



Saffron Risotto

Serves 6

INGREDIENTS

- 6.5 cups broth
(chicken or vegetable)
- 4 tablespoons unsalted
cannabutter
- 1 medium onion, minced
- 2 cups arborio rice
- 1/4 teaspoon saffron threads
- 1 cup dry white wine
(or nouilly prat vermouth)
- 1 cup parmigiana reggiano,
grated

DIRECTIONS

- Bring broth to simmer over medium heat.
- Reduce heat to low setting and keep warm.
- Melt cannabutter in a sauce pan or braising pan over medium heat; add onion and a pinch of salt and cook, stirring occasionally, until onion is soft and translucent, about 10 minutes. Add rice and saffron.
- Cook, stirring frequently, until kernel edges become transparent, about 4 minutes. Add wine and cook, stirring frequently, until wine is completely absorbed by rice, about 2 minutes.
- Add 2 cups warm broth and simmer until liquid is absorbed, about 10 minutes.
- Add more broth, 1 cup at a time, as needed to keep pan bottom from drying out, and cook, stirring frequently, until grains of rice are cooked through, 10-12 minutes. Stir in parmigiana.
- Season with salt and pepper to taste, and serve immediately.



Espresso Gelato

Serves 6

INGREDIENTS

- 1 can sweetened condensed milk
- 2 cups heavy whipping cream
- 1 shot of espresso
- 2 drops THC/CBD AMEND tincture

DIRECTIONS

- Pour the sweetened condensed milk into a large bowl and add the espresso, vanilla, and the AMEND tincture. Whip the ingredients together until well mixed. Put in the refrigerator to stay cool.
- Pour the heavy whipping cream into a chilled bowl. Whip the cream starting off with low and working up to high. Once the whipping cream starts to hold its shape stop beating.
- With a spatula fold the whipped cream into the cold flavored sweetend condensed milk. Keep folding in until it is completely mixed. Pour into freezer safe containers and freeze for at least 2-4 hours before serving. Each serving will be 3 small scoops.



Peach-Elderflower Spritz

Makes 1 cocktail
with 3 mg THC and 3 mg CBD

INGREDIENTS

- 3 oz white peach juice
- .5 oz elderflower syrup
- .5 oz orgeat (almond syrup)
- 1 dropper of AMEND 1:1
tincture

DIRECTIONS

- Stir ingredients over ice and top with tonic water
- Garnish with purple basil leaves