

# Medicated Shamrock Shake Recipe



## What You Need :

Ingredients .....	Supplies .....	Time Needed .....
<input type="checkbox"/> 1/4 (7 grams) Decarboxylated Flower	<input type="checkbox"/> Medium Saucepan	10 min - Prep
<input type="checkbox"/> 2 Cups Milk	<input type="checkbox"/> Blender	2 hrs - Cook
<input type="checkbox"/> 2 Cups Mint Chocolate Chip Ice Cream	<input type="checkbox"/> Cheesecloth & Rubber Bands	20 min - Cool
<input type="checkbox"/> Chocolate Syrup	<input type="checkbox"/> Milk Jar	10 min - Mix & Pour .....
<input type="checkbox"/> Whipped Cream (optional)	<input type="checkbox"/> Shake Glasses & Straws	2 hrs 40 min - Total Time
<input type="checkbox"/> Sprinkles (optional)		*makes 2 large shakes*

## Directions:

### Step 1: Simmer Milk & Flower - At Least 2 Hours

- Once you have cooled, decarboxylated flower, add 2 cups milk into your medium saucepan. Once simmering, add 7grams flower. Make sure to keep covered and stir occasionally; let simmer on lowest setting for at least 2 hours. ((Some evaporation will occur))

### Step 2: Filter Milk Into Jar & Cool

- Once your two hours (or more) are over, pour your finished canna-milk through a cheesecloth, secured with rubber bands on a glass jar. Squeeze cheesecloth to collect all your infused milk. Tightly screw on lid and store in freezer for appx 20 minutes to cool.

### Step 3: Blend Ice Cream & Canna-Milk

- Once your canna-milk is cooled, scoop 2 cups of mint chocolate chip ice cream into your blender. Add your 1 1/4 cup Canna-milk and blend well. (I almost doubled the ice cream to make the shake extra thicc (:

### Step 4: Prep & Pour Shakes. Garnish with Toppings & Enjoy!

- Drizzle chocolate syrup around chilled glass, and pour your blended ice cream and canna-milk mixture.
- Top your shake with whipped cream and green sprinkles (optional) and enjoy responsibly (:

## Medicating With Cannabis-Infused Edibles:

Keep in mind that because of the double fats in this recipe (milk and ice cream combined), it may be more potent than other recipes you may make. If you're in doubt, you can always use less flower to milk ratio, and start by ingesting small amounts of your finished product to see how the effect is for you, before diving in!

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!