

Cannabis Coconut Oil Peanut Butter Fudge Recipe



What You Need :

Ingredients	Supplies	Time Needed
<input type="checkbox"/> Cannabis Infused Coconut Oil (1/4 Cup + 1t)	<input type="checkbox"/> Double Boiler	5 min - Prep
<input type="checkbox"/> 1 Cup Peanut Butter	<input type="checkbox"/> Small Loaf Pan or 8x8 Pan	10 min - Cook
<input type="checkbox"/> 1.5 T Maple Syrup	<input type="checkbox"/> Parchment Paper	1 hr+ - Freeze
<input type="checkbox"/> 1/8 t Salt	<input type="checkbox"/> Toothpick
<input type="checkbox"/> 1/4 Cup Dark Choc. Chips		1 hr 15 min+ - Total Time

Directions:

Step 1: Prep Your Pan

- Line a small loaf pan (if you would like thicker bars) or 8x8 pan (for thinner bars) with parchment paper.

Step 2: Melting & Mixing Your Fudge

- With your double boiler partly filled with water, melt and make your fudge by adding 1 cup peanut butter, 1/4 cup cannabis infused coconut oil, 1.5 T maple syrup & 1/8 t salt. Mix until smooth and pour into your pan.

Step 3: Melting & Making Your Marbled Top

- Again with your double boiler partly filled with water, create your marbled top by mixing 1 t cannabis infused coconut oil and 1/4 cup dark chocolate chips. Mix until smooth.
- Drizzle the melted chocolate mixture over the previously poured peanut butter fudge. Then drag and swirl your toothpick through the chocolate to create your marbled top.

Step 4: Freeze & Store

- After your fudge has the marbled look you desire, freeze covered for at least an hour (or longer; until hardened enough to cut).
- Cut your fudge into even sized bars. Store in the freezer until ready to consume, to avoid melting. Enjoy responsibly (:

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 therefore more readily cross the body's blood-brain barrier, the high can be stronger and last longer.

With that said, your edible'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 a small amount to begin with 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!