



BY BETHEHIPPY

PERFECT BROWNIES

_____ *and Coloring* _____
Book

1. DECARB | 2. INFUSE | 3. COOK





WELCOME TO HIPPYLAND

OUR SIMPLE GUIDE TO COOKING

Our promise is to help educate on consistent and low-dose brownies. Nobody wants to be couch-locked, nor do they want to feel "uninspired," right?

So here we are, combining our two favorite activities: making brownies and coloring while we wait.

Today, we'll guide you on precisely how much to infuse with your chosen cannabinoid (CBD, CBG, etc.), butter, and brownie mix, ensuring you achieve the exact dosage you desire.

At BeTheHippy, we prefer the 'low and slow' approach. No one should have to settle for just a bite of a brownie, nobody.

Thank you for joining our journey, and enjoy your first-ever brownie-themed coloring book.

INSIDE:

SECTION 1

Discover the simplest method to decarboxylate your cannabis without overwhelming your home with a skunky aroma.

SECTION 2

Let's infuse butter to create a smooth and easy base for crafting delicious brownies.

SECTION 3

Time to bake some brownies and, in turn, create wonderful moments with friends.

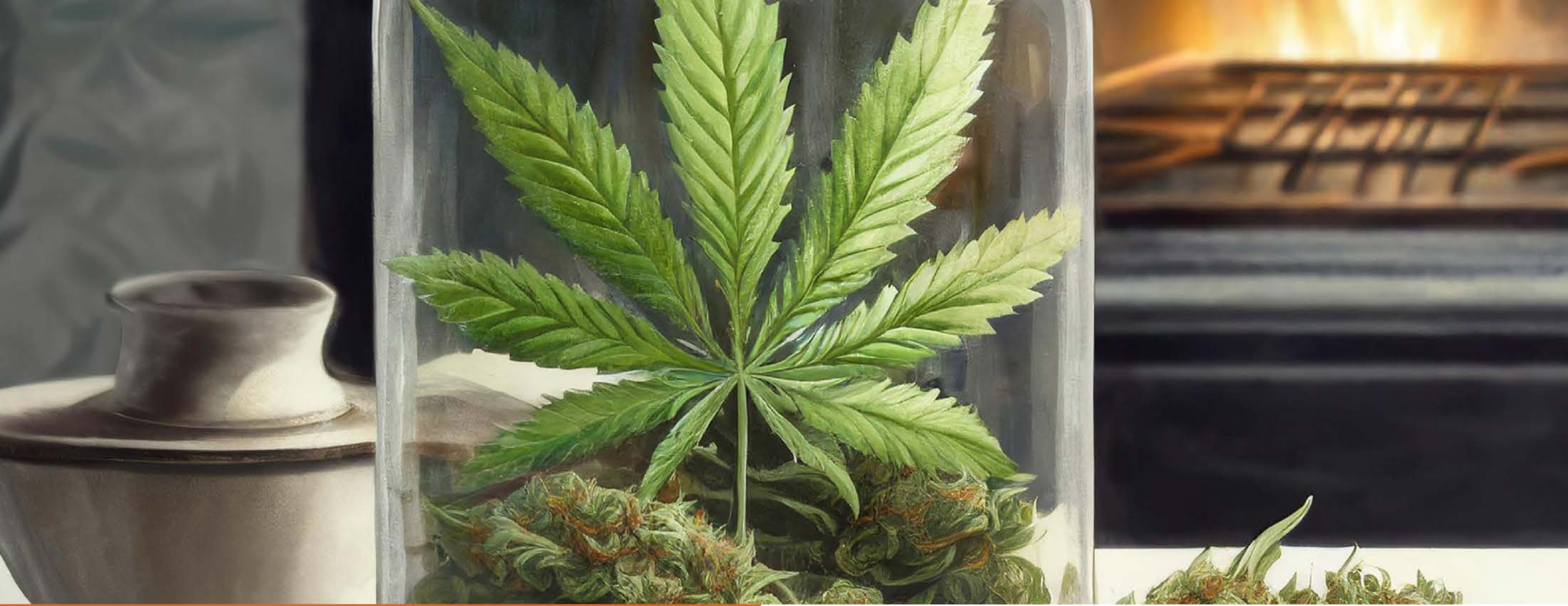
DISCLAIMER

This book is intended solely for informational and educational purposes and is not a substitute for professional medical advice. Any use of the information contained within this book is made at the reader's discretion and should be based on their own judgment after consulting with a healthcare professional.

The author, publisher, and BeTheHippy disclaim all liability for outcomes resulting from the use of this guide. It is the reader's responsibility to make informed decisions and to comply with all local laws and regulations regarding cannabis use.

Users are advised to adhere strictly to all local, state, and federal regulations regarding the possession and use of cannabis. The author and publisher are not liable for any legal consequences arising from the use of the information in this book.





DECARB



0.35 ounce



1 hour +

INGREDIENTS + EQUIPEMENT

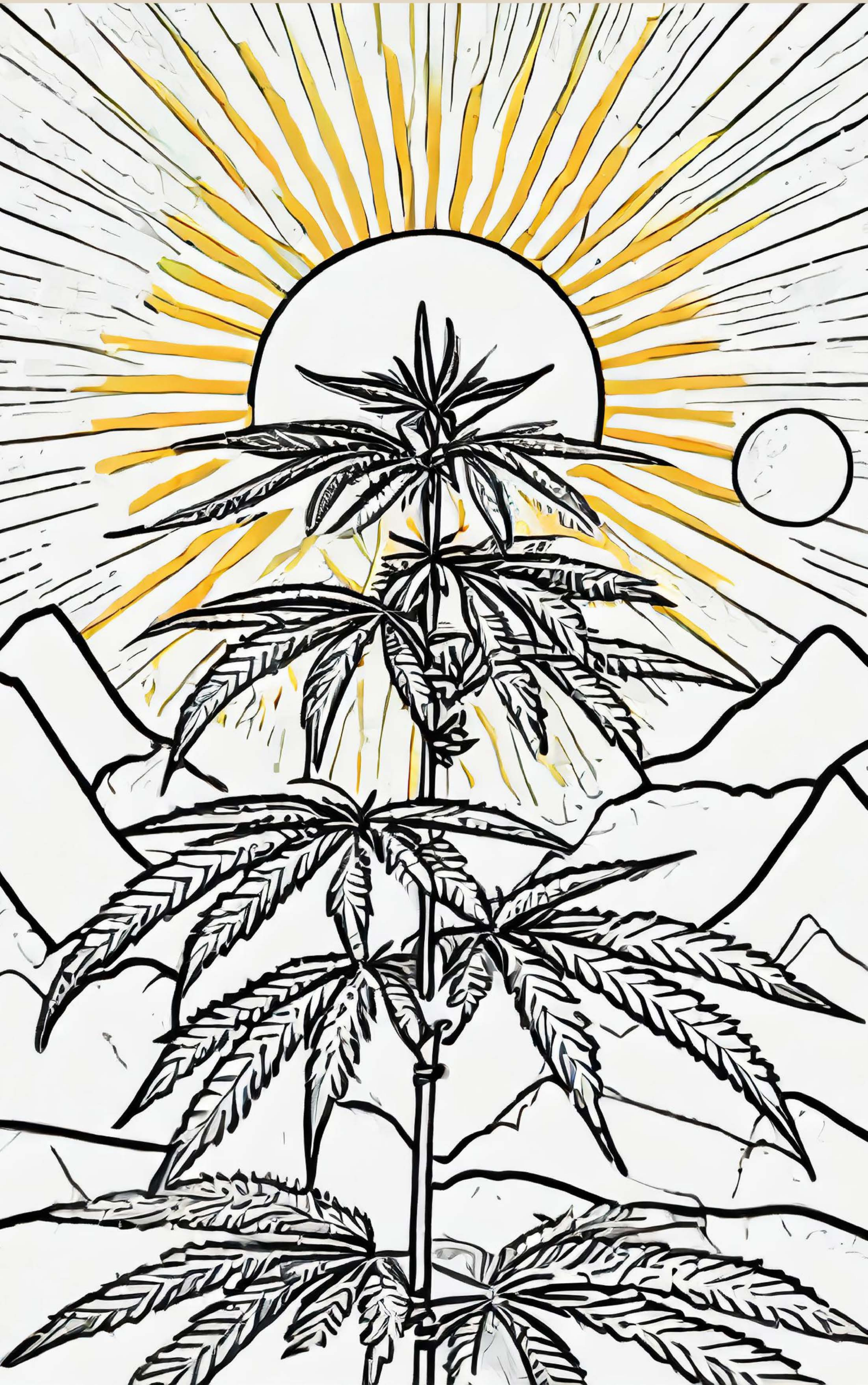
- 0.35 ounce (10 grams) Cannabis @ 18% (CBD, CBG...)
- Mason Jar and Lid
- Baking Tray
- Kitchen Towel
- Oven Glove
- Grinder

NOTES

- Keep an eye on the towel. Make sure it stays damp.
- Don't put the lid on too tight.
- Monitor through the entire process.

DIRECTIONS

1. **Set** your oven between 220 and 240 degrees Fahrenheit
2. **Break or grind** up the cannabis to the size of a grain of rice. Place in jar.
3. **Wet** a kitchen towel damp and and fold twice. Lay it in the baking sheet and put the mason jar on the towel. The damp towel will anchor the jar and reduce scorching.
4. **Place** the baking tray in the oven on the middle rack. Bake for 60 minutes. Every 15 minutes, carefully remove the mason jar from the oven with the oven gloves and give it a gentle shake to disperse the cannabis evenly.
5. **Remove** the jar from the oven after 60 minutes, and let cool for 30 minutes before storing or cooking.





INFUSE



1.5 Cups



3-5 hours

INGREDIENTS + EQUIPEMENT

- 1.5 cup Unsalted Butter
- Mason jar
- Pot or Crockpot
- Strainer (cheesecloth if you have it)
- Rubber Spatula/Spoon
- Water
- Rag (optional)

NOTES

- * Try to keep the water level the same height as the butter in the mason jar.
- ** Burp the jar when you can. Pressure may build up.

DIRECTIONS

1. **Fill** the pot* (crockpot) with water and on medium heat. (optional - place rag in the water to limit scorching).
2. **Add** butter to mason jar with decarbed cannabis.
3. **Place** standing in water bath and let cook for 3-5 hours** with light bubbles in the water. (add water as needed)
4. **Take** your jar out of the pot and let cool so it's safe to the touch, but not solidified.
5. **Line** another mason jar with a cheese cloth, remove herb butter with spatula and strain into new mason jar.
6. *Enjoy!*





BROWNIES



18 pieces



1 hour

INGREDIENTS

- 12 ounce Brownie Mix *
- 1/4 cup (4 tbsps) Cannabutter
- 1/4 cup (4 tbsps) regular butter **
- Water
- Eggs

.... all dependent on boxed recipe

NOTES

- * We used Simple Mills Mix.
- ** Recipe needed 1/2 cup of butter. So we just replace half with cannabutter

DIRECTIONS

Note: all tools and ingredients depend on the boxed recipe you purchased.

1. **Heat** oven to 375 degrees. (Check box for temp and the recipe).
2. **Mix** butters and water in large bowl.
3. **Whisk** in the eggs.
4. **Add** the baking mix from the box and stir until well combined.
5. **Pour** into 9x9 greased baking dish.
6. **Put** in oven for 18-22 minutes or until no batter when poked with a toothpick.
7. **Remove**, let cool... and
8. **Enjoy!**

D O S A G E A N D P O T E N C Y

18% cannabinoid potency (you will see this on your flowers cannister when purchased from medical distributor)

@

.35 ounce of the flower (the total we used)

+

1.5 cup butter (infused into this much butter)

= **25mg per Teaspoon** (or 1800mg for the entire 1.5 cups)

.....

Mixing 4 Tablespoons (into the entire batch)

+

18 cut brownies (total after cutting up the pan)

= **about 14mg per piece.**

See our dosage calculator at

bethehippy.com/simple-edible-dosage-calculator-cannabis-infusions/



B E T H E H I P P Y

Our fun little coloring book that includes each step to make the perfect low dose cannabis infused brownies.



Your no-nonsense, sometimes witty, cannabis knowledgeable hippy from the Midwest, hanging around Chicago these days. Learning the ins and outs of the cannabis world while learning to blog. In hopes that our lives become a little more... relaxed.

Our goal is to present information based on our experiences. Nothing copy-pasted from other sources. No doubt, we read scientific research online and have gathered quite a library on the subject. But that's just the foundation.

*From Olivia
with love*

