# *The Green Dragon Cook Book*



Based on the thread "Another Tincture Thread – Try it, Youll like it" by PsychedelicSam on the Grass City Forums.

## Introduction

*Before prohibition in the 1930s many of the medicines used were tinctures derived from cannabis. This guide is about how to make medicines and treats using cannabis in the kitchen. Cooking with cannabis can be as simple as adding cannabis oil to a box of brownies, or as complicated as a culinary masterpiece.*

*In order for the cannabis to be used in cooking, the THC and other useful compounds must first be extracted into another medium that can be used in cooking. The simplest method of extraction is to heat the cannabis in cooking oil, such as olive or coconut oil, for an extended period of time. The cannabis is then strained and the oil used in the recipe.*

*The problem with this simple method is consistent dosing. If the recipe contains two tablespoons of oil and makes 24 servings, the cookies are not going to be very potent. If that same recipe made 6 servings they might be too potent. By using a solvent transfer instead, one has much more control over potency. It is simple to calculate the number of servings in the extraction and then transfer a specific dose appropriate for the number of servings in the recipe.*

## *Table of Contents*

Introduction ..... 2
Decarboxylation ..... 4
Green Dragon Tincture ..... 6
Crema De Vie (Cuban Egg Nog) ..... 13
Agave Elixir ..... 15
"Double Whammy" Sugar Cookies ..... 17
Buttermints ..... 19
Hard Candy ..... 21
Gummy Snacks ..... 24
Chocolate Melts ..... 26
Brandied Cordial Cherries ..... 27
Roots n' All Cream ..... 29
Lip Balm ..... 32
Holy Anointing Soap ..... 33
Glossary of Terms ..... 35
References ..... 36

## Decarboxylation

*The main psychoactive compound in cannabis is known as THC. The plant does not actually produce THC, but rather the acid version referred to as THCA. When cannabis is smoked, the material is combusted. The high heat frees the acid (carboxyl group) making THC which in turn gives the psychoactive effect often sought out for recreational use. There are many medical benefits to THCA, and it can be utilized medicinally without getting the psychoactive effects. When eating cannabis, there is no combustion and the carboxyl group must be removed (decarboxylation) prior to using if the psychoactive effects are desired.*

*The simplest way to decarboxylate the cannabis is to cook it in the oven at a temperature of 240° F for 40 minutes. This temperature is low enough to prevent the vaporization of the THC, yet high enough to remove the carboxyl group. Some of the aromas and flavors (terpenes and flavonoids) are lost during this process, however when cooking with cannabis this is often desirable.*

### Directions

1. *Preheat the oven to 240° F. Use an oven thermometer to verify the temperature for best results.*
2. *Break up dried cannabis flowers to a joint rolling consistency and spread a thin layer on a cookie sheet.*
3. *Bake in a preheated oven at 240° for 40 minutes uncovered.*
4. *Allow to cool for five minutes before using.*

## Natural Decarboxylation

*Using the oven to decarboxylate the cannabis is quick and effective, but there is a cost. Cannabis contains many terpenes and flavonoids that give each strain its unique character. These terpenes and flavonoids have medical benefits as well as modulating the effects of cannabis, thus creating an "ensemble effect".*

*It is possible to decarboxylate the cannabis using time instead of heat. This preserves the terpenes and flavonoids. The Green Dragon is made according to the standard recipe, without the first step to decarboxylate the cannabis. For the reduction step, again heat is avoided. Place the Green Dragon in a Pyrex baking dish covered with cheese cloth to prevent dust and debris from falling in. A fan blowing over the dish will speed up the process. After the reduction, place the Green Dragon in an airtight container and age in the cupboard for 3-4 months. After the Green Dragon has aged, store it in the refrigerator to prevent further degradation.*

*Additionally, often a medical dose is required without the psychoactive effects. Having a Green Dragon tincture that has not been activated can be useful for daytime use.*

## Green Dragon Tincture

*The Green Dragon tincture is a cannabis extraction using ethanol. Because ethanol is a polar solvent it has a tendency to extract chlorophyll. This usually gives the tincture a green or golden color like the name suggests. Because chlorophyll is bitter, this recipe uses the freezer to limit the amount of chlorophyll picked up by the ethanol. Green Dragon can be used as is using a dropper bottle, it can be added to beverages and drank, or it can be transferred to other mediums used in recipes. Because this is an alcohol extraction, we want to use the purest alcohol we can find. We need at least 95% alcohol (190 proof) in order to be able to reduce to potent levels as well as transferring to other mediums without adding extra water. The extra water in lower proof alcohol will also pull more of the water soluble chlorophyll.*

### Recipe

**Yield:** 2 oz., 60-120 servings
**Prep Time:** 26 hours
**Cook Time:** 60 minutes

### Ingredients

- ¼ oz. (7 grams) dried cannabis flowers
- 6 oz. 190 proof grain alcohol, divided

### You will also need

- Oven thermometer (optional)
- Pint size canning jars
- Cheese cloth
- Coffee filters

## Directions

1. *Decarboxylate the cannabis as described in the decarboxylation section.*
2. *Place the cannabis in a canning jar and place the jar in the freezer for at least 24 hours.*
3. *Place the alcohol bottle in the freezer for at least 24 hours.*
4. *After 24 hours, measure and pour 3 oz. of freezing cold alcohol into the jar of cannabis and shake for five minutes.*
5. *Place jar back in the freezer for 2 hours.*
6. *Remove the jar from the freezer and shake for another five minutes.*
7. *Strain the jar through cheesecloth into a separate container, and then return the plant material to the jar in the freezer.*
8. *Filter the strained alcohol through a coffee filter to remove the fine plant material.*
9. *Pour the remaining 3 oz. of frozen alcohol in with the plant material, and then shake for five minutes.*
10. *Strain and filter as before. Optionally, save the remaining plant material for a depletion batch.*
11. *Combine the alcohol from both runs. There will likely only be 4 oz. or so due to spillage and absorption.*

## Reduction, Potency, and Dosing

*The recipe as given needs to be reduced by at least one half to increase potency. When discussing potency, there are a lot of variables that can play into THC content. Instead this guide will use the "whole plant scale". This scale tells us the amount of dried cannabis flowers used per ounce of alcohol. In the recipe given, the potency is 1.75 grams / oz. This is not a very potent dose. By reducing the volume in half to 2 oz. the potency is now 3.5 grams / oz. This is the standard potency used in the recipes unless otherwise noted. At the standard reduction, a single dose would be between 0.5-1.0 ml. So a single ounce (30 ml) of Green Dragon represents 30-60 servings or doses.*

***Caution should be used when reducing the alcohol since it is quite flammable. Open flames and smoking should be completely avoided.***

## You will also need

- *Electric heating source*
- *Double boiler*
- *Ventilation*

## Directions

1. *Setup the double boiler on the heating source under the ventilation hood.*
2. *Add Green Dragon to the double boiler.*
3. *Continue to boil the alcohol until the volume has reduced to the desired level.*
4. *Remove from heat and allow it to cool before using.*

## Depletion Batch

*The basic Green Dragon recipe is about 75% efficient at stripping the cannabis of its medicinal compounds. The recipe suggests saving the left over plant material for a depletion batch. Save this material in a jar in the freezer. Once enough material has been saved, you can make a depletion batch ideal for making the topical recipes.*

## Directions

1. *Split your material into 2-3 jars depending on amount of material, return jars to the freezer.*
2. *Place the alcohol bottle in the freezer for at least 24 hours.*
3. *In the first jar, add just enough freezing cold alcohol to cover the plant material by about one inch, and then shake for five minutes.*
4. *Strain the alcohol into the next jar, and then add additional freezing cold alcohol, just enough to cover the plant material by about one inch.*
5. *Discard the strained plant material.*
6. *Shake the next jar for five minutes, and then repeat the process for the remaining number of jars. Each time straining the alcohol from the previous jar into the next.*
7. *Filter through coffee filters and reduce as desired.*

## Solvent Transfers

*Green Dragon tincture by itself is a wonderful alternative to smoking. If taken sublingually, the effects can be felt just as fast as smoking. Using the Green Dragon is also quite stealthy as one can quickly take a dropper full and be completely medicated.*

*In order to use the Green Dragon in recipes, the cannabis may be transferred to another medium used in the recipe. When using the solvent transfer, the dosing can be controlled to match the number of servings in the recipe. For example, a cookie recipe calls for one cup of butter and makes 3 dozen cookies. Since we know that each ounce of Green Dragon is about 20-30 servings, we can use one ounce of Green Dragon to make these cookies.*

*This guide uses solvent transfers to agave nectar, honey, corn syrup, and coconut oil.*

## Ingredients

- *Green Dragon*
- *Transfer medium*

## You will also need

- *Electric heating source*
- *Double boiler*
- *Ventilation*

## Directions

1. Setup the double boiler on the heating source under the ventilation hood.
2. Determine the appropriate amount of Green Dragon for the number of servings. If the amount of Green Dragon is greater than the medium used in the recipe, reduce the Green Dragon first.
3. Measure an equal portion of the medium to transfer to. If the recipe calls for more, dilute it after the transfer by mixing it with more medium to make the correct volume.
4. Add the medium to the double boiler and maintain a temperature of 180°-200° F.
5. Add the Green Dragon to the medium.
6. Continue to heat at 180°-200° F, stirring occasionally until the alcohol evaporates and the original volume is reached.

## Sugar Transfer

*The solvent transfer relies on the ability to heat the medium up to 180° F for an extended period of time until the alcohol evaporates. A similar transfer can be used to infuse granulated sugars (cane, beat, or palm). It will also work with the sugar substitute sucralose as well.*

## Recipe

**Yield:** 1 cup, 16-32 servings
**Prep Time:** 5 minutes
**Cook Time:** 10-15 minutes

## Ingredients

- 1 oz. Green Dragon
- 1 cup sugar

## Directions

1. Preheat the oven to 200° F.
2. In a small bowl, combine sugar and Green Dragon.
3. Stir until sugar is thoroughly and evenly coated. The alcohol will not dissolve the sugar.
4. Place the sugar in the bottom of baking dish.
5. Bake for 10-15 minutes or until the sugar feels dry. Stir frequently to prevent browning.
6. If necessary, re-granulate the sugar by pressing it through a mesh strainer with the back of a spoon.

## Crema De Vie (Cuban Egg Nog)

*This is the simplest infusion recipe in the guide. The Green Dragon is simply added to an alcoholic mixed drink and enjoyed. The combination of the alcohol and the Green Dragon can pack quite a punch, perfect for surviving the holidays. This egg nog recipe included is a family tradition, but any store bought egg nog will do.*

### Recipe

**Yield:** 24 oz., 20-30 servings
**Prep Time:** 5 minutes
**Cook Time:** 20 minutes

### Ingredients

- 1 oz. Green Dragon
- 1 cup sweetened condensed milk
- 1 cup rum
- 1 cup simple syrup
- 2 egg yolks*
- 2-3 cinnamon sticks

### Directions

1. Mix ingredients in a bottle and place in the refrigerator for 2-3 days.
2. Store in the refrigerator.

## Simple Syrup

*Makes two cups of simple syrup.*

### Ingredients

- *2 cups sugar*
- *1 cup water*
- *1 lemon rind*
- *1 cinnamon stick*

### Directions

1. *Mix ingredients in a sauce pan and bring to a boil.*
2. *Remove from the stove and let cool.*
3. *Discard lemon rind and cinnamon stick.*

## Safe Egg Yolks*

*The original uses the egg yolks raw. To make them safe do the following:*

### Directions

1. *Mix all ingredients except for egg yolks.*
2. *In a double boiler, combine ¼ Cup of the mixture with egg yolks.*
3. *Heat gently to 140° F for 3 ½ minutes while constantly stirring.*

## Agave Elixir

*The Green Dragon can be used on its own as a tincture, but the alcohol tends to burn under the tongue when taken sublingually. This agave elixir is ideal for sublingual dosing for symptoms such as nausea and migraines. It can be used sublingually, in recipes, or even mixed into drinks. This recipe demonstrates the basic principle of the solvent transfer, but uses a slightly higher heat to get the cannabis oil completely into solution.*

### Recipe

**Yield:** 1 oz., 20-30 servings
**Prep Time:** 5 minutes
**Cook Time:** 60-120 minutes

### Ingredients

- 1 oz. Green Dragon
- 1 oz. Agave Nectar
- Candy flavoring (optional)

### You will also need

- Electric heating source
- Double boiler
- Ventilation

## Directions

1. *Setup the double boiler on the heating source under the ventilation hood.*
2. *Add the agave nectar to the double boiler and heat to 200° F.*
3. *Add the Green Dragon to the double boiler.*
4. *Continue to heat mixture at 200° F, stirring occasionally until the mixture is reduced back down to 1 oz.*
5. *Optionally, add candy flavoring to taste.*
6. *Store in an airtight container at room temperature.*

## "Double Whammy" Sugar Cookies

*These cookies use two different transfers to give them a time release effect. The sugar is infused and begins to metabolize quickly. By the time the body is done metabolizing the sugar, the lipids begin to be metabolized by the liver. The effects of these cookies should act fast and last for several hours.*

### Recipe

**Yield:** 3 dozen, 40-60 servings
**Prep Time:** 30 minutes
**Cook Time:** 6-8 minutes

### Ingredients

- 2 oz. Green Dragon
- 1 cup coconut oil
- 1 cup sugar
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract
- 1 egg
- 2 teaspoons baking powder
- 3 cups flour

### You will also need

- Cookie cutters
- Frosting and sprinkles (optional)

## Directions

1. *Transfer 1 oz. of Green Dragon into 1 oz. of the coconut oil, then mix with the remaining coconut oil.*
2. *Transfer 1 oz. of Green Dragon into the sugar.*
3. *Preheat the oven to 350° F.*
4. *In a mixing bowl, combine coconut oil and sugar until smooth, at least 3 minutes.*
5. *Beat in extracts and egg.*
6. *In a separate bowl, combine baking powder with flour and add a little at a time to the wet ingredients. The dough will be very stiff. If it becomes too stiff for your mixer, turn out the dough onto a countertop surface. Wet hands and finish off kneading the dough by hand.*
7. *Divide into workable batches, roll out ¼ inch thick onto a floured surface and cut.*
8. *Bake at 350° F for 6-8 minutes. Let cool on the cookie sheet until firm enough to transfer to a cooling rack.*
9. *Optionally, decorate with frosting and sprinkles.*
10. *Store in an airtight container at room temperature.*

## Buttermints

*Not only do these buttermints satisfy cravings for sweets, but they also fill you up with healthy, blood-sugar-balancing fats. With the addition of cannabis infused honey, these treats may give you the munchies rather than satisfy them. Alternately, ½ cup of infused coconut oil can replace ½ cup of butter to make a "double whammy" version.*

### Recipe

**Yield:** 64 small buttermints, 30-60 servings
**Prep Time:** 10 minutes
**Cook Time:** 0 minutes

### Ingredients

- 1 oz. Green Dragon
- 3 tablespoons honey
- 1 cup butter, softened
- ¼ teaspoon peppermint extract
- Pinch of salt

### You will also need

- Parchment paper
- Disposable pastry bag or zip-top bag
- Pastry tip (optional)

## Directions

1. Transfer 1 oz. of Green Dragon into the honey.
2. Mix ingredients together in a small mixing bowl.
3. Scoop mixture into disposable pastry bag or zip top bag. Use a metal tip, or just cut the end off of the bag.
4. Squeeze bite sized buttons onto a baking sheet lined with parchment paper.
5. Place in the refrigerator until firm, about 2 hours.
6. Store in an airtight container in the refrigerator.

## "Double Whammy" Version

Since the coconut oil is softer than the butter, it will be too soft to use the pastry bag. Instead spread in an even layer on a baking sheet and cut after it firms up in the refrigerator for a while.

## Directions

1. Replace ½ cup of butter with ½ cup of coconut oil
2. Transfer 1 oz. of Green Dragon into 1 oz. of the coconut oil, then mix with the remaining coconut oil.
3. Transfer 1 oz. of Green Dragon into the honey.
4. Mix ingredients together in a small mixing bowl.
5. Spread in an even thin layer onto a baking sheet lined with parchment paper.
6. Place in the refrigerator until firm, about 2 hours, and then cut into little squares.
7. Store in an airtight container in the refrigerator.

## Hard Candy

*Not only are hard candies a tasty way to medicate, they are a great for buccal or sublingual dosing. By sucking on the candy without chewing, the THC enters the blood stream through the mouth tissue within a few minutes. The effect is similar to smoking because the THC is not metabolized in the liver.*

### Recipe

**Yield:** 1 cup, 60-120 servings
**Prep Time:** 5 minutes
**Cook Time:** 20-30 minutes

### Ingredients

- 2 oz. Green Dragon
- 1 cup Sugar
- 1/3 cup light corn syrup
- 6 tablespoons filtered water
- Food coloring
- ½ dram (½ teaspoon) candy flavoring
- 2 teaspoons citric acid (optional)
- Sherbet powder or confectioners' sugar (optional)

### You will also need

- Parchment paper
- Candy thermometer
- Candy molds (optional)

## Directions

1. *Reduce the Green Dragon down to ½ oz.*
2. *In a thick bottomed sauce pan, add sugar, corn syrup, and citric acid (if making sour candies).*
3. *Stir over a medium heat until sugar is dissolved.*
4. *Insert candy thermometer and bring to a boil without stirring.*
5. *Once the sugar solution starts to boil, add the desired food coloring.*
6. *Continue boiling until thermometer reads 300° F.*
7. *Remove from heat and wait for bubbling to stop.*
8. *Add candy flavoring and Green Dragon while stirring. Make sure not to inhale the fumes as the alcohol quickly evaporates.*
9. *Quickly pour into candy molds or pour onto a parchment paper lined pan.*
10. *Allow to cool, then remove from molds or break into bite size pieces.*
11. *Optionally, coat them with sherbet powder or confectioners' sugar.*
12. *Store in an airtight container at room temperature.*

## Sherbet Powder

### Ingredients

- 4 tablespoons confectioners' sugar (sifted)
- 2 tablespoons citric acid
- 1 tablespoon baking soda

### Directions

1. Combine ingredients in a food processor and process until very fine.
2. Store in an airtight container at room temperature.

## Gummy Snacks

*These healthy gummy snacks are sweetened with freshly squeezed juices or pureed fruits and cannabis infused honey. You can make these snacks in any flavor by using different combinations of freshly squeezed juices and pureed fruits.* ***Do not use pineapple – it contains enzymes that break down gelatin so it will not set properly.***

### Recipe

**Yield:** 2/3 cup, 60-120 servings
**Prep Time:** 10 minutes
**Cook Time:** 20-30 minutes

### Ingredients

- 2 oz. Green Dragon
- 1 tablespoon honey
- ½ cup fresh squeezed fruit juice or pureed fruits
- 1 ½ teaspoon fresh squeezed lemon Juice
- 4 ½ teaspoons unflavored gelatin

### You will also need

- Silicone mold (optional)
- Sorbet powder (optional)

## Directions

1. *Reduce Green Dragon down to ½ oz.*
2. *Transfer the reduced Green Dragon to the honey.*
3. *Combine the remaining ingredients except for the gelatin in a small sauce pan over medium-low heat. Stir with a whisk.*
4. *Slowly whisk gelatin into the mixture, stirring constantly to avoid any lumps.*
5. *Continue heating until the gelatin is completely melted. (The mixture should have a smooth glassy consistency when the gelatin is all melted.)*
6. *Place silicone mold on a cookie sheet, and then pour in the mixture and place in the freezer for 20-30 minutes.*
7. *Pop gummy snacks out of the mold.*
8. *Optionally, coat in Sorbet powder (see Hard Candy recipe).*
9. *Store in an airtight container in the refrigerator.*

## Chocolate Melts

*These chocolate melts are so easy to make yet taste so good! Using microwaveable chocolate instead of the double boiler makes it even easier than ever. Not only that, but you can use white chocolate or mint flavor; you could even fold in some nuts!*

### Recipe

**Yield:** 30 candies, 30 servings
**Prep Time:** 5 minutes
**Cook Time:** 20 minutes

### Ingredients

- 1 oz. Green Dragon
- ½ oz. coconut oil
- ¼ pound chocolate confectioners' coating.

### You will also need

- Candy molds
- Double boiler

### Directions

1. Reduce Green Dragon down to ½ oz.
2. Transfer the reduced Green Dragon to the coconut oil.
3. Using a double boiler (or the microwave if using microwavable chocolate) melt the chocolate.
4. Stir in the infused coconut oil.
5. Pour in molds and place in the refrigerator for 10 minutes.
6. Pop out of the molds.
7. Store in an airtight container in the refrigerator.

## Brandied Cordial Cherries

*Another family recipe, these brandied cordial cherries are sure to be a favorite Christmas treat. This is another "double whammy" recipe. Using the mold is optional, but recommended. If not using the molds use cherries with stems and chilling the dough and cherries until firm. The cherry can then be dipped in chocolate and placed on parchment paper to cool. Using the Chocolate Melts recipe, you could even infuse the chocolate coating for a "triple play"!*

### Recipe

**Yield:** 36 cherries, 30 servings
**Prep Time:** 30 minutes
**Cook Time:** 60 minutes

### Ingredients

- 2 oz. Green Dragon
- 36 maraschino cherries
- 1 oz. corn syrup
- 1 oz. coconut oil
- 2 oz. brandy
- 1 cups confectioners' sugar (sifted)
- ½ pound chocolate confectioners' coating.

### You will also need

- Double boiler
- Cordial cherry mold

## Directions

1. Drain cherries and in a small bowl or glass combine with 1 oz. of Green Dragon and 2 oz. brandy.
2. Allow to soak for 2-3 days (the longer the soak, the more flavors they will pick up).
3. Drain cherries and set on paper towels to dry.
4. Using a solvent transfer, transfer the remaining juice to the corn syrup. Like the Agave Elixir, use a slightly higher heat to get the cannabis oil completely into solution and drive off the remaining water.
5. Transfer 1 oz. Green Dragon to the coconut oil.
6. In a medium bowl, combine corn syrup and coconut oil until smooth. Stir in confectioners' sugar and knead to form dough.
7. In a double boiler, melt the chocolate. Alternately, use microwaveable chocolate coating and melt in the microwave.
8. Brush the inside of the mold and then refrigerate for 10 minutes.
9. Wrap each cherry in dough and drop into refrigerated molds.
10. Cover over with chocolate, and then refrigerate for 10 minutes more.
11. Let stand for 1-2 weeks before eating so the dough can liquefy.

## Roots n' All Cream

*The roots of the cannabis plant are often overlooked when making extractions because they lack psychoactive compounds. The roots however do have other compounds that offer medical benefits. This all-purpose cream uses simple oil extractions from the roots, stems, and leaves. By adding the Green Dragon made from flowers, we now have a whole plant extraction "Roots n' All".*

### Recipe

**Yield:** 4-5 oz.
**Prep Time:** 10 minutes
**Cook Time:** 60 minutes

### Ingredients

- 1 ½ oz. Green Dragon (using a depletion batch is recommended)
- ½ oz. coconut oil
- 3 oz. cannabis root infused coconut oil
- 1 Tablespoons cannabis stem infused olive oil
- 1 tablespoons cannabis leaf infused grape seed oil
- 32 grams bee's wax
- Essential oils (optional)

### You will also need

- Double boiler

## Directions

1. *Reduce Green Dragon to ½ oz.*
2. *Transfer reduced green dragon into ½ oz. coconut oil.*
3. *In the double boiler, combine the oils and heat gently to about 130° F.*
4. *Add bee's wax and continue stirring until dissolved.*
5. *Turn off heat and remove the inner pot.*
6. *Continue stirring until it starts to cool and gel up.*
7. *Optionally, add any essential oils at this time.*
8. *Continue stirring until peaks form like beating egg whites or whipping cream.*
9. *Pour into containers and allow the cream to cool fully.*

## Simple Oil Extraction

*This simple extraction is useful for a base for topical recipes. Different oils can be infused with different parts of the plant to create new and unique blends.*

### Ingredients

- *1 cup dried cannabis roots, stems, leaves, and/or flowers*
- *1 cup cooking oil, such as olive oil or coconut oil*

### You will also need

- *Crockpot with lid*
- *Cheese cloth*

### Directions

1. *Combine dried cannabis with cooking oil in crock pot.*
2. *Keep on low heat for 12-24 hours, stirring occasionally.*
3. *Strain cooking oil and discard left over plant material.*

## Lip Balm

*Lips are extremely susceptible to drying out, especially in the winter. With this recipe, you not only get relief from dry chapped lips, but also the healing benefits of cannabis.*

### Recipe

**Yield:** 3 oz., about 12 0.25 oz. containers
**Prep Time:** 5 minutes
**Cook Time:** 20 minutes

### Ingredients

- 1 oz. Green Dragon (using a depletion batch is recommended)
- 3 oz. oil (sweet almond, coconut, avocado, etc.)
- 10 grams coco butter
- 14 grams bee's wax
- A few drops flavoring oil such as peppermint

### You will also need

- Double boiler

### Directions

1. In a double boiler, combine oil and coco butter until melted.
2. Add bee's wax and continue to heat until completely melted, stirring occasionally.
3. Remove from heat and, optionally, add a few drops of flavoring oil.
4. Pour into containers while still warm, and then allow the lip balm to cool.

## Holy Anointing Soap

**22** Then the LORD said to Moses,
**23** "Take the following fine spices: 500 shekels of liquid myrrh, Half as much (that is, 250 shekels) of fragrant cinnamon, 250 shekels of fragrant cane,
**24** 500 shekels of cassia – all according to the sanctuary shekel – and a hin of olive oil.
**25** Make these into a sacred anointing oil, a fragrant blend, the work of a perfumer. It will be the sacred anointing oil…
**30** "Anoint Aaron and his sons and consecrate them so they may serve me as priests."
Exodus 30, verses 22-30

*Lye and additional fat are added to this ancient recipe to make a fragrant and vitalizing soap.*

### Recipe

**Yield:** *3 cups, about 10 bars of soap*
**Prep Time:** *30 minutes*
**Cook Time:** *60 minutes*

### Ingredients

- *3 oz. Green Dragon (using a depletion batch is recommended)*
- *¾ cup cool water – use distilled or filtered water*
- *¼ cup lye – 100% sodium hydroxide*
- *2/3 cup cannabis root infused coconut oil*
- *2/3 cup cannabis stem infused cup olive oil*
- *2/3 cup cannabis leaf infused grape seed oil*
- *4 ml cinnamon bark essential oil*
- *4 ml cinnamon leaf essential oil*
- *2 ml liquid myrrh essential oil*

## You will also need

- Crock pot
- Stick blender
- Soap mold (optional)

## Directions

1. Pour water into quart canning jar. Slowly add the lye and stir until dissolved. **Remember to wear long sleeves, use gloves, and wear a mask.**
2. Add oils to crock pot then cook on low until oil is hot, you can start it on high to get it going.
3. Once the oil is hot, you can add the lye.
4. Stir by hand for five minutes, and then use a stick blender to bring it to a light trace. A light trace is more like pancake batter. Thick, but not like pudding.
5. Once it gets to a light trace, cover it and walk away. **Don't stir it!**
6. After about 20 minutes, there will be some bubbling on the sides and it will start to boil (sort of).
7. After approximately another 20 minutes it will expand more and start to curl in on itself.
8. Turn off the heat, then add about ¼ cup water and mix it in until it starts to smooth out.
9. After it gets smoothed out, add the essential oils.
10. Pour into the soap molds, or parchment lined loaf pan, and cover with parchment paper. Let sit for 24 hours.
11. After 24 hours, take it out of the molds and cut. Set on some parchment paper to cure for a week or so.

## *Glossary of Terms*

decarboxylation, decarboxylate *The process or act of removing the carboxyl group from a compound.*

depletion batch *A batch of Green Dragon made with the saved plant material from multiple previous runs, typically used to make topical recipes.*

double whammy *A recipe that contains two cannabis infusions of different mediums, typically with a different metabolic rate of digestion.*

Green Dragon *A cannabis extraction using ethanol alcohol.*

solvent transfer *The act of transferring an solvent based extraction to another medium.*

whole plant scale *A measure of potency where the total amount of dry cannabis is divided by the volume, typically grams / oz.*

## References


1. PsychedelicSam (2012, September 4). "Another Tincture Thread – Try it, Youll like it" [Web forum thread]. Retrieved from http://forum.grasscity.com
2. Kelso (2011, May 16). "Lemonheads" [Web log post]. Retrieved from http://kelsoscandydish.blogspot.com
3. Katrina (2011, December 29). "Best Sugar Cookie Recipe Ever" [Web log post]. Retrieved from http://www.inkatrinaskitchen.com
4. G, Lauren (2014, January 14). "Buttermints: A Healthy Way to Stop Sugar Cravings" [Web log post]. Retrieved from http://empoweredsustenance.com
5. LorAnn. "#1 Hard Candy Recipe (standard batch) [Web recipe]. Retrieved from http://www.lorannoils.com
6. Jabs, Betsy (2014, March 10). "Homemade Gummy Bears: A Healthy Snack Idea" [Web log post]. Retrieved from http://www.diynatural.com
7. Maslowski, Debra (2014, March 14). "The Secrets of How to Make Soap in a Slow Cooker" [Web log post].
8. Skunk Pharm Research, LLC (2012, April 9). "Holy Annointing Oil and Holy Shit" [Web log post]. Retrieved from http://skunkpharmresearch.com

## Notes