



Cannabis Oil

2-3 Hours • Makes 1 Cup

INGREDIENTS

- 1 cup of cooking oil (e.g., coconut oil, olive oil, or vegetable oil)
- 1 cup of ground cannabis flower (decarboxylated, if possible) Handful of fresh kale leaves

TIP

Use your homemade cannabis oil in a wide variety of recipes, such as baked goods, sautés, salad dressings, or any dish that uses cooking oil. Be mindful of the dosage and start with small amounts, especially if you are new to edibles, as the effects can take longer to kick in compared to smoking or vaping.

Remember, the potency of your cannabis oil will depend on factors like the strain used, the decarboxylation process, and the cooking time. Always label your homemade cannabis products clearly and keep them out of reach of children or anyone who should not consume them.

Enjoy responsibly and in accordance with your local laws and regulations.

PREPARATION

1. Decarboxylation (Optional): To activate the THC or CBD in the cannabis, you can decarboxylate it. Preheat your oven to 240°F (115°C). Spread the ground cannabis evenly on a baking sheet and bake for 30-40 minutes. This step is optional but recommended for a more potent oil.

2. Infusion: In a saucepan, combine the decarboxylated cannabis and your chosen cooking oil. Use a low flame and simmer the mixture for 2-3 hours. Stir occasionally to ensure even infusion. Do not allow the oil to boil; maintain a low, gentle simmer.

3. Strain: After simmering, let the mixture cool for a few minutes. Place a fine mesh strainer or cheesecloth over a clean container, and carefully strain the oil to remove the plant material. Squeeze the cannabis to extract as much oil as possible.

4. Storage: Once strained, your cannabis-infused oil is ready for use. Store it in an airtight container in a cool, dark place to maintain its potency. Properly stored, cannabis oil can last for several weeks.