

# More Canna-recipes

## Sweet Cannabutter Pretzel Bites



*These one-bite treats are a guaranteed crowd pleaser. While you could use pre-made pretzel bites from the store, we recommend this homemade recipe to ensure optimal flavor. Boiling the bites in a baking soda solution is the trick to achieving that crispy, golden crust, and a generous coating of cannabutter and cinnamon sugar will be sure to satisfy even the most extreme cases of munchies.*

**Yield:** Approximately 30 pretzel bites

### **Pretzel Dough:**

- 2 tablespoons light brown sugar
- ½ cup warm water
- ½ package active dry yeast
- 1 tablespoon vegetable oil
- 1 cup all-purpose flour
- ½ cup bread flour
- 1Tbsp softened butter

### **Boiling Solution:**

- 6 tablespoons baking soda
- 1 quart water

### **Cinnamon Cannabutter:**

- 1 cup melted cannabutter\*
- 2 cups granulated sugar
- 4 tablespoons cinnamon

For the dough: Combine the sugar, water and yeast in the bowl of a stand mixer. Let sit to activate the yeast, about 10 minutes. The mixture should be bubbly and foamy. Meanwhile, in a separate bowl, combine the two flours and whisk together. When the yeast is ready, add the oil and stir to combine. Add half of the flour mixture to the wet ingredients and use a bread hook attachment on low speed to mix it in. Add in the remaining flour and knead on medium-high speed until the dough is smooth and elastic, and pulls away from the sides of the bowl.

Cover the bowl with plastic wrap or a dish towel and let the dough rise until doubled in size. This may range between 10-30 minutes depending on the temperature of your kitchen. The warmer the room, the less time the dough will need to rise.

To shape: Turn the dough out onto a lightly floured surface. Divide into 6 equal pieces. Take one piece and roll the dough out into a log, about 15-20 inches long. While rolling, keep the rest of the dough covered with plastic wrap to prevent it from drying out. Cut each log into 1½ - 2 inch long pieces. Transfer to a parchment-lined baking pan.

For boiling: Combine the baking soda and water in a pot and bring to a simmer. The baking soda should be fully dissolved. Drop in 7-10 pretzel bites at a time and poach them for 10-15 seconds. Use a slotted spoon to remove them from the boiling solution, letting any excess water drip off, and transfer them back to the parchment-lined baking pan.

To bake: Preheat the oven to 425°F. When all of the pretzel bites have been boiled, arrange them on the baking sheet so none are touching and they have room to grow. Bake for 15-18 minutes until a dark, golden brown. Transfer to a cooling rack and let cool completely.

To finish: Coat the cooled pretzel bites in the melted cannabutter. In a separate bowl, whisk together the sugar and cinnamon and toss the pretzel bites in to cover completely.

*\*This recipe was tested for this issue with Sam Burgess' Foolproof Cannabudder (recipe above). Your THC dosage results may vary based on your cannabis bud of choice.*

## **Glazed Chocolate Doughnut Holes**



*This recipe was designed for the lazy baker, utilizing your favorite chocolate cake mix and transforming it into a glazed (and dazed) treat. All you have to do is make the cake mix as you normally would, with a bit less liquid to make the ideal doughnut batter. Fry these up, and you won't be needing to hit the Dunkin' drive-through anytime soon. You can also make this recipe with cannaoil instead of butter and use non-dairy milk for the glaze to make a dairy-free version.*

**Yield:** Approximately 4 dozen doughnut holes

### **Doughnut Batter:**

- 1 15 ¼ oz box chocolate cake mix
- 1 egg
- ½ cup melted cannabutter\*
- ¼ cup water
- Neutral oil, for frying

### **Glaze:**

- 1¼ cups powdered sugar
- ¼ cup cocoa powder
- 3-5 tablespoons milk
- Sprinkles (optional)

For the batter: In a bowl, combine the cake mix, egg, melted cannabutter, and water. Whisk to combine. Refrigerate for 30 minutes to let thicken.

To fry: In a heavy-bottomed pot, bring 3-4 inches of neutral oil to 375°F (use a thermometer to monitor the temperature). When the oil is ready, drop heaping tablespoons of the batter into the oil, about 3-4 at a time, and fry 1-2 minutes per side, flipping them. Frying time may vary. Test the doneness of the doughnut holes with a toothpick — if it comes out clean, they are ready. Adjust fry time as needed.

For the glaze: In a small bowl, whisk together the powdered sugar and cocoa powder. Add in the milk (or non-dairy milk, if using) and whisk to combine until the glaze is a thin, runny consistency.

To finish: Dip the cooled doughnut holes into the glaze and cover completely. Transfer to a cooling rack to let any excess glaze drip off and decorate with sprinkles, if desired. Let the glaze set slightly, about 10 minutes. Serve immediately.

*\*This recipe was tested with Sam Burgess' Foolproof Cannabudder recipe. Your THC dosage results may vary based on your cannabis bud of choice.*

## **No-Bake PB&J Cheesecake Bars**



*A peanut butter and jelly sandwich is the perfect meal for when you're not feeling up to cooking. Luckily, these tincture-spiked cheesecake bars also need no oven — so you can get “baked” without any baking required. We opted for a pretzel crust instead of the traditional graham cracker, and while we used grape jam, feel free to use strawberry, raspberry, or any other flavor that you like in a PB&J.*

**Yield:** 16 servings

**Crust:**

- 1¾ cups mini pretzels
- 2 tablespoons packed dark brown sugar
- 5 tablespoons unsalted butter, melted

**Filling:**

- 8oz cream cheese, softened to room temperature
- ⅓ cup sour cream
- ½ cup sugar
- 1 teaspoon vanilla extract
- ½ cup smooth peanut butter
- 10 mL cannabis tincture\*
- ¼ cup heavy cream
- ¼ cup fruit jam of choice

For the crust: Cut a sheet of parchment paper to fit the bottom of an 8”x8” square pan with a few inches of overhang. Place the mini pretzels in a gallon zipped-top bag and crush with a rolling pin until finely ground with no large pieces remaining. Transfer to a bowl and add the brown sugar, whisking to combine. Add the melted butter and whisk again. Press the crust into the prepared dish and freeze until fully firmed up, at least 30 minutes.

For the filling: Combine the cream cheese, sour cream, sugar, vanilla, peanut butter and tincture in a medium sized bowl. Use a hand mixer to beat the mixture until the ingredients are fully combined. Add the heavy cream and continue to beat until the mixture is light and fluffy, about 2-3 minutes.

Pour the filling onto the chilled pretzel crust. Use the back of a spoon or an offset spatula to smooth out the filling. Dollop small spoonfuls of jam over the top and use a toothpick to swirl it throughout the filling.

To finish: Refrigerate for at least 4 hours. When fully chilled, cut the cheesecake into sixteen 2" square pieces. Keep finished cheesecake bars for one week in the fridge or two months in the freezer.

*\*This recipe was tested with Howl's Tincture, with a ratio of 7mg THC per 1mL oil. One 2" square serving will contain approximately 4 $\frac{3}{8}$ mg THC. Your results may vary based on tincture brand of choice.*

*All recipes have been tried successfully, but results may vary from person to person. Consult your medical professional before using any recipe if you have concerns about how you may individually react to the use of any particular ingredient. By voluntarily creating and using any recipe provided here, you assume the risk of any potential injury that may result.*