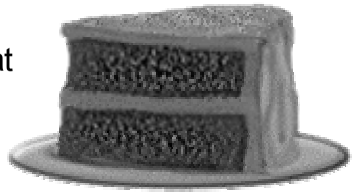
GETTING BAKED

With UKCIA - website of the Legalise Cannabis Campaigns

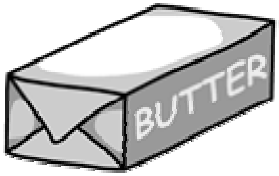
Smoking anything is almost certainly not good for you. However, there is an alternative for people who don't want to smoke but still want to enjoy the effects of cannabis. Just like ex-US President Bill Clinton, you can experience the highs of cannabis and not inhale.

The basics: THC, the main psychoactive chemical in cannabis, must be extracted into fat (e.g. butter or oil) or alcohol before eating. Below is a recipe for “bud butter”. Once you have made the butter you can use it in almost any standard recipe you wish to make cannabis cake, buns, biscuits or anything else!



Making BUD BUTTER

You need: however much butter you want; finely chopped/ground cannabis; saucepan, water, pint glass



1) Add water to saucepan and heat until boiling
2) Add butter and stir until melted
3) Add cannabis to water/butter mixture and stir
4) Allow pan to simmer for half an hour. Ensure that the pan does not boil dry. You want to end up with just under a pint of liquid in total.
5) Sieve/strain liquid into a pint glass.
6) Put pint glass in refrigerator until 2 layers form
7) The top (solid) layer is your bud butter ready to use as you wish! Discard the bottom layer.

DOSAGE?
Cannabis is not subject to any strength controls under prohibition which makes finding the right amount to use hard.

TIPS
Start low: you can always have another cake later
Wait before having more: it can take 1-2 hours for cannabis to have full effect when eaten
Don’t panic: it can be unpleasant if you have too much but it will wear off within a few hours

For more cooking tips or to share your favourite recipe visit
http://www.ukcia.org/culture/eat.php
Warning: Cooking with cannabis is currently illegal in the UK

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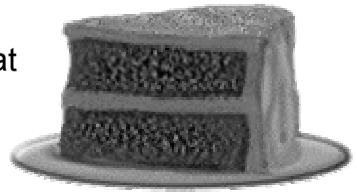

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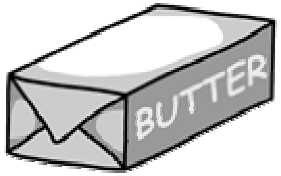

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