



EXTRACTIONS 101

DECARBOXYLATION | CANNA-COCONUT OIL | CANNABUTTER



The culinary possibilities are endless when you've got oil and butter in the cupboard. This includes a plethora of medicated edibles to make you feel great. Though using decarboxylated marijuana can still work quite well, an extraction method can be much more potent and effective for long-lasting relief of symptoms.

DECARBOXYLATION

DECARBOXYLATION IS THE PROCESS OF ACTIVATING THE THC AND/OR CBD OF A STRAIN TO INCREASE ITS POTENCY IN AN EDIBLE FORM. DECARBOXYLATION IS ESSENTIAL TO HAVING A POTENT EXTRACTION, WHICH IN TURN LEADS TO POTENT EDIBLES.

What you will need:

- 15 grams of your [favourite D.S. & FITZ strain](#)
- A large rimmed baking sheet

Preheat the oven to 240° F. / 115° C, and break up the cannabis using your hands into smaller pieces if it is not already in small pieces. Place the marijuana evenly in one layer on a rimmed baking sheet. Once the oven is fully pre-heated, bake the cannabis for 60 minutes. Keep a close eye on the colour of the cannabis as it should be darker or a medium/light brown when it is finished. It shouldn't feel wet, and should be fairly crumbly when you pick it up. Carefully grind the cannabis so that you are left with a finished product that is coarsely ground.

CANNA-COCONUT OIL

An extraction that is used in many edibles recipes because of its versatility and potency.

What you will need:

- 1LB of Coconut Oil



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Flight Pack

1. Embrace

Strain Type: Hybrid (Sativa Dominant)
THC: 6.1% CBD: 9.8%

2. Ambrosia

Strain Type: Indica
THC: 7.4% CBD: 11.6%

3. Blueberry Estate

Strain Type: N/A
THC: 13.2% CBD: 0%

4. Velvet Night

Strain Type: Indica
THC: 15.5% CBD: 0%

5. Allure

Strain Type: Sativa (Sativa Dominant Hybrid)
THC: 16.1% CBD: 0%

6. Platinum Mint Cookies

Strain Type: Hybrid
THC: 17.0% CBD: 0%

7. Hustle & Grind (Milled Bud)

Strain Type: Indica
THC: 19.3% CBD: 0%

8. Odyssey

Strain Type: Hybrid (Indica Dominant)
THC: 23.1% CBD: 0%

9. Truffles & Cheese

Strain Type: Indica
THC: 23.2% CBD: 0%



- 30 grams of your favourite [D.S. & FITZ strain\(s\)](#) (decarboxylated)
- Water
- Crockpot
- Cheese Cloth
- Large mixing bowl (plastic or glass)
- Tape and/or string
- Thermometer

Fill the crockpot with enough water for all of the oil to float. Turn the crockpot onto the high temperature setting and allow the oil to completely melt into the water. Add in 30 grams of your favourite [D.S. & FITZ strain\(s\)](#) and stir until the mixture is well combined. Put the thermometer into the crockpot and replace the lid. Monitor the mixture closely, turning the crockpot onto the low setting after it has reached 250 degrees. Add in more water if needed. Stir the mixture every 60 minutes, checking to make sure that the temperature is between 250 to 270 degrees. After 12 hours, turn the crock pot off completely and allow the mixture to cool. While the canna-coconut oil is cooking, place a double layer of cheese cloth over the top of the large mixing bowl. Use the string and/or tape to secure the cheese cloth to the rim. To separate the canna oil from the waste material, carefully pour the mixture over the cheese cloth and into the bowl. Allow the cheese cloth to strain on its own before carefully removing the string/tape and squeezing the cheese cloth to remove the last bits of canna-coconut oil from the waste. Allow the canna-coconut oil to cool on the counter for about an hour. Place in the fridge and leave to separate. Carefully separate the canna-coconut oil from the container and discard the waste material/water.



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CANNABUTTER

THE CLASSIC EXTRACTION METHOD USED IN MANY EDIBLE RECIPES.

What you will need:

- Cheese cloth
- string or tape
- Medium-sized pot
- Large mixing bowl (glass or plastic)
- 30 grams of your [favourite DS&Fitz strain\(s\)](#) (decarboxylated)
- 1 lb of unsalted butter
- 3 cups of water

Bring the 3 cups of water to a boil in the medium-sized pot. Add in the butter and let it melt completely. Add in 30 grams of your favourite D.S. & FITZ strain(s) and allow it to cook for 3 hours. Keep a close eye on the mixture to ensure that it does not burn. The mixture will be finished when it is thick and glossy. While the cannabutter is cooking, place a double layer of cheese cloth over the top of the large mixing bowl. Use the string and/or tape to secure the cheese cloth to the rim. To separate the cannabutter from the waste material, carefully pour the mixture over the cheese cloth and into the bowl. Allow the cheese cloth to strain on its own before carefully removing the string/tape and squeezing the cheese cloth to remove the last bits of cannabutter from the waste. Allow the cannabutter to cool on the counter for about an hour. Place in the fridge and leave to separate. Carefully separate the cannabutter from the container and discard the waste material/water.



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ODYSSEY TEA



Quick, simple and incredibly soothing, tea is one of the most popular delivery methods for medicating. In particular, Odyssey Tea is a potent evening edible, meant to aid with relaxation and sleep. This potent hybrid strain, coupled with its crisp flavour is a great addition to any sleep hygiene routine.

CANNABUTTER METHOD

What you will need:

- 1 tablespoon of cannabutter (made with [Odyssey by D.S. & FITZ](#))
- 1 tea bag *
- 1 cup of boiled water

Add the cannabutter and tea bag to a mug. Slowly add in the boiling water, stirring the cannabutter in until it is completely melted. Let steep for 5 minutes. Add milk and all-natural honey to desired taste.

DRIED FLOWER METHOD

What you will need:

- 0.5 grams of [Odyssey by D.S. & FITZ](#) (decarboxylated)
- 1 tea bag *
- 1 tablespoon of butter
- 1 cup of boiled water

Place the marijuana into a tea ball. Put the tea ball and the tea bag into the mug with the tablespoon of butter. Carefully start adding in the boiling water, stirring the butter in until it is completely melted. Let steep for 5-10 minutes (depending on desired potency).

** herbal teas are recommended to help mask some of the residual marijuana flavour. Some of our favourites are chai, rooibos, and green tea.*



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ALLURE KALE SMOOTHIE



Kale is one of those buzzy foods that's gotten a lot of press in recent years. And for good reason. Research shows that Kale is one of the most potent antioxidant and anti-inflammatory foods known to humans. This "supergreen" can lower the risk of cancer, lower blood pressure and even reduce the risk of asthma. The following is a way to combine Kale with the uplifting effects of [Allure by D.S. & FITZ](#) in a smoothie that is guaranteed to give your day (and your health) a serious boost.

What you will need:

- 1 ½ cups of packed kale
- 1 banana
- ½ cup of chopped strawberries
- ½ cup of milk *
- ½ cup of ice
- 0.5 grams of [Allure by D.S. & FITZ](#) (decarboxylated)

Combine the ingredients in a blender, including the marijuana, and blend until desired consistency is reached.

** can be substituted with unsweetened soy/almond milk*



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SWEET EMBRACE SMOOTHIE



The term 'gut health' hardly paints a pretty picture, but any medical professional will tell you that it is vital to your well being. This is because the 'gut', otherwise known as the 'digestive tract', is essential for supporting and maintaining your immune system as well as processing all the foods, the good and the bad, that you put in your body. If you are suffering from intestinal problems, it is crucial that you make careful choices when it comes to your diet. Among the key elements to a healthy gut are bacteria cultures that aid in the digestive and eliminative processes. In the spirit of maintaining a clean and flourishing digestive tract, below we have shared a medicated morning smoothie recipe featuring a [THC/CBD strain called Embrace from D.S. & FITZ](#).

What you will need:

- 1 cup of vanilla Greek yogurt
- ½ of soy milk
- ¼ cup of blueberries (frozen or fresh)
- 1 tbsp of flax seeds
- 2 tsp of all natural honey
- 0.5 grams of medical marijuana ([Embrace by D.S. & FITZ](#))

Decarboxylate the marijuana. This is essential for the marijuana to have any effect when put into any edible.

How to Decarboxylate: Preheat the oven to 240° F. / 115° C, and break up the cannabis using your hands into smaller pieces if it is not already in small pieces. Place the marijuana evenly in one layer on a rimmed baking sheet. Once the oven is fully pre-heated, bake the cannabis for 60 minutes. Keep a close eye on the colour of the cannabis as it should be darker or a medium/light brown when it is finished. It shouldn't feel wet, and should be fairly crumbly when you pick it up. Carefully grind the cannabis so that you are left with a finished product that is coarsely ground.

Combine the ingredients in a blender, including the marijuana, and blend until desired consistency is reached.



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GLUTEN FREE BLUEBERRY MUFFINS



If you live for fresh, blueberry muffins chock full of energy boosting, pain relieving cannabis, but without the gooey, sluggish effects of gluten then this recipe is for you...

What you will need:

- ½ cup King Arthur Coconut Flour, sifted after measuring *
- ½ teaspoon baking powder
- 3 large eggs
- 1/3 cup of cannabutter (melted)**
- 1/3 cup of honey
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1 cup fresh blueberries, thoroughly dry

* can be replaced with gluten-free flour of your choosing

** recipe for cannabutter can be found on page 2.

Preheat the oven to 400° F and lightly grease a 12 muffin pan. Mix the dry ingredients together in a large mixing bowl and ensure that they are well combined. Mix together the wet ingredients and ensure that they are well combined. Slowly add the wet ingredients to the dry ingredients, stirring as they are added. Pour in blue berries and mix until they are distributed evenly through the mixture. Pour until each cup is ½ full. Bake for 16-18 minutes and let cool in the pan.



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CANNABIS INFUSED MINISTRONE SOUP



During a cold and seemingly endless winter, there is no better way to stay warm and healthy than with a soulful bowl of homemade Minestrone Soup (infused with cannabis of course). And so we present the latest culinary creation from our resident cannabis chef de cuisine.

What you will need:

- 6 tablespoons cannabutter* (infused with your [favourite D.S. & FITZ Strain](#))
- 3/4 cup chopped onion
- 1/4 cup chopped celery
- 1/2 cup chopped carrots
- 1 (14.5 ounce) can stewed tomatoes
- 1 tablespoon tomato paste
- 1 1/2 cups cubed potatoes
- 1 quart chicken broth
- 2 cloves garlic, finely chopped
- 2 tablespoons dried parsley
- 1 teaspoon salt
- 1/2 cup elbow macaroni

** recipe for cannabutter can be found on page 3*

In a large pot melt the cannabutter, being very careful not to burn in. Add all of the vegetables and herbs and sauté them for approximately 2 minutes. Add the broth and stewed tomatoes, covering the mixture after to let simmer for an hour. Stir every 15 minutes. Add the elbow macaroni and return soup to a boil until macaroni is fully cooked through. Remove from heat and let cool for 10-15 minutes before serving.



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SRIRACHA PEANUT NOODLES



If you like your noodles hot, spicy and infused with great cannabis, then try this intriguing twist on a classic Pan-Asian favourite.

What you will need For the Peanut Sauce:

- 2 cloves garlic, minced
- 2 tbsp toasted sesame oil
- 2 tbsp coconut CannaOil (*recipe found on page 1*)
- ¼ cup natural crunchy peanut butter
- 2 tablespoons low-sodium tamari
- 2 tsp Sriracha
- 1 tbsp toasted sesame seeds
- 1 ½ tsp agave
- 1 ½ tsp rice vinegar

What you will need For the Noodles:

- 5 oz brown rice “Pad Thai” style noodles, soba, or any noodle of your choice
- ½ cup frozen edamame, steamed back to life
- 1 large carrot, washed, peeled, and shaved into thin ribbons
- 2 tsp sesame or hemp seeds, for garnish

In a small bowl add the garlic, sesame oil, CannaOil, tamari, Sriracha, rice vinegar and agave. Whisk together until combined. Add the peanut butter and toasted sesame seeds and whisk until fully incorporated. Cover and hold in fridge.

Bring a medium pot of salted water to a boil. Add the pasta and cook for about 8 minutes, or until al dente. Drain and rinse under cold water. In a large bowl add the carrot ribbons, edamame and cooked noodles. Top with the peanut sauce and stir until noodles are completely covered with sauce and incorporated in with the vegetables. Garnish with sesame and/or hemp seeds. Serve it up and enjoy immediately!



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TRUFFLES & CHEESE PESTO



With origins dating back to ancient Rome, the word “Pesto” comes from the Genoese verb pestâ (Italian: pestare), which means “to pound” or “to crush”. This is an easy and versatile sauce that can be used in a variety of medicated edibles. From pasta to pizza, Truffles and Cheese Pesto is a great addition to any evening meal to aid with pain relief and sleep.

What you will need:

- 1-1 ½ cups of tightly packed basil*
- ½ cup of canna-oil (*made with [Truffles & Cheese by D.S. & FITZ](#)*)
- 4 cloves of garlic
- 4 tablespoons of pine nuts
- ½ tablespoon of salt
- ½ tablespoon of black pepper
- ¼ -1/2 cup of parmesan cheese
- 2 teaspoons of lemon juice

** Basil can be substituted for kale or parsley depending on what flavour you are looking for*

Combine all ingredients into a food processor or blender and blend slowly until the mixture is a smooth paste. Store in the fridge in an air tight container, and stir before each use.



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PLATINUM MINT COOKIE BROWNIES



At D.S. & FITZ we believe that you can't follow a healthy diet without splurging on dessert once in a while. And by dessert we mean a thick, chocolate brownie filled with cannabis.

Here is a tried and true Brownie recipe to satisfy your sweet tooth that features our Platinum Mint Cookies strain, a bud that is guaranteed to alleviate severe pain and nausea.

WARNING: This is NOT a recipe for the school or neighbourhood Bake Sale.

What you will need:

- 2 cups of white sugar *
- 1 1/2 cups of all-purpose flour **
- 1/2 teaspoon of baking powder
- 1/2 teaspoon of salt
- 1/2 cup of cocoa powder
- 3/4 cup of unsalted butter
- 1/4 cup of cannabutter** (using the [Platinum Mint Cookies strain from D.S. & FITZ](#))
- 4 eggs
- 1 teaspoon of vanilla extract
- 1 teaspoon of pure mint extract

** for a gluten-free option use gluten-free flour/teff flour and raw sugar*

*** for instructions on how to make cannabutter and other extractions please see [Extractions 101](#)*

Prior to mixing the ingredients, let the eggs, butter, and cannabutter reach room temperature for approximately 30 minutes. Preheat the oven to 350 degrees and lightly grease a 9x13 deep baking pan. Mix all of the dry ingredients together until well combined. In a separate bowl mix the butter, cannabutter and eggs. Combine the wet ingredients with the dry ingredients and stir well. Add in the vanilla and mint extracts, and mix well. Pour the brownie mixture into the pan and let it settle evenly. Bake for 20 to 30 minutes, and let cool for at least 1 hour before serving.



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CANNABIS INFUSED CHOCOLATE DIPPED STRAWBERRIES



Why not put a twist on traditional romantic chocolate covered strawberries and infuse them with soothing, sensual cannabis? Here's a recipe for the most memorable chocolate dipped strawberries you'll ever try.

What you will need:

- 2 cups of milk chocolate chips
- 2 tablespoons of cannabutter *
- 1 pound of fresh strawberries

** recipe for cannabutter can be found on page 2*

Using a double broiler (or similar method), heat the chocolate chips until they are completely melted. Stir in the cannabutter, ensuring that it is well combined through the chocolate mixture. Remove the chocolate from the heat and continue to stir. Take 1 strawberry at a time on a toothpick, dipping it into the chocolate and spinning to slowly to cover it. Place on a baking sheet lined with parchment paper. When the baking sheet is full, place it in the refrigerator for 1-2 hours to allow the chocolate to cool and harden.



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