

## Infused Butters & Oils

Cannabis infused honey and syrup is another way to create edibles simply by stirring a spoonful into your tea or drizzled over ice cream (my personal favourite!). This makes these infusions particularly handy to have on hand. Since they have a great shelf life they'll be a welcome addition to your infusions pantry.

The recipe below can be used for honey, maple syrup, agave or molasses. As always, buy the best quality ingredients you can find. To make this infusion, you will need an MCT oil (an oil derived from coconuts that remains liquid at room temperature). This gives your mixture the necessary fat the cannabinoids need for an effective infusion. You don't strain out the cannabis in this infusion either, so use crystal or kief in lieu of shake or flower.

While there are always a few different ways to make infusions, this recipe doesn't require any fancy equipment. You should have most of the items needed to get started and if you don't, they will require a minimal investment.

If you like this method of infusion, feel free to share with friends and family!

### **Let's get started!**

#### **What You'll Need**

- glass jar with lid
- stockpot
- tea towel
- silicone oven mitt or tongs
- blender
- honey or syrup of your choice
- MCT oil (ratio of 2 tablespoons to 3/4 cup of honey)
- decarboxylated crystal or kief

## **Instructions**

- Put your honey or syrup along with the MCT into the glass jar, along with the cannabis material and stir to combine. Close the jar with the lid.
- Stand the jar up in the stockpot and fill the pot with water until the water is level with the neck of the jar.
- Place the stockpot with the jar in it on high heat on your stove and bring the water to a low boil. Leave the pot uncovered.
- Let the water continue to boil for 2 hours.
- Check the water level periodically and add more water as needed to keep the liquid level with the neck of the jar.
- After 2 hours is up, lay a tea towel down on the a heat proof surface and remove the jar from the stock pot with the silicone oven mitts or tongs.
- Let it cool enough to handle.
- Pour the infused honey into a blender cup and blend on high speed for about 3 minutes to emulsify the fat and honey together.
- Transfer the honey to a glass jar or a squeeze bottle.
- Label and date your infusion.

Infused honey and syrups will easily keep up to 6 months stored in a dark spot. Since you're not straining out the cannabis in this infusion,

## **Notes**