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# COOKING WITH CANNABIS

## Overview:

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Once the cannabis keif is decarboxylated, cooking with cannabis has no limits.

Decarbed, activated keif can be added to any food. There is approximately 200 -250 mgs of potency per gram of keif.

## Decarboxylation:

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- Preheat oven to 220 degrees
- Spread keif on pyrex glass
- Put into the oven for 50 minutes
- Stir thoroughly after 25 minutes
- After 50 minutes, let cool at room temperature.

## *Cooking with cannabis main points:*

*Lower temperatures are preferred when cooking with cannabis. 200-350 degrees is reasonable for no longer than an hour. If the temperature becomes too high, the integrity of the cannabinoids and terpenes become degraded.*

*Be sure to stir the keif thoroughly into the ingredients. The result of this will provide more consistent dosing.*

*Wait 3 hours to feel the full effects of the edible.*

*Be conservative with dosing to begin, increase as you become familiar with the batch.*

*For example, a batch of brownies contains 1 gram of decarbed keif (200-250mgs). By cutting the brownies into 20 equal pieces, the potency will be approximately 10-12.5 mgs per brownie.*

