chilled unsalted cannabutter, cut into 1/2-inch cubes  
2 1/2 cups (packed) coarsely grated sharp cheddar cheese  
1 small chopped fresh jalapeno  
1-3/4 cups buttermilk

1. Preheat oven to 275°
2. Line sheet tray with parchment paper.
3. Combine flour, baking powder, baking soda, and salt in food processor.
4. Add chilled cannabutter cubes, blend 30 seconds until combined.
5. Transfer to bowl, add cheese, jalapeno, and bacon and combine.
6. Slowly add buttermilk, combining evenly.
7. Drop 1/2 cup mounds of batter onto prepared baking sheet.
8. Make 25-30 minutes or until tester inserted comes out clean.
9. Enjoy!

From <https://motifri.com/summer-edible-recipes/> Jun 16, 2016 - "Summer Edible Recipes," by Grace Hyde.

### **Corn, Avocado and Black Bean Salad**

Vegetables:

2 cups corn (fresh or thawed frozen)  
30 cherry tomatoes, cut in half  
1 15 oz. can black beans, rinsed and drained  
2 avocados, diced  
1 red onion, diced  
¼ cup cilantro, chopped

Dressing:

2 T cannabis infused olive oil  
1 lemon, juiced  
1 tsp. cumin  
½ tsp salt  
½ tsp black pepper, ground

Prepare all the vegetables and add to a large serving bowl. In a separate bowl, whisk together dressing ingredients. Pour over veggies, let rest for 10 minutes. Serve with chips, on a salad or by itself!

From <https://motifri.com/summer-edible-recipes/> Jun 16, 2016 - "Summer Edible Recipes," by Grace Hyde.

### **Coconut Mango Slushie**

1 cup canned coconut milk (full fat recommended)  
3 cups diced mango  
3 tablespoons honey  
1 cup ice  
cannabis coconut oil



Melt your cannabis coconut oil and combine with coconut milk. Add all ingredients to blender, puree until smooth. Serve and enjoy!

Note: Mango contains high level of the terpene myrcene, which potentiates cannabis, increasing its effects and duration.

From <https://motifri.com/summer-edible-recipes/> Jun 16, 2016 - "Summer Edible Recipes," by Grace Hyde.

### **S'mores Bar**

2 cups graham cracker crumbs  
1 stick unsalted cannabutter  
6 chocolate bars  
10 oz bag mini marshmallows

Pre-heat oven to 275. Grease 8×8” pan (line with parchment paper for easier clean-up). Melt your cannabutter, cool slightly. Combine your cannabutter and graham cracker crumbs in a small bowl. Press your crumb mixture into the bottom of the pan using the back of a spoon or bottom of a cup. Break up and evenly disperse your chocolate on top of the crumb layer. Top with mini marshmallows. Bake in oven for 10-15 minutes or until chocolate is melted and marshmallows are slightly melted. Cool, slice and serve!

**Not every recipe *Motif* has published has been for something you can eat or drink, and we warn you that bath bombs and lubricants are not to be ingested. For details about indications and uses for topicals, it is strongly suggested that you refer to the original articles.**

*From <https://motifri.com/topicals/Apr 20, 2016> - “Cannabis: On Top of Topicals,” by Grace Hyde.*

### **Medicated Bath Bomb Recipe**

Ingredients:

1 cup baking soda  
½ cup citric acid  
½ cup Epsom salt or sea salt  
1 tsp water  
2 tsp essential oils  
3 tsp infused coconut oil, warmed to liquid form

Tools:

2 bowls  
whisk  
molds (cupcake tray, Easter eggs, bath bomb molds)

Whisk dry ingredients together in a large bowl. Separately, mix liquid ingredients until combined. Slowly pour liquid ingredients into the dry ingredients, making sure to whisk the mixture the whole time. Adding too much liquid will activate the citric acid, and then it won’t fizz when you add it to the bath. Your final mixture should resemble damp sand, and you should be able to clump it together between your fingers. Press your product into the mold, and allow to air dry for 24 to 48 hours. Store in an airtight container.

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### **Homemade Cannabis Lubricant**

Ingredients:

1 cup liquid coconut oil (MCT oil) or raw coconut oil\*

1 cup trim or bud, or 1 gram hash  
1 tablespoon liquid sunflower lecithin

Instructions:

Combine ingredients in crockpot on low/warm setting or in a Magical Butter Machine, set on the "oil" setting.

If using crockpot, cook 3-4 hours stirring frequently.

Strain and cool.

\*lubricant made with raw coconut oil will solidify at room temperature, however the heat from your hand will re-liquefy the product; note that oil-based lubricants can weaken latex condoms