

Infused Lavender Lemonade Recipe with Medicated Coconut Oil Whipped Honey



What You Need :

Ingredients

Coconut Oil-Whipped Honey

- 1 T Infused Coconut Oil
- 1/2 Cup Honey

Lavender Lemonade

- 2 Cups Fresh Squeezed Lemon Juice
- 1 Cup *Lavender Syrup
- 4 Cups Water

Supplies

- Hand Mixer
- Mixing Bowl
- Small Saucepan
- Large Drink Pitcher
- Steeping Tea Ball
(or fine strainer)

*Lavender Syrup

- Coconut Oil-Whipped Honey
- 5 t Dried Lavender
- 1/2 Cup Honey
- Sprigs Lavender, Mint Leaves & Lemon Slices
(optional for garnish)

Time Needed

- 35 min - Prep
- 25 min - Cook
- 1 hour - Chill
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- 2 Hours - Total Time



see dosage calculator to figure your oil's potency @ <https://www.plant-family.com/thc-dosage-calculator/>

Directions:

Step 1: Making Your Coconut Oil Honey

- In a medium-size mixing bowl, add 1 T infused coconut oil and 1/2 cup of honey.
- Mix until coconut oil and honey are well-blended.
- Place your mixture & mixing bowl in the fridge to cool for an hour.
(Colder temp will result in a lighter, more whipped honey in the end, whereas wamer temp will give you a creamier honey.) It may not seem like you need a larger bowl, but it will come in handy once your mixture is cooled and you're ready to whip it.

Step 2: Squeeze Your Lemon Juice

- While your coconut oil & honey mixture is cooling, cut and squeeze enough lemons to make 2 cups of lemon juice (about 10-12 lemons should do the trick)
- If you would like to use lemon slices or twists as a garnish, make sure to save a few slices for the end product.

Directions continued:

Step 3: Making Lavender Simple Syrup

- To start your lavender syrup, take a small saucepan, add 1/2 cup of water, 1/2 of honey and lavender, and bring to a boil. Once boiling, let simmer for a few minutes.
(I use a tea ball once honey is dissolved in the water, to skip the straining process after syrup infuses)
- Strain out lavender. Pour into a glass container and let cool. Cover and chill in the refrigerator for at least a half hour.

Step 4: Whipping Your Coconut Oil & Honey

- After your lavender syrup cools for awhile, take your coconut oil and honey mixture out of the fridge, and use a hand mixer on it's highest speed until it's whipped to your desired consistency.

Step 5: Bringing It All Together

- Pour into a large pitcher your lavender syrup, whipped & infused coconut oil honey, fresh squeezed lemon juice and 4 cups of water. Mix very well.
- Pour over ice, and use lavender sprigs, mint leaves, lemon slices or all the above as a garnish if you so desire. (:

Enjoy!

Cooking with Cannabis-Infused Ingredients:

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.

**Check out our dosage calculator for help in calculating your edible's dosage @:
<https://www.plant-family.com/thc-dosage-calculator/>**

Happy Cooking!