

# Cannabis-Infused Peanut Butter Banana Smoothie Recipe



## What You Need :

### Ingredients

- 2 Cups Milk of Choice  
(Including Calculated Canna-Milk)
- 2 Large Bananas  
(Sliced and Frozen)
- 4 T Creamy Peanut Butter
- 1 Cup Non-fat Plain Greek Yogurt
- 1/2 t Ground Cinnamon
- Dash Vanilla Extract (optional)

### Supplies

- Blender
- 2 Glasses
- Baking Sheet
- Parchment  
Paper



### Time Needed

2 hrs - Freeze  
10 min - Prep  
.....  
2hrs 10 min - Total Time

\*If you already have frozen banana slices, this recipe will only take 10 minutes to create! \*

\*\*see dosage calculator to figure your smoothie's potency @ [https://www.plant-family.com/thc-dosage-calculator/\\*\\*](https://www.plant-family.com/thc-dosage-calculator/**)

## Directions:

### Step 1: Start with Frozen Bananas

- Peel bananas, and slice crosswise into 1/2 in. pieces.
- Spread onto parchment paper on baking sheet, making sure bananas don't touch.
- Freeze, waiting 1 1/2 - 2 hours. Remove from parchment paper.

\*You can store frozen banana slices in zip-lock freezer bags for up to 8 months\*

### Step 2: Gather Rest of Ingredients

- Measure out and gather rest of ingredients: milk + canna-milk, bananas, creamy peanut butter, plain Greek yogurt, and cinnamon.
- Feel free to add extra ingredients, like a dash of vanilla, chocolate or hazelnut drizzles, cocoa powder, protein powder, crushed peanuts, or ice/ ice-cream for added thickness.

## Directions continued:

### Step 3: Blend in This Order:

- Place all the ingredients in a blender in the order listed: almond milk/canna-milk, frozen banana, peanut butter, Greek yogurt, cinnamon and any extra mix-ins.
- Blend until smooth. If your smoothies aren't to your desired thickness, add a few ice cubes or scoop of ice cream, and blend again.

### Step 4: Pour, Garnish &...Enjoy

- Pour into 2 glasses. Top or garnish with anything you'd like: extra banana slices, chocolate syrup, crushed peanuts, infused honey, and...
- 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 edibles. Cannabis-infusions 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 as well as 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, and 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!