

# Cannabis Coconut Oil Recipe



## What You Need :

### Ingredients

- 1/4 oz Decarboxylated Cannabis (7 grams)
- 1 Cup Coconut Oil
- 1 t Sunflower Lecithin

### Supplies

- Double Boiler (with lid)
- Cheesecloth
- Mixing Bowl
- Metal Sieve
- Jar with lid for Storing

### Time Needed

- 10 min - Prep
- 3hr - Cook
- 4-6hr - Chill
- 7-9hrs - Total Time

## Directions:

### Step 1: Decarboxylate!

- See our “A Beginner’s Guide to Cannabis Decarboxylation” if you have not yet decarbed your cannabis flower. You’re going to need cooled, decarbed flower for this recipe.

### Step 2: Combining Coconut Oil, Cannabis & Lecithin

- With your double boiler partly filled with water, add your 1cup coconut oil, 7 grams cannabis and 1 t sunflower lecithin on low heat until melted and mixed.

### Step 3: Cover, Simmer & Wait 3 Hours

- Make sure you put a cover on your double boiler to avoid evaporation and losing cannabinoids during the simmering & infusing process.
- Wait at least 3 hours. Kick back, relax and let your coconut oil, lecithin and cannabis do its magic.

### Step 4: Strain

- With a sieve and 2 layered pieces of cheesecloth, slowly pour your cannabis infused coconut oil over the cloth into a bowl or jar. Avoid squeezing the cheesecloth and let it simply drip into your bowl or container.

## Directions continued:

### Step 5: Cool & Store

- Cover your bowl or jar to contain any further evaporation as the cooling process continues.
- Once cooled completely, you will want to scrape off and/or dab with a cloth any remaining moisture, which will increase the shelf life and purity of your infused oil. The oil's shelf life is now at two months and can be extended even further with refrigeration.

## Endless Possibilities!...

Once your cannabis coconut oil is cooled, removed of excess moisture and stored, the possibilities for its use are endless! You can combine your oil with beeswax and aloe to make your own infused cannabis topicals. You can use your coconut oil in place of oil in any recipe of your choosing (try our “Cannabis Coconut Oil Peanut Butter Fudge Recipe”!) and it can even be put into capsules for easy measurable dosing.

## Cooking with Cannabis-Infused Coconut Oil:

A good starting point for ingesting cannabis edibles is to limit yourself to <5mg THC; even less if you are new to THC-infused food. It can have the tendency to be a lot stronger, more intense, and can differ drastically from smoking it. For one, the effects can take anywhere from a half hour to 3 hours to fully metabolize, depending on each individual's body and metabolic rate. In addition, because the THC is digested through your liver, and can more readily cross the body's blood-brain barrier, the high can be stronger and last longer.

With that said, your coconut oil's potency depends on many factors, from how long and hot it was cooked, to the potency of your starting product, as well as taking into consideration if your strain was indica or sativa leaning. To test the potency and effect of your finished product, try spreading ¼ or ½ tsp on a snack and see how that dose affects you after an hour or so. Titrate your dose as desired, and you can then use this personalized “standard” dose as a baseline for your recipes.

Happy Cooking!