

{ **Suggested Cook Times** }

INGREDIENTS

DIRECTIONS

Decarboxylate in oven
Benefits: The cannabis decarboxylates at a faster rate eliminating the wait of the long cook.
220-240 *
*the higher the temp, the fast terpenes turn into gas

Long & low cook times
Benefits: the cannabis decarboxylates directly into what you're medicating, trapping more terpenes & other cannabinoid goodies in your med. Cooking long & low also reduces the temperature conserving a higher quantity of terpenes. Keep temps low-med.
Best for day:
• 8 hours: strong THC
• 20-24: THC & CBN pretty even
Best for relaxing/sleep meds:
• 24-32: strong CBN some THC
Best for sleep:
• 40+: mostly CBN for sleep
-spread out cooking over 8-10 hours per day if you don't want to cook all the hours straight.
These are merely suggestions, there are more methods available! Research or feel free to email:
info@marymedibles.com

COOK TIME

SERVES

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RECIPES BY



Mary W

RECIPES BY



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