

Medicated Rice Krispie Treats Recipe



What You Need :

Ingredients	Supplies	Time Needed
<input type="checkbox"/> 1 gram Dabbable Syringe		
<input type="checkbox"/> 6 T Salted Butter	<input type="checkbox"/> 9-inch square baking dish	5 min - Prep
<input type="checkbox"/> 16oz Bag Marshmallows (divided)	<input type="checkbox"/> Parchment Paper	10 min - Cook
<input type="checkbox"/> 1t Vanilla Extract	<input type="checkbox"/> Large Saucepan	1hr - Cool
<input type="checkbox"/> 1t Sunflower Lecithin	
<input type="checkbox"/> 4 Cups Rice Krispie Treats		1 hr 15 min - Total Time
<input type="checkbox"/> 4 Cups Fruity Pebbles		
<input type="checkbox"/> Food Coloring (optional)		

Directions:

Step 1: Prep

- Prep your 9-inch baking dish by lining it with parchment paper. ((Also, prep your dabbable syringe by placing it in warm water so it can soften up through the next few steps for easier squeezing and even distribution.))

Step 2: Melt Butter & Add Sunflower Lecithin

- In a large saucepan, melt 6T butter over low heat. Once your butter is completely melted, add 1t sunflower lecithin and mix well.

Step 3: Add Marshmallows & Melt

- Add in all but 1 cup of marshmallows. Reduce heat to low and continue stirring until completely melted.

Step 4: Remove From Heat, Stir Vanilla & Dabbable Syringe

- Remove from heat and stir in 1t of pure vanilla extract and your 1 gram dabbable syringe.

Step 5: Mix in Rest of Ingredients & Pour

- Once the vanilla extract and syringe are well-mixed, immediately add the cereal and remaining 1 cup of marshmallows. Pour into your prepared baking dish and press very gently with your fingertips --only enough to spread your medicated marshmallow mixture evenly throughout the dish, to avoid overpacking--.

Step 6: Cool, Set, Cut & Enjoy!

- Step 6: Cool, Set, Cut & Enjoy! Allow to cool and set, covered and at room temperature for about an hour before cutting. (Do not refrigerate!) Once your dish is cooled and set, you can cut your desired squares and enjoy responsibly! (: (:

Medicating With Cannabis-Infused Edibles:

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!