

CBN Tincture

INGREDIENTS

1/2 oz THC
dominant
cannabis
2 C vegetable
glycerin

COOKING TIME

4 days: 40+ hrs
with heat on

SERVES

Up to you :)

DIRECTIONS

SLOW COOKER (recommended)

- Rinse or blanch your cannabis to clean
- Pour vegetable glycerin in slow cooker
- Break in cannabis with your fingers
- Cook on low for 40+ hours -or- break up over 10 hours/day for 4 days.
- Strain after last 4-8 hours on the 4th day with fine metal sieve or cheesecloth

-or-

STOVETOP

- Rinse or blanch your cannabis to clean
- Pour vegetable glycerin in saucepan
- Break in cannabis with your fingers
- Cook on low-med (don't boil)
- Stir every 90 minutes
- Keep in pot overnight & run again in AM for 10 hours- repeat for 4 days
- Strain with fine metal sieve or cheesecloth

*Another suggestion: learn how to medicate in a jar!

RECIPES BY



Mary W

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Nebber