

Bhang

Time: 45-60 min

Serves: 2

Ingredients:

- 2 cups water
- Up to 1/2 ounce of fresh cannabis leaves and flowers
- 3 cups warm milk (or coconut milk)
- 1/4 tsp garam masala
- 1/4 tsp ground ginger
- 1/4 tsp ground fennel
- 1/2 tsp ground anise
- 1/2 tsp ground cardamom
- 1/2 tsp rosewater
- 1/2 cup honey or sugar
- ¼ cup dried rose petals, mint leaves, chopped almonds and pistachios may also be added



Directions:

Heat water to a rapid boil, then remove from heat and add the cannabis plant material. Steep for about seven minutes.

Strain cannabis leaves and flower from water using a muslin cloth. Squeeze the plant matter until all liquid has been removed. Collect the water and set it aside.

Put the leaves and flowers into a mortar and pestle with 2 teaspoons of warm milk. Slowly but firmly grind the leaves and milk together, then squeeze the flowers to extract the milk. Continue this process until you have used about ½ cup of milk. Save the extracted milk.

Add chopped almonds, pistachios, rose petals, mint leaves or any other garnishes to your mortar and pestle, along with more warm milk. Grind until a fine paste is formed. Collect the extract and discard any additional nut fibers or residue.

Combine all the liquids together, and add garam masala, ginger, fennel, anise, cardamom, and rosewater. Add honey (or maple syrup) and the remaining warm milk.

Mix well, chill, serve, and enjoy.

