

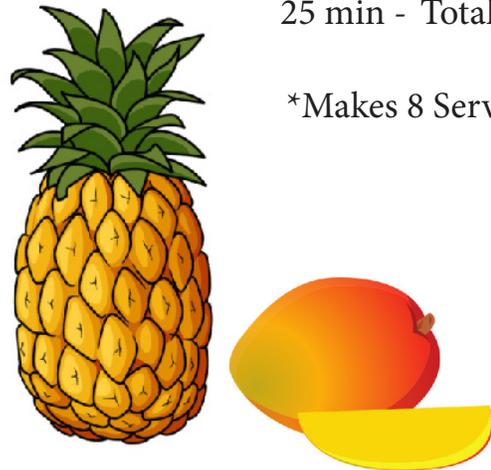
# Medicated Pineapple Mango Salsa Recipe



## What You Need :

### Ingredients

- Cannabis-Infused Olive Oil
- 1 Mango Peeled, Seeded and Chopped
- 1 Cup Diced Fresh Pineapple
- 1 Small Peach Halved, Pitted and Diced
- 2 Tomatoes, Chopped
- 1/2 White Onion, Diced
- 1/2 Red Bell Pepper, Diced
- 1/2 Yellow Bell Pepper, Diced
- 1/2 Cup Fresh Cilantro, Chopped
- 1/2 Clove Garlic, Minced
- 1 Tablespoon Lime Juice
- 1/2 teaspoon Salt
- 1 Tablespoon White Sugar (to taste)



### Time Needed

25 min - Prep

25 min - Total Time

\*Makes 8 Servings\*

## Directions:

### Step 1: Chop & Dice All Your Fruits, Vegetables & Herbs

- Chop your mango, peach, tomatoes, white onion, red & yellow bell pepper, cilantro, and garlic. Place in medium mixing bowl.
- Cut your pineapple in half down the center, scooping out a “bowl” about an inch from the sides. Dice & add 1 cup of the scooped pineapple to your mixing bowl.

### Step 2: Stir in Rest of Ingredients

- Stir in the garlic, lime juice, salt, sugar, and cannabis-infused olive oil.

\*(Amount of infused olive oil is determined on personal preference, dosage and taste. See our “Concentrated Cannabis-Infused Olive Oil” recipe for step-by-step directions on finding your oil’s dosage.)\*

## Directions continued:

### Step 3: Cover & Refrigerate

- Cover your mixing bowl and refrigerate at least 1 hour before serving.

### Step 5: Enjoy!

- Enjoy your medicated pineapple mango salsa as a side dish with tortilla or pita chips, OR over your favorite grilled chicken or fish. (:

## Cooking with Cannabis-Infused Olive 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 an individual's unique 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 infusion's potency depends on many factors, from how long and what temperature 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 smaller amount (<5mg) 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!