

# TRIED AND TRUE CANNA OIL RECIPE



## WHAT YOU WILL NEED

### **PRODUCT: 3 TYPES OF MEDICINE WILL HAVE DIFFERENT RESULTS**

**TYPE 1: SATIVA/SATIVA DOMINANT: ENERGETIC, HAPPY, UPLIFTED, FOCUSED, SOCIAL ANXIETY, MOOD ENHANCER, (DAYTIME USE)**

**TYPE 2: INDICA/INDICA DOMINANT: RELAXED, SLEEPY, SEDATED, EUPHORIA, PAIN RELIEVER, INSOMNIA, PANIC DISORDER, ANTI ANXIETY, (NIGHT TIME USE)**

**TYPE 3: HYBRID: RELAXED, HAPPY, ANTI DEPRESSANT, RELIEVES PAIN, ANTI ANXIETY, HAPPY, UPLIFTING, RELIEVES AGORAPHOBIA, (ANYTIME USE)**

- ✚ OIL: CANOLA FOR BAKING, OLIVE OIL FOR COOKING IN RECIPES
- ✚ BAKING PAN (NOT A GLASS PAN) \*PAN MAY NEED TO BE RESERVED FOR FUTURE DECARBING, NOT ALL THE RESIN CAN BE SCRUBBED OUT.
- ✚ 4 CUP GLASS MEASURING CUP
- ✚ MEDIUM SAUCE PAN
- ✚ FOIL
- ✚ RUBBER BAND
- ✚ WOODEN SPOON
- ✚ RUBBER SPATULA
- ✚ GLASS JAR FOR STORAGE OF FINISHED PRODUCT
- ✚ CHEESE CLOTH FOR STRAINING
- ✚ PAPER OR BLACK BAG TO PROTECT FINAL PRODUCT FROM THE LIGHT
- ✚ TIME: ONE HOUR TO SIMMER AND STIR OIL EVERY 10 TO 15 MINUTES. ONE HOUR TO COOL, HALF HOUR TO STRAIN AND PUT INTO GLASS STORAGE CONTAINERS.

## DECARBOXYLATION

1. BREAK UP PRODUCT AND DRY OUT ON TRAY FOR 3 OR 4 DAYS. BREAK UP AS IF YOU WERE ROLLING ONE, **NOT TOO FINE** (NOT POWDERY).
2. PREHEAT OVEN TO 240 DEGREES.
3. SPREAD OUT IN A BAKING PAN (BROWNIE, CAKE, PIE) MAKE SURE THE PAN SIZE ALLOWS YOU ENOUGH SPACE TO SPREAD THE CRUMBLED PRODUCT INTO A THIN LAYER, WHILE AT THE SAME TIME NOT HAVING A LOT OF UNUSED PAN SPACE.
4. COVER TIGHTLY WITH FOIL.
5. BAKE IN MIDDLE RACK FOR 45 MINUTES.
6. **NOTE: WILL STINK UP THE HOUSE!!!!!!!!!!!!!!**
7. LET COOL COMPLETELY BEFORE REMOVING FOIL.
8. END PRODUCT WILL BE A TOASTED LIGHT BROWN COLOR  
\*\*\*\*HUNDREDS OF YOUTUBE VIDEOS AND BLOGS AND ARTICLES OF DIFFERENT METHODS FOR DECARBING BUT THIS ONE IS TRIED AND TRUE.

### RATIO OF PRODUCT TO OIL

¼ OUNCE – 1 CUP OF OIL

½ OUNCE-2 OR 3 CUPS OF OIL

**\*DEPENDING ON THE POTENCY OF THE PRODUCT YOU CAN USE ½ OZ TO 2 OR 3 CUPS OF OIL. IT ALL DEPENDS ON YOUR PERSONAL PREFERENCE. MANY BAKING RECIPES CALL FOR VARIOUS AMOUNTS OF OIL, ¼ CUP, 1/3 CUP, ½ CUP, 2/3 CUP.**

**ONCE YOU TEST THE POTENCY OF YOUR BATCH YOU CAN CHOOSE RECIPES DEPENDING ON HOW STRONG YOU WOULD LIKE YOUR FINISHED PRODUCT. YOU CAN ALSO USE A PORTION OF CANNA OIL WITH REGULAR CANOLA OIL TO DILUTE OIL IF YOU DESIRE A BATCH WHICH IS NOT SO STRONG.**

## SIMMERING THE OIL

MAKE SURE YOU HAVE AT LEAST 1 AND ½ HOURS AVAILABLE TIME TO SIMMER PRODUCT. YOU CAN WATCH TV, ETC... BUT MUST BE STIRRED EVERY 10 TO 15 MINUTES WITH THE WOODEN SPOON. **NOTE: ALSO STINKS UP THE HOUSE.**

1. MEASURE 3 CUPS CANOLA OIL AND POUR INTO SAUCE PAN. HEAT UP ON STOVE JUST UNTIL HOT, DO NOT LET IT SMOKE OR BUBBLE.
2. **TURN DOWN TO SIMMER!!**
3. ADD DECARBED PRODUCT AND STIR WITH WOODEN SPOON. \*SPOON WILL GET STAINED, SAVE FOR FUTURE OIL MAKING.
4. SET SLIGHTLY ABOVE SIMMER, ALL YOU WANT TO DO IS KEEP IT ON A SUPER LOW HEAT AND STIR EVERY 10 TO 15 MINUTES SO ALL THE OIL MOLECULES ABSORB THE MEDICINE.
5. SIMMER ONE HOUR, TURN OFF PAN, LET OIL COOL FOR 1 HOUR.
6. ATTACH CHEESE CLOTH TO 4 CUP MEASURING CUP WITH RUBBER BAND, PUSH THE CLOTH DOWN IN THE MIDDLE SO THERE IS AN INDENT AND A PLACE TO POUR THE MIXTURE IN WITHOUT IT OVER FLOWING THE MEASURING CUP. STRAIN ALL OIL, GATHER UP CHEESE CLOTH AND SQUEEZE OUT EVERY DROP. **NOTE: OIL CAN BE ABSORBED THROUGH SKIN, BE CAUTIOUS.**
7. OIL WILL BE A TRANSLUCENT GREENISH/BROWN \*DIFFERENT VARIANTS DEPENDING ON PRODUCT AND WILL HAVE A LITTLE SEDIMENT IN THE BOTTOM, THIS IS NORMAL.
8. LET COOL ON COUNTER FOR 2 HOURS. THEN USE OR STORE IN FRIDGE.
9. POUR INTO STORAGE CONTAINER, USE RUBBER SPATULA TO GET ALL THE OIL OUT OF THE MEASURING CUP. PUT IN PAPER OR DARK PLASTIC BAG, STORE IN FRIDGE FOR 2 MONTHS.
10. **ENJOY**

**ALWAYS SHAKE STORED OIL BEFORE USING!!!!!!**

