

THE TREEDIBLES SOCIETY



The Cozy Cookbook

*Forty Feel-Good Edibles,
Carefully Documented & Cheerfully Dosed*

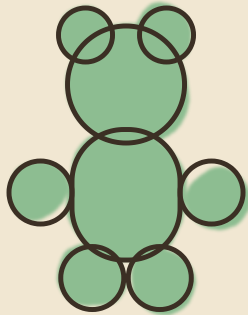


Fig. I.



Fig. II.

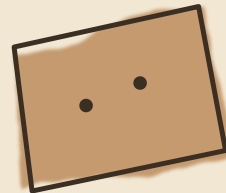


Fig. III.

a field guide to the well-made, well-measured high

ESTABLISHED MMXI · R/TREEDIBLES

A WARM WORD

You made it to the good part. For fifteen years, r/treedibles has been the internet's coziest corner for people who would rather *make* their edibles than buy a mystery gummy from a fellow named Chad. This book is that community in recipe form — forty easy-to-medium recipes written by people who have thoroughly ruined a batch of brownies so that you need not.

You will notice the headnotes ramble. This is on purpose — a loving tribute to every recipe blog that made you scroll past two thousand words about a lavender farm before revealing that yes, you do in fact require eggs. We honor the form. We also honor your time, so the moment we reach the ingredients, we cease all rambling and get to work.



*The one house rule, offered with love:
know your dose, start low, and go slow.*

Run every batch through the free TREEDIBLES calculator, take *half* of what you think you can manage, and wait two full hours. The edibles are not going anywhere. Neither are we.

*Educational & harm-reduction only. Label everything. Keep it from children, pets & the fellow who "doesn't feel anything."
Know your local laws. Never drive. Do not stack edibles upon alcohol — the dose is driver enough.*

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PLATE-WORK 1

GUMMIES & CHEWS

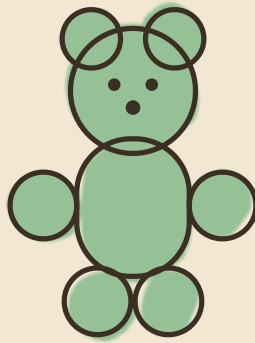


Fig. — the specimen, tinted

Everyday Bears

GUMMIES & CHEWS

I f you make one thing in this book, make these, then immediately regret telling anyone, because now they're "the gummy person's" gummies and there is a line at your door. Guard them. Name them if you must. My first batch, I left them cooling on the counter and my roommate ate what he described as "a couple" and what the empty tray described as "a felony." He was fine. He was also gone for six hours and came back with a renewed appreciation for the texture of carpet. The gateway gummy, is what I'm saying.

MAKES: ~30 BEARS · TARGET ~5 MG EACH

Warm ½ cup fruit juice on low (never boil — gelatin is a diva). Whisk in 1 tbsp flavored + 1 tbsp unflavored gelatin until glassy, then 1 tsp sunflower lecithin and your dosed canna-oil, stirring constantly so every bear is equal under the law. Dropper into silicone molds *fast*, chill 30 min, pop out.

Tip: The lecithin is the whole ballgame — it's the difference between "evenly dosed" and "one cursed bear."

First-Timer's Gummies

GUMMIES & CHEWS

I bought a gas-station GPS in 2009 that gave directions as gentle suggestions. "You could turn left," it would say, "or not, you're an adult." It got me lost exactly once, in a cornfield at dusk, and rather than recalculate it simply said, "Well. Here we are." I kept it six years out of respect. It understood the destination was never the point. These gummies are the same philosophy in candy form: gentle, low-stakes, no rush. Start here if you're new.

MAKES: ~30 GUMMIES · TARGET ~2.5 MG EACH (DELIBERATELY GENTLE)

Same method as Everyday Bears, but dose your oil *lightly* — you can always eat two next time.

Tip: First time? One gummy. Two full hours. Let the GPS be right: you're an adult, there's no rush.

Sour Patch Adults

GUMMIES & CHEWS

They're sour, then they're sweet, then you're horizontal reevaluating some choices. The name writes itself. My aunt swears the sour version "hits different" and while that is not how chemistry works, I have stopped correcting her at family functions because the last time I corrected her about anything she brought it up at Thanksgiving for three consecutive years.

MAKES: ~30 PIECES · TARGET ~5 MG EACH

Make Everyday Bears, then toss the finished gummies in a 1:1 mix of citric acid and sugar.

Tip: Citric acid is in the canning aisle, not under the sink. We learned this the interesting way.

Watermelon Wedges

GUMMIES & CHEWS

There is a produce stand on Route 9 that sells watermelons out of the same rusted truck bed every summer, run by a man who has never once told me the price and instead just looks at the melon, then at me, then names a number that feels spiritually correct. Nine dollars. Four dollars. Once, twelve, and he seemed embarrassed about it. I trust this man more than most institutions. These gummies taste like his best day.

MAKES: ~30 WEDGES · TARGET ~5 MG EACH

Everyday Bears method with watermelon juice; a drop of green + red food coloring in two layers if you want the rind look. Chill between layers.

Tip: Layered gummies need each layer *set* before the next, or you get a tie-dye situation. Which is also fine. We're not the gummy police.

Peach Rings

GUMMIES & CHEWS

My grandmother kept a candy dish of peach rings on her coffee table that were, conservatively, older than me. They were less candy and more geology. Nobody ate them; they were decorative, a still life titled Abundance. When she passed, we found nineteen more bags in a closet, unopened, purchased against a shortage that was never coming. We miss her every day. We did not keep the rings.

MAKES: ~24 RINGS · TARGET ~5 MG EACH

Everyday Bears method with peach/apricot juice, ring molds, finished in sugar.

Tip: Fresh is the point — eat these within two weeks, unlike a certain coffee-table archive.

PLATE-WORK 2

BROWNIES & BARS

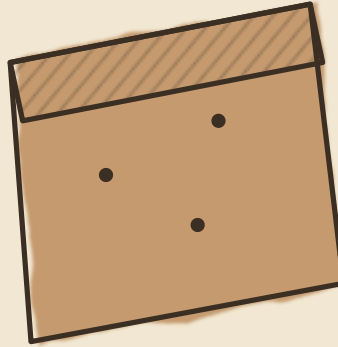


Fig. — cross-section of a fudge brownie

Sofa Surfer Fudge Brownies

BROWNIES & BARS

Fudgy, forgiving, famously hard to ruin — the trust fall of edibles. I once made these for a "chill hang" that turned into six people watching a nature documentary in complete silence for ninety minutes, occasionally whispering "look at him go" about a single determined crab. Best night of that entire year. The crab made it. We all made it.

MAKES: 20 SQUARES • TARGET ~10 MG EACH

Melt $\frac{1}{2}$ cup cannabutter + 4 oz dark chocolate low and slow. Whisk in 1 cup sugar, then 3 eggs one at a time, then $\frac{3}{4}$ cup flour + $\frac{1}{4}$ cup cocoa + a pinch of salt. Don't overmix. Bake at 350°F in a lined 8×8, 25–30 min.

Tip: Cut them *small*. Ten milligrams is a bite, not a brick.

Thurgood's Half-Baked Brownies

BROWNIES & BARS

Somewhere out there is a guy who would tell you, with total sincerity and slightly red eyes, that these are the finest brownies ever assembled by human hands. He would be correct. He would also then ask if you've ever really looked at a brownie. Don't answer. Just hand him one and let the man cook, metaphorically, because you already did the cooking, literally.

MAKES: 20 SQUARES • TARGET ~10 MG EACH

Same as Sofa Surfer. That's the joke. Great brownies don't need reinventing, they need respect.

Tip: Label and cut small. "Half baked" is the brownie's job, not your whole afternoon's.

Salted Caramel Brownies

BROWNIES & BARS

My uncle put flaky salt on everything for a year after a single trip to a "farm-to-table" restaurant that charged him forty dollars for what he described, unprompted, at every gathering, as "basically a nice toast." He was radicalized. There is no going back for him. But he was right about the salt on brownies, and I will give him that, quietly, so it doesn't start anything.

MAKES: 20 SQUARES • TARGET ~10 MG EACH

Make Sofa Surfer brownies; swirl ¼ cup warm caramel over the batter before baking, finish with flaky salt out of the oven.

Tip: Warm the caramel so it swirls instead of sitting there in a defiant lump.

Backyard Blondies

BROWNIES & BARS

There is a house on my street with the same above-ground pool it has had since roughly the first Bush administration. Every spring they fill it; every August it turns a color unknown to nature; every September a different uncle is out there with a skimmer and a beer, negotiating. I have never once seen anyone swim. I've come to suspect the pool isn't for swimming — it's a thing to gather around and quietly worry about together. Beautiful, honestly.

MAKES: 16 SQUARES • TARGET ~7 MG EACH

Melt ½ cup dosed cannabutter, whisk in 1 cup brown sugar, 1 egg, vanilla. Fold in 1 cup flour, a pinch of salt, 1 cup white chocolate chips. Bake 350°F in a lined 8×8, 20–24 min.

Field note: blondies hide their potency because they taste like pure dessert. Label them, or you become the pool uncle.

Bye, Felicia Lemon Bars

BROWNIES & BARS

Bright, tart, and gone before you can say goodbye to anyone. The recipe you bring to the function and quietly take full credit for all night.

MAKES: 16 BARS • TARGET ~7 MG EACH

Press a shortbread crust (1 cup flour, ¼ cup sugar, ½ cup dosed cannabutter) into a lined 8×8; bake 350°F, 18 min. Pour over a whisked filling of 1 cup sugar, 2 eggs, ⅓ cup lemon juice, 2 tbsp flour. Bake 20 min more. Dust with powdered sugar.

Field note: chill fully before cutting or they fall apart — and unlike Felicia, these are worth the wait.

PLATE-WORK 3

COOKIES

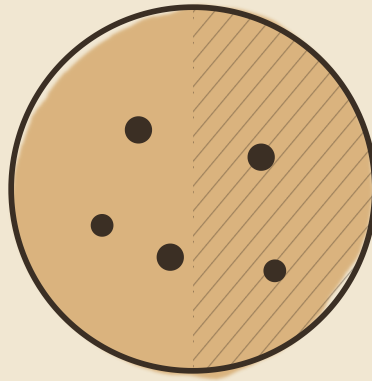


Fig. — the biscuit, in profile

Grandma's Double-Dose Oatmeal Cookies

COOKIES

My husband and I got caught in the Colorado Elk Walk last fall — the seasonal migration where the elk move through town like they hold the deed to it. One bull stepped into traffic, removed the front bumper from a parked truck, and continued on without so much as a glance back. The alarm went off for eleven minutes. A man came out in a bathrobe and simply accepted it. We think about that elk a great deal. He knew something we did not.

MAKES: 18 COOKIES • TARGET ~**10** MG EACH

Cream $\frac{1}{2}$ cup cannabutter (dosed) with $\frac{3}{4}$ cup brown sugar; beat in 1 egg + 1 tsp vanilla. Mix in 1 cup flour, $\frac{1}{2}$ tsp baking soda, 1 tsp cinnamon, a pinch of salt, then $1\frac{1}{2}$ cups oats and a fistful of raisins (or chips — we're not cops). Bake at 350°F, 11–13 min.

Field note: "Double-dose" means the whole butter is infused — check YOUR math on the calculator and cut with regular butter to land where you want.

Couch-Lock Chocolate Chip Cookies

COOKIES

Named with total honesty, because we respect you. These are for a night with zero plans and one very soft blanket.

MAKES: 16 COOKIES • TARGET ~**10** MG EACH

Cream $\frac{2}{3}$ cup soft dosed cannabutter with $\frac{1}{2}$ cup each brown and white sugar. Beat in 1 egg + vanilla. Fold in $1\frac{3}{4}$ cups flour, 1 tsp baking soda, a pinch of salt, and a heroic quantity of chocolate chips. Chill 30 min. Bake 350°F, 10–12 min.

Field note: underbake by a minute. Goopy is a personality trait, not a flaw.

Snickerdoodles

COOKIES

There is a specific smell — cinnamon and butter and warm sugar — that time-travels you directly to being nine years old and not yet responsible for anything. That's the whole pitch. That's the cookie.

MAKES: 24 COOKIES · TARGET ~7 MG EACH

Cream ½ cup dosed cannabutter + ¾ cup sugar, 1 egg, vanilla. Mix in 1½ cups flour, 1 tsp cream of tartar, ½ tsp baking soda, pinch of salt. Roll balls in cinnamon-sugar. Bake 350°F, 9–11 min.

Field note: cream of tartar is the tang that makes a snickerdoodle a snickerdoodle and not just a sad cinnamon cookie. Don't skip it.

Peanut Butter Blossoms

COOKIES

My father-in-law believes every dessert is "pretty good" and has said so, in that exact tone, at every holiday for nineteen years. He is a difficult man to impress and an easy man to feed. He ate four of these and said nothing at all, which from him is the Nobel Prize.

MAKES: 24 COOKIES · TARGET ~7 MG EACH

Cream ½ cup dosed cannabutter + ½ cup peanut butter + ½ cup each sugar. Add 1 egg, vanilla. Mix in 1¼ cups flour, ½ tsp baking soda. Roll in sugar, bake 350°F 8–10 min, press a chocolate kiss into each the moment they come out.

Field note: the dose is in the cookie, not the chocolate on top — so one cookie is one dose, kiss included.

PLATE-WORK 4

DRINKS

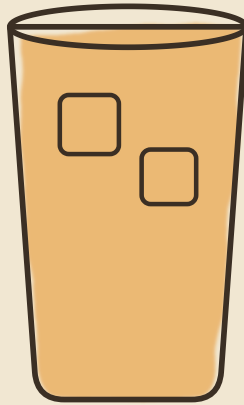


Fig. — a beverage, improved

Green Dragon Arnold Palmer

DRINKS

Half iced tea, half lemonade, all porch-swing. The drink for an afternoon with a temperature and no obligations.

MAKES: 1 GLASS · TARGET ~5 MG

Fill a glass with ice, half unsweetened iced tea, half lemonade. Stir in one measured dropper of tincture and a little simple syrup. Garnish with a lemon wheel and a sense of accomplishment.

Field note: sipping sneaks up faster than a brownie. One glass, then park it two hours.

The Dude's Abiding White Russian (Zero-Proof)

DRINKS

A creamy, coffee-kissed sipper for taking it easy. We left the vodka out on purpose — stacking booze on edibles is how a mellow night files for divorce. The dose abides just fine on its own.

MAKES: 1 GLASS · **TARGET** ~5 MG

Over ice: ½ cup cold brew, ¼ cup cream or oat milk, a spoon of simple syrup, one measured dropper of MCT tincture. Stir slow.

Field note: the fat and a good stir keep it silky and the dose even. That rug really ties the glass together.

Chai-ed & Confused Latte

DRINKS

Warm, spiced, and gently baffling. The blanket-and-a-book drink.

MAKES: 1 MUG · **TARGET** ~7 MG

Steep a chai bag in 1 cup warm milk with a spoon of honey. Whisk in dosed canna-oil or MCT tincture — the fat helps it absorb and keeps it from separating.

Field note: whisk, don't just stir. Nobody wants an oil slick on their latte.

Spiced Cider

DRINKS

Smells like the good part of autumn — the sweater part, not the raking part. Made on the stove while you stand there feeling wholesome.

MAKES: 4 MUGS · **TARGET** ~5 MG EACH

Warm 4 cups apple cider with a cinnamon stick, a few cloves, an orange slice. Off the boil, whisk in dosed oil or tincture measured for 4.

Field note: keep it below a boil once the dose goes in — hard heat cooks off the good stuff you worked for.

PLATE-WORK 5

NO-BAKE & SNACKS



Fig. — botanical specimen

Lazy Sunday Energy Bites

NO-BAKE & SNACKS

No oven, no problem, no pants required. Rolled by hand while contemplating the ceiling and the general shape of your life.

MAKES: 16 BITES • TARGET ~5 MG EACH

Stir 1 cup oats, $\frac{1}{2}$ cup peanut butter, $\frac{1}{3}$ cup honey, $\frac{1}{3}$ cup mini chips, and your dosed canna-oil into a shaggy dough. Chill 20 min so it stops being a menace, then roll into balls.

Field note: these taste completely innocent. They are not. Label the container so future-you isn't ambushed.

Cola Bottles

NO-BAKE & SNACKS

The gas station by my first apartment had a fountain machine where the cola tasted faintly of every other soda, and I have chased that exact wrong flavor my whole adult life without success. These are better than that. But that machine had something. Vision, maybe.

MAKES: ~24 BOTTLES · **TARGET ~5 MG EACH**

Everyday Bears method with cola (flat is fine, better even) as the liquid; bottle molds; finish in sour sugar if you like.

Field note: flat cola sets cleaner than fizzy — let it go sad in the fridge first.

Champagne Gummies

NO-BAKE & SNACKS

For the person who wants to feel fancy on a Tuesday. No actual champagne — sparkling grape juice does the celebrating, and you keep a clear head for the part that counts.

MAKES: ~24 · **TARGET ~5 MG EACH**

Everyday Bears method with sparkling white grape juice (let it go still first), a whisper of citric acid, coarse sugar to finish.

Field note: never boil to keep the delicate flavor — and don't add real bubbly; alcohol + edibles is a bad host.

Peanut Butter Swirl Brownies

NO-BAKE & SNACKS

My neighbor swirls peanut butter into everything as a personality. Chili. Once, a lasagna. We do not speak of the lasagna. But he was right about brownies, and I've made my peace with owing him that.

MAKES: 20 SQUARES · TARGET ~**10** MG EACH

Make Sofa Surfer brownie batter; dollop $\frac{1}{3}$ cup warmed peanut butter on top, swirl with a knife, bake as usual.

Field note: warm the peanut butter so it swirls instead of sitting there in a proud lump.

S'mores Bars

NO-BAKE & SNACKS

No campfire, no bug spray, no telling a story that gets slowly less true each summer. Just the good part.

MAKES: 16 BARS · TARGET ~**10** MG EACH

Press a graham-cracker crust ($1\frac{1}{2}$ cups crumbs + $\frac{1}{2}$ cup dosed cannabutter); layer chocolate + mini marshmallows; broil 30–60 sec until toasty. Watch it like a hawk.

Field note: the broiler turns "golden" into "charcoal" in about four seconds. Do not check your phone.

Rice Crispy Treats

NO-BAKE & SNACKS

The recipe that taught a generation that "no-bake" was a valid life path. Nostalgic, forgiving, gone in a day.

MAKES: 16 SQUARES · TARGET ~7 MG EACH

Melt ¼ cup dosed cannabutter + 4 cups mini marshmallows low; off heat stir in 6 cups crispy rice cereal. Press into a lined pan (don't compact too hard). Cool, cut.

Field note: press gently — packing them tight makes hockey pucks, and nobody wants a chewy regret.

Double Chocolate Cookies

NO-BAKE & SNACKS

Some days call for a cookie that has fully given up on subtlety. This is that cookie. It is chocolate about chocolate.

MAKES: 18 COOKIES · TARGET ~10 MG EACH

Cream ½ cup dosed cannabutter + ¾ cup sugar, 1 egg, vanilla. Mix in ¾ cup flour, ⅓ cup cocoa, ½ tsp baking soda, pinch salt, then a landslide of chocolate chunks. Bake 350°F, 10–12 min.

Field note: they look underdone when they're done — pull them at soft, they firm as they cool.

Gingersnaps

NO-BAKE & SNACKS

My great-aunt mailed these every December in a tin that had, at one point, held something else — you never knew what. The cookies always tasted faintly of the tin's former life and we loved them anyway. Possibly because of it.

MAKES: 24 COOKIES · TARGET ~7 MG EACH

Cream ½ cup dosed cannabutter + ¾ cup brown sugar + ¼ cup molasses, 1 egg. Mix in 1¾ cups flour, 2 tsp ginger, 1 tsp cinnamon, ½ tsp cloves, 1 tsp baking soda. Roll in sugar, bake 350°F 10 min for chewy, 12 for snappy.

Field note: chewy vs. snappy is entirely about the extra two minutes. Choose your fighter.

Wake & Bake Banana Bread

NO-BAKE & SNACKS

The breakfast of champions who have nowhere to be. Uses up the three sad bananas on your counter and makes the whole place smell like a hug.

MAKES: 10 SLICES · TARGET ~7 MG EACH

Mash 3 ripe bananas; mix with ⅓ cup dosed canna-oil, ½ cup sugar, 1 egg, vanilla. Fold in 1½ cups flour, 1 tsp baking soda, pinch salt. Bake 350°F in a loaf pan, ~50 min.

Field note: the name's a joke — slice it, label it, save it for a slow morning. Please don't operate anything.

Molten Lava Cakes

NO-BAKE & SNACKS

Looks like you have your life completely together. Takes twelve minutes and four ingredients you already own. We won't tell.

MAKES: 4 CAKES · TARGET ~10 MG EACH

Melt 4 oz chocolate + ½ cup dosed cannabutter. Whisk in 2 eggs + 2 yolks, ¼ cup sugar, then ¼ cup flour. Fill greased ramekins, bake 425°F for 11–12 min — edges set, center jiggly. Invert onto a plate.

Field note: the whole trick is *underbaking*. A fully-baked lava cake is just a sad muffin with impostor syndrome.

Scooby-Style Peanut Butter Snacks

NO-BAKE & SNACKS

For solving mysteries, or at least the mystery of where the last four hours went. No baking, dog-bone mold heavily encouraged.

MAKES: 16 BITES · TARGET ~5 MG EACH

Mix 1 cup oats, ½ cup peanut butter, ⅓ cup honey, mini chips, and your dosed canna-oil. Chill 20 min, roll or press into molds.

Field note: these'd make anybody do anything for a "snack." Label the tin so nobody unmasks a surprise dose.

Munchies Caramel Popcorn

NO-BAKE & SNACKS

For when the snack and the reason you want the snack are the same snack. Beautifully circular.

MAKES: ~8 CUPS · TARGET ~5 MG PER CUP

Pop 8 cups popcorn. Melt ½ cup dosed cannabutter + 1 cup brown sugar + ¼ cup corn syrup; boil 3 min, stir in ¼ tsp baking soda (it foams — that's the magic). Coat popcorn, bake 250°F 45 min, stirring every 15.

Field note: portion into cups *before* you start eating. Loose caramel corn has no concept of "one serving."

Midnight Snack Chocolate Bark

NO-BAKE & SNACKS

Ten minutes of effort, infinite fridge dignity. Snap off a piece, feel briefly like a person who has it together.

MAKES: ~16 PIECES · TARGET ~10 MG EACH

Melt 8 oz chocolate low; stir dosed oil in *off the heat*. Spread thin on parchment, scatter sea salt, pretzels, dried fruit — whatever sparks joy. Chill, snap into shards.

Field note: oil goes in off the heat, always. Scorched chocolate turns grainy and sad, and this is a bummer-free zone.

Alright, Alright, Alright Salted Caramels

NO-BAKE & SNACKS

Slow, smooth, worth the wait — the thing you make when you've got a little time and a lot of chill. Say the name in three unhurried words.

MAKES: ~36 CARAMELS • TARGET ~5 MG EACH

Boil 1 cup sugar + ½ cup corn syrup + ¼ cup water to 250°F; off heat stir in ½ cup warm cream, 4 tbsp dosed cannabutter, 1 tsp vanilla, flaky salt. Pour into a lined pan, cool, cut, wrap.

Field note: a candy thermometer is the whole game. Eyeballing hot sugar is how you learn a lesson you won't forget.

PLATE-WORK 6

CANDY

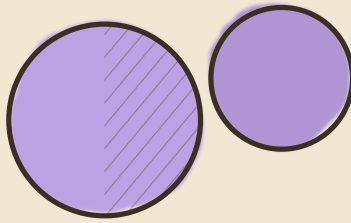


Fig. — confections, two varieties

Chocolate Truffles

CANDY

Fancy-looking, embarrassingly simple, and the fastest way to convince someone you took a class. You did not take a class. You melted chocolate and told the truth about nothing.

MAKES: ~20 TRUFFLES • TARGET ~7 MG EACH

Heat ½ cup cream, pour over 8 oz chopped chocolate, stir in your measured dosed canna-oil, chill until scoopable. Roll into balls, roll in cocoa.

Field note: cold hands, warm heart — chill the ganache fully or you're rolling chocolate soup and lying to yourself.

PLATE-WORK 7

SAVORY

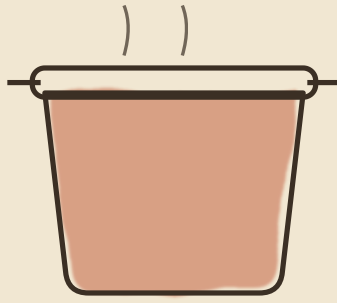


Fig. — the vessel of infusion

Sunday Sauce Rigatoni

SAVORY

My wife's grandmother made her "famous" sauce for forty years, and on her deathbed she gathered us close and whispered the secret ingredient. It was a jar of store sauce with extra garlic. Everyone wept. It remains the best sauce I've ever had. There's a lesson in there about legends being mostly confidence, but I was crying too hard to write it down.

MAKES: 4 SERVINGS • TARGET ~10 MG EACH

Warm 4 tbsp dosed cannabutter with minced garlic on low (don't brown it). Stir into a good jar of marinara (extra garlic, per Nonna), simmer 10 min, toss with rigatoni and a snowstorm of parmesan.

Field note: keep the butter warm, never hot — you did the hard work infusing it; don't cook it off in the last five minutes.

High Society Garlic Butter Pasta

SAVORY

Because not every edible needs to be dessert. Fancy enough for a date, easy enough for a Tuesday you've decided to romanticize.

MAKES: 2 SERVINGS • TARGET ~**10** MG EACH

Cook pasta. Gently warm 3 tbsp dosed cannabutter with minced garlic — low, no browning. Toss with pasta, parmesan, black pepper, a splash of pasta water.

Field note: gentle heat only. This is a recurring theme because it is the whole secret.

Infused Honey

SAVORY

The multi-tool of the pantry. Drizzle it on toast, stir it in tea, glaze a thing — and quietly know exactly how strong every spoonful is.

MAKES: ~1 CUP • TARGET SET BY YOUR MATH

Warm 1 cup honey with your dosed oil or tincture in a double boiler on low, 20–30 min, stirring. A little lecithin helps them stay friends.

Field note: honey and oil want to separate — the lecithin and a good stir keep the dose even in every spoon.

PLATE-WORK 8

BREAKFAST



Fig. — the morning apparatus

Slow-Morning Cinnamon Rolls

BREAKFAST

I bought a rocking chair at an estate sale purely for the air conditioning; the tag described it as "haunted (friendly)." I did not believe this. I also cannot explain why it rocks on its own sometimes, gently, like it's remembering something nice. We get along fine. It is three feet from me now.

MAKES: 12 ROLLS · TARGET ~7 MG EACH

Use your favorite dough (store-bought allowed here). Spread with $\frac{1}{3}$ cup soft dosed cannabutter, a heavy dusting of cinnamon-sugar, roll, slice, bake per the dough. Cream-cheese glaze while warm.

Field note: dose is spread across 12 rolls, so eat one and be honest about it. The chair is watching. Kindly.

Overnight Oats

BREAKFAST

For the person who wants to feel like they have their morning together before the morning has even happened. Assembled the night before by a more optimistic version of you.

MAKES: 1 JAR • TARGET ~5 MG

Stir ½ cup oats, ½ cup milk, a spoon of yogurt, a measured amount of dosed oil, and honey in a jar. Fridge overnight. Top with fruit in the morning.

Field note: it's a breakfast dose — plan the day around a gentle start, not a launch.

PLATE-WORK 9

FROZEN

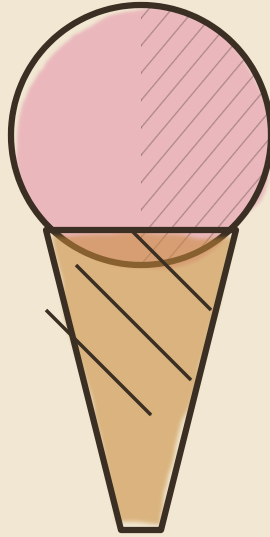


Fig. — a frozen specimen

No-Churn Ice Cream

FROZEN

No machine, no ice-and-salt ritual, no standing there cranking like a colonial child. Two ingredients, a freezer, and patience.

MAKES: ~1 QUART • TARGET ~5 MG PER SCOOP

Whip 2 cups cold heavy cream to peaks; fold in 1 can sweetened condensed milk with your dosed oil whisked in, plus vanilla. Freeze 6 hours.

Field note: stir the dosed oil into the condensed milk *first* so it distributes before folding — clumped dose is uneven dose.

Milkshake

FROZEN

The five-minute edible for a hot day and a low mood. Doubles as dessert, breakfast (no judgment), and emotional support.

MAKES: 1 BIG SHAKE • TARGET ~5 MG

Blend 2 scoops ice cream, ½ cup milk, and a measured amount of dosed oil (or use a scoop of the No-Churn above and skip the extra dose). Top with whatever.

Field note: if your ice cream is already dosed, don't *also* add oil. Double-dosing by accident is a classic rookie afternoon.



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