



HOLIDAY

# Infusion Guide

RECIPES + EVENT TIPS

WINTER 2025



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to Download



# Your Guide to Cannabis-Infused Holidays

## The holidays are here!

Whether you're navigating complicated family dynamics or planning a friendsgiving feast, this little booklet features a collection of delicious, holiday-inspired recipes plus tips for hosting a cannabis-friendly party.

**Disclaimer:** The information in this document is meant for educational purposes only. Medical decisions should not be made based on advertising. Consult a physician on the benefits and risks of particular medical products. Visit [feelstate.com](https://feelstate.com) to schedule a 1-on-1 consultation.

## Do the holidays make you anxious?

The holidays can be a stressful time for everyone, but they can be especially challenging for those of us who are navigating how to get the relief we need while in the company of people who may not understand our medicine. **Here's our advice...**

### If you need to be discreet

If you usually inhale your cannabis, consider investing in a vape pen that you can pass off as an e-cig. The odor will be lighter and dissipate more quickly than with smoking, and it's easy to step outside for a quick and discreet puff.

If inhaling anything is out of the question, consider a tincture instead; you can easily place a few drops under your tongue while in the restroom, and the effects should activate within just 5-15 minutes. Then you can re-dose as needed throughout the event.



Scan to see products recommended by our budtenders

### If you're ready to start a conversation about cannabis

If you think the people at your table are ready to learn about cannabis, review Hempsey's Tips for Approaching the Topic of Cannabis so that you can bring it up in a natural and heart-felt way. Consider printing off a few informational handouts to share with the people who want to keep learning, such as our Introduction to the 3 Types of Cannabis.



Scan to see Hempsey's Tips for Approaching the Topic of Cannabis



Scan to see our Introduction to the 3 Types of Cannabis

### If you're hosting both licensed MMJ patients and non-consumers

If you'll be accommodating other medical cannabis patients at your gathering alongside people who don't use cannabis, make sure everyone understands what's going on before they arrive with a personal text or call.

As the host, it's your responsibility to make sure everyone feels comfortable, which means setting expectations ahead of the event. Reaching out to every guest individually to explain what's going on will help them feel safe and accommodated. *Check out page 03 for our tips on how to host a cannabis-friendly holiday party!*

# How to Host a Canna-Friendly Holiday Party

Holidays can be a beautiful way to bring people together to celebrate the end of the year and connect over good food, good company, and maybe, just maybe — great cannabis.

If you're hosting other cannabis patients (or recreational users, in legal states!), here are tips on how to go the extra mile to ensure your guests have a comfortable and memorable experience.

## Always remember: Everyone's cannabis use looks different

Cannabis affects everyone differently. Don't assume that friends and family will have the same tolerance level as you, enjoy the same terpene profiles, or even use cannabis in the same way (inhaling, tinctures, edibles).

The best way to accommodate everyone is to conduct a general survey ahead of time — sometimes you simply can't know unless you ask! Depending on how personal you are with your guests, you can ask these questions casually in conversation, over text, or you could even make a Google Survey. Here are some example questions:

- What are your favorite ways to use cannabis? *Options: Edibles, tinctures, smoking, dabbing, vaping*
- Are there any products you aren't comfortable using or being around?
- Do you prefer high-THC, high-CBD, or balanced CBD:THC products?
- What's your typical dose when using edibles?

If you don't want to do a survey, consider stocking at least one option from each of the 3 different Types of cannabis, including at least one hemp CBD-only option for curious guests who haven't tried cannabis before or who don't have a legal medical marijuana card.

## Keep your edibles low-dose

Some guests may need only 5mg, while others want 20mg. It's easier and less stressful for guests to simply eat more of an item rather than trying to split a cookie or chocolate bite into even pieces.

## Designate smoking/vaping areas in advance

To avoid awkward conversations, be sure to set expectations about smoking and vaping before guests arrive so they can come prepared. Do guests need to step outside to smoke/vape? Is there one room specifically for smoking or vaping? Are you ok with guests vaping at the dinner table? Whatever your boundaries, make them clear! Here's an example text message to help you be friendly yet firm in your expectations:

*Hey friend, I'm looking forward to seeing you on Thursday! I'll have THC-infused chocolates for everyone, but please feel free to bring your own cannabis as well. Anyone who wants to smoke/vape is welcome to do so in the basement, where I'll have some pipes and lighters available. ☺ Let me know if you have any questions or concerns!*

## Label EVERYTHING with THC and CBD dosage

As the host, it's your responsibility to clearly label all cannabis products so that guests can make informed decisions. If you have homegrown cannabis without a lab-reported potency, make sure you clearly disclose that on your labels.

## Keep the cannabis separate

Chances are that not everything you serve will have cannabis. *Keep infused foods separate from non-infused foods so that no one gets mixed up as the party goes on.* If you'll have non-cannabis users, this is especially important to ensure they feel comfortable indulging in the good food without fear of it being infused.

Of course, if you have children or furry friends in attendance, make sure any infused foods (and other cannabis products) are secured well out of reach. If you're making a batch of cookies or other sweets where you plan to infuse half, consider doing something that makes them visually distinct from one another — such as icing them with two different colors or using two differently shaped molds.

As an alternative to serving infused foods, you could give your guests the opportunity to add cannabis to their own individual meal, giving them full control over their own dose. Here are some ideas on how you could do that:

- Offer an infused chocolate bar to grate over pie or other desserts
- Offer infused beverages for guests to add to their own drinks. *Superhost tip: consider mixing up mocktails then offering both complimentary alcoholic and cannabis-infused additions so that guests can create their own experience*
- Allow guests to decorate their own gingerbread, supplying both infused and non-infused gummy options
- Keep it simple by choosing edible flavors that compliment the flavors of your served desserts, such as Apple Pie

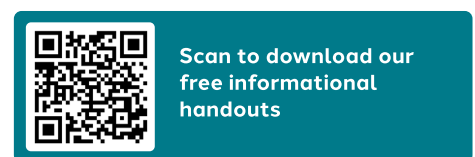
## Be prepared to educate guests

Even if someone has used cannabis before, they may not really know how to properly dose or even choose the best method of consumption for the experience they want to have. Consider printing some of our free downloads for curious guests. Our favorites are:

**Intro to Cannabis** — A comprehensive introduction to the endocannabinoid system and three major types of cannabis.

**Guide to Microdosing** — Great for helping guests find their perfect dose without taking it too far at your party.

**Methods of Consumption** — Perfect for helping guests understand the differences in onset time and length of effects for different types of cannabis products.



# Dosing with Edibles

**Remember: Edibles create more intense effects than other methods of cannabis consumption.**

Eating cannabis provides a much different experience than smoking or using it sublingually.

When cannabis is ingested, it must be processed by our liver before taking effect, and our liver converts Delta-9-THC into 11-Hydroxy-THC. *11-Hydroxy-THC's molecular structure is smaller than Delta-9-THC, which allows it to more easily enter our bloodstream and nervous system. 11-Hydroxy-THC is also able to better bind to our CB1 receptors than Delta-9-THC.*

This means that you can have a more intense psychotropic or “high” experience when you ingest cannabis than when using other methods of consumption.

## Start Low + Go Slow



Scan to download our journal pages

**It can take up to 4 hours for you to feel the effects of edibles.**

Sometimes infused foods taste so good that it can be easy to eat more THC than we intended; be sure to carefully keep track of how much cannabis is in each serving of your recipe and how many servings you consume. Use the calculation to the right to estimate how much cannabis is in your edibles.

*The calculation here can give you a good estimate of potency, but there's no way to know exactly how much THC is in your infusion. Because of this, we recommend playing it safe when dosing with homemade infusions, starting slow and documenting your experience. Use our journal pages to document your experiences!*

## Tips & Tricks

When measuring your dose, keep in mind that cannabinoids settle in oil based on their weight. To avoid some doses being more potent than others, consider:

- Cutting a vertical section from your jar of butter or other solid oil rather than scraping off the top
- Measuring solid oils into a silicon mold immediately after infusing, when the cannabinoids are still evenly dispersed throughout the oil
- Using a measured dropper for liquid oils, shaking the bottle before use

## New to edibles?

When ingesting THC for the first time, start with a microdose of 2.5mg and wait at least 12-24 hours before using more. If you didn't feel the desired effects, increase your dose by 1mg of THC each time you consume until you find your best dose.



Scan to watch our Microdosing series on YouTube

## Calculating Potency

Unless you invest in an at-home THC tester, there's no way to know exactly how potent your homemade infusion is. This calculation will give you a rough estimate of potency:

**1** Multiply grams of flower used by **1,000** to convert to milligrams (mg)

*This gives you the total mg of flower used in your infusion*

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$$3.5 \text{ grams} \times 1,000 = 3500\text{mg}$$

**2** Multiply total mg by **% THC** (or more accurately, THCA) in the flower

*This gives you the total potential mg of THC*

---

$$3500\text{mg} \times 20\% \text{ THC} = 700\text{mg}$$

**3** Multiply the total potential mg THC from step two by **90%**

*Only 75-87.7% of THCA converts into THC during decarboxylation*

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$$700\text{mg} \times 90\% = 630\text{mg}$$

**4** Divide the total mg THC by your number of **servings**

*This gives you the potency of each serving; 1 cup butter = 16 Tbsp.*

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$$630\text{mg} \div 16 \text{ Tbsp.} = 39.38\text{mg THC/Tbsp.}$$

# Cannabis-Infused Recipes

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# Simple Cannabutter

BY FEEL STATE



PREP TIME  
8 HOURS

DIFFICULTY  
MODERATE

## Ingredients

- 1 c. butter
- 3.5 g. dried cannabis flower
- double boiler or crockpot
- fine mesh strainer or cheesecloth
- digital thermometer for best results
- sealing mason jar
- scale (for weighing cannabis)

*Vegan or Dairy Allergy Tip from Chef Kristopher Nelson: You can use vegan butter or coconut oil to make your cannabutter. You can also make canna-oil using coconut oil. For true vegans, you can substitute apple sauce for eggs.*



Scan to see Our Complete Guide to Oil Infusions

## Instructions

1. Preheat your oven to 245°F and line a baking tray with parchment paper
2. Grind up and scatter your cannabis flower across the baking tray; place in oven for 20 minutes to decarboxylate
3. Add butter and decarboxylated flower to a mason jar *Note: Place a piece of wax paper on top of the jar before tightening the lid to protect your infusion from any residue on your lid*
3. Put your jar inside the basin of your double boiler or slow cooker and fill with water so that it's at least as high as the mixture in your jar
5. Allow to simmer for 4-8 hours, stirring every 30-60 minutes *Note: When using a crockpot, 4-6 hours usually does the trick; when using a double boiler, let it infuse for 6-8 hours*

*Use a thermometer to make sure the temperature stays between 180-200°F*

*Be sure to add more water to your pot as it evaporates throughout the infusion process*

6. After infusion, remove jar from water and allow it to cool to the touch
7. Strain your butter into a flat glass container *Note: Cannabinoids settle at the bottom of butter as it re-hardens, so you should always cut vertical slices to ensure consistency across doses*
8. Calculate potency (see page 02), label jar, and store in the fridge

# Canna-Bourbon

BY CHEF KRISTOPHER NELSON



PREP TIME  
49 HOURS

DIFFICULTY  
EASY

## Ingredients

- 16 oz. Bourbon (minimum)  
*Chef's Preference is Buffalo Trace or Maker's Mark*
- 3.5 g. cannabis flower  
*We recommend cultivars that are limonene-heavy*
- fine mesh strainer or cheesecloth
- sealing jar *Chef's Preference is a Ball canning mason jar*

## Instructions

1. Preheat your oven to 245°F
2. Decarb your cannabis by grinding and spreading it on a baking sheet; place in oven for 45 minutes
3. Combine whiskey and decarboxylated cannabis in your sealing jar
4. Store the jar out of the sun for 48 hours; shake it lightly 1-2 times a day *Note: The potency will increase the longer the mixture sits; if you want a stronger bourbon taste, allow to sit an additional 24 hours (for a total of 72 hours infusing time)*
5. Strain jar's contents until your alcohol has little to no cannabis particles
6. The bourbon is now ready to be used for beverages! It's the perfect addition to a Manhattan, Old Fashion, and more



Scan to see 10 Bourbon Holiday Cocktail Recipes

# Infused Hot Chocolate

BY CHEF KRISTOPHER NELSON



PREP TIME  
**20 MINUTES**  
DIFFICULTY  
**MODERATE**

## Ingredients

- 1 c. milk
- 1 tsp. unsweetened cocoa powder (Hershey's brand is the Chef's Preference)
- 1 tsp. granulated sugar
- 0.5-1.0g of ground, decarboxylated cannabis (See page 02 for instructions)
- 3-5 drops of vanilla extract
- 1 cinnamon stick
- strainer / cheesecloth

### Optional, for garnish:

- mint leaf
- whipped cream
- infused chocolate bar, grated

## Instructions

1. In a small saucepan over medium-low heat, add milk, cocoa powder, sugar, cinnamon, ground decarbed cannabis, and vanilla extract
2. Whisk until all ingredients are mixed well
3. Heat slowly, stirring occasionally. Milk should never reach a boil (Target temperature is 180 degrees)
4. Strain mixture so no particles are in the beverage
5. Pour into a festive mug, top with whipped cream, a mint leaf, and chocolate shavings. Enjoy!



Scan to browse available infused chocolate bars

# Apple Cider + Beet Shrub

BY HEMPSLEY + PEACHTREE CATERING



PREP TIME  
**5 MINUTES**  
DIFFICULTY  
**EASY**

## Ingredients

- 4 medium red beets (peeled)
- ½ c. water
- ½ c. raw apple cider vinegar, infused with cannabis (scan QR code below for instructions)
- ½ c. honey (you can substitute infused honey for infused apple cider vinegar)
- 2 tsp. freshly grated ginger
- Club Soda

## Instructions

1. Place all ingredients in a blender and pulse briefly so that all ingredients are roughly chopped
2. Pour into a large glass jar and place in fridge for 2-3 days
3. Strain mixture through cheesecloth or a fine chinois strainer
4. Store in a jar in the fridge for up to a month

## To Serve

1. Fill glass with ice
3. Add 2 Tbsp. of Shrub Liquid
4. Add 8 oz Club Soda, mix, and enjoy!



Scan to learn how to infuse apple cider vinegar with cannabis

# Chicken Enchilada Soup

BY CHEF KRISTOPHER NELSON



PREP TIME  
**2 HOURS**  
DIFFICULTY  
**MODERATE**

## Ingredients

- 1 Tbsp. olive oil infused
- 1 Tbsp. of extra virgin olive oil
- 1 large onion chopped
- 1 green bell pepper seeded and chopped
- 10 oz. enchilada sauce (1 can)
- 8 oz. cream cheese (cut into small blocks)
- 14 oz. diced tomatoes (1 can)
- 1 c. black beans, drained and rinsed
- 1 c. frozen corn kernels drained
- 2 c. chicken breasts cooked, from 1 roast chicken, chopped
- 1 c. chicken broth low sodium
- 2 green onions chopped
- 1 cup mozzarella cheese shredded

## Instructions

1. Heat the olive oil in a Dutch oven or soup pot (medium heat)
2. Cook the onion and bell pepper until the onion is soft and translucent.
3. Add the enchilada sauce
4. Cut cream cheese then whip/fold until the cheese has completely melted
5. Add the diced tomatoes, black beans, frozen corn, then stir
6. Add the chopped chicken breast and chicken broth. Stir and cook for about 10-15 minutes, stirring occasionally, just until the soup is really hot. *\*Do Not Boil this soup for too long because the cream cheese could curdle. If you find the soup is too thick, add a bit more chicken broth.*
7. Remove from heat and top with green onions and mozzarella cheese before serving

# Pumpkin Squash Soup

BY CHEF KRISTOPHER NELSON



PREP TIME  
**1-2 HOURS**  
DIFFICULTY  
**MODERATE**

## Truffle Ingredients

- 1-1½ lbs baking pumpkin (not the carving kind)
- 1 lb. butternut squash
- 3 gloves of garlic
- 1 onion, diced
- 2 Tbsp. cannabis-infused oil or cannabutter
- 1 Tbsp. grapeseed oil
- 1 tsp. cumin
- 1 tsp. ground ginger
- 1 tsp. turmeric
- 750 ml of stock of choice
- salt and pepper to taste

## Instructions

1. Preheat oven to 425°F
2. Clean pumpkin & squash (set pumpkin seeds aside for toppings)
3. Cut pumpkin and squash into cubes, drizzle with oil
4. Roast pumpkin, squash, garlic, until soft (20-25 minutes)
5. Transfer to large pot (medium heat) with infused oil
6. Add remaining spices then sauté
7. Add stock and let simmer for 10 minutes
8. Transfer to blender (for refined soup); blend until smooth and creamy
9. Transfer back to stock pot and simmer for a few more minutes
10. Top with pumpkin seeds and serve

# Biscuit Turkey Pot Pie

BY CHEF KRISTOPHER NELSON



PREP TIME  
**1 HOUR**  
DIFFICULTY  
**MODERATE**

## Ingredients

- 4 Tbsp. butter, divided
- ¼ c. flour
- 1 c. chicken stock
- ½ c. infused cream
- salt, to taste
- 1 Tbsp. fresh rosemary, chopped
- 1 Tbsp. fresh thyme, chopped
- ¼ c. chopped onion
- ¼ c. chopped celery
- 1 Tbsp. minced garlic
- 2 c. frozen mixed vegetable
- 2 c. turkey breast, cooked and shredded
- 1 can Pillsbury biscuits
- ¼ c. heavy cream, optional

## Instructions

1. Preheat oven to 375°F
2. In a 10-inch cast iron skillet, melt 4 Tbsp. of butter over medium heat
3. Add the ¼ c. of flour, and cook, stirring constantly, until smooth. (Add infused cream at this step)
4. Add the chicken stock and salt to taste; cook until stock has reduced and thickened
5. Add in the rosemary, frozen vegetables, turkey, and additional salt, then stir until fully mixed. Remove from the heat.
6. Place the biscuits on the turkey in the cast iron skillet. Brush the top of the biscuits with heavy cream butter. Bake for 20-25 minutes, until biscuits are golden brown.
7. Serve immediately and enjoy!

# Plant-Based Stuffed Peppers

BY CHEF KRISTOPHER NELSON

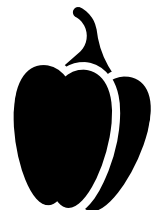
PREP TIME  
**1-2 HOURS**  
DIFFICULTY  
**HARD**

## Truffle Ingredients

- 1 pkg. plant protein of your choice  
*Chef's choice is chorizo by Beyond Meat*
- 3 c. cooked quinoa (we like multicolor quinoa)
- 1 can of green chilies (drained)
- ¼ c. black beans (drained)
- 1 c. of corn (drained)
- ½ c. diced tomatoes (drained)
- 2-3 tablespoons of chopped cilantro
- 1 tsp. garlic powder
- 1 tsp. cumin
- 1 tsp. turmeric
- ½ tsp. onion powder
- ½ tsp. Cajun seasoning
- 6 bell peppers topped and gutted clean
- salt and pepper to taste

## Instructions

1. Preheat oven to 350°F
2. Line an oven-safe pan with parchment paper
3. Mix quinoa, green chilies, corn, tomatoes, cilantro, cumin, turmeric, garlic, onion, Cajun powder, salt, pepper
4. Crumble your protein (de-case if sausages) then sauté for 4 minutes on medium heat
6. Add to quinoa mixture
7. Fill all bell peppers with protein quinoa mixture
8. Bake on center rack 25-30 minutes
9. Serve and enjoy!



# Smoked Salmon

BY CHEF KRISTOPHER NELSON



PREP TIME  
**2 HOURS**  
DIFFICULTY  
**HARD**

## Ingredients

- 1½ lb. salmon filet, pins bones removed (boneless & skinless)
- 1 Tbsp. Dijon mustard
- 1 tsp. sea salt
- 1 tsp. coarse black pepper
- 1 tsp. of paprika
- 1 tsp. of garlic powder
- 2 tsp. of cannabis-infused oil

## Instructions

1. Preheat smoker to 225°F using fruit wood
2. Clean and trim salmon (if needed)
3. Rub/brush salmon with mustard
4. Coat salmon with seasoning & infused oil
5. Smoke salmon, place on smoker and cook until the internal temperature of the salmon reaches 135°F (*inner portion should be pink and not translucent*)
6. Remove from the smoker, let sit for 10 minutes
7. Slice and serve

*The Smoked Salmon is great served with*

# Root Veggies

BY CHEF KRISTOPHER NELSON



PREP TIME  
**1-2 HOURS**  
DIFFICULTY  
**EASY**

## Truffle Ingredients

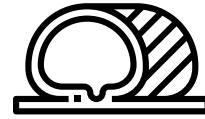
- 3 lbs. root vegetables, such as carrots, parsnips, sweet potatoes, and beets
- 1 small red onion
- ¼ c. cannabis-infused olive oil
- 1½ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- 2 Tbsp. coarsely chopped fresh rosemary leaves

## Instructions

1. Preheat oven to 425°F
2. Peel 3 lbs. root vegetables and cut them into rough 1-inch chunks
3. Cut 1 small red onion into 1-inch chunks
4. Toss all cut veggies together with infused oil
5. Place the root vegetables on a baking sheet. Evenly drizzle with ¼ cup olive oil. Spread vegetables out in an even layer.
6. Roast on middle rack in oven for 30 minutes
7. Rotate baking sheet in the oven
8. Continue to roast until the vegetables are tender and caramelized, approximately 10 to 15 minutes longer

# Beef Wellington

BY CHEF KRISTOPHER NELSON



PREP TIME

2 HOURS

DIFFICULTY

HARD

## Duxelles Ingredients

- 3 Tbsp. olive oil
- 1 shallot, roughly chopped
- 4 garlic cloves, roughly chopped
- 4 c. garbanzo beans, drained cleaned dried, finely diced food processor works best
- salt to taste (equal to pepper)
- freshly ground black pepper to taste (equal to salt)
- 1 tsp. thyme leaves
- 1 Tbsp. cannabutter

## Assembly Ingredients

- 1 lb. center cut beef tenderloin, room temperature
- sea salt
- freshly ground black pepper
- 2 Tbsp. cannabutter
- 1 Tbsp. olive oil/grape seed oil
- 1 Tbsp. Dijon mustard
- 1 sheet puff pastry, thawed if frozen
- 2 egg yolks

## Instructions for making the Duxelles

1. Add garbanzo beans, shallots, garlic, and thyme to a food processor and pulse until finely chopped
2. Add infused butter and olive oil to a large sauté pan and set over medium heat
3. Add the shallot and mushroom mixture and sauté for 8 to 10 minutes until most of the liquid has evaporated
4. Season with salt and pepper to taste then set aside to cool
5. Set out your sheet of plastic wrap (plastic needs to be about a foot and a half in length so you can wrap and tie the roast up in it) on top of your cutting board

## Instructions for preparing the beef

1. Preheat the oven to 425°F
2. Tie the tenderloin so it holds its cylindrical shape while cooking
3. Drizzle with olive oil, then season with salt and pepper and sear all over, including the ends for about 2 to 3 minutes.
4. When the beef is seared, remove from heat, cut off twine and smear lightly all over with Dijon mustard
5. Allow to cool slightly, then roll up in the duxelles covered using the plastic wrap to tie it up nice and tight
6. Roll it up tightly in plastic wrap and twist the ends to seal it completely and hold it in a nice log shape
7. Set in the refrigerator for 30 minutes to ensure it maintains its shape

## Assembly Instructions

1. On a lightly floured surface, roll the puff pastry out to about a 1/4-inch thickness. *Depending on the size of your sheets you may have to overlap 2 sheets and press them together*
2. Remove beef from refrigerator and cut off plastic
3. Set the beef in the center of the pastry and fold over the longer sides, brushing with egg wash to seal
4. Trim ends if necessary then brush with egg wash and fold over to completely seal the beef; top with coarse sea salt
5. Place the beef seam-side down on a baking sheet
6. Brush the top of the pastry with egg wash, then make a couple of slits in the top of the pastry using the tip of a paring knife
7. Bake for 40-45 minutes until pastry is golden brown and beef registers 125°F on an instant-read thermometer
8. Remove from oven and rest before cutting into thick slices
9. Garnish with minced chives, and serve with sauce and roasted veggies of your choice!

# Danksgiving Mashers

BY CHEF KRISTOPHER NELSON



PREP TIME  
**30 MINUTES**  
DIFFICULTY  
**MODERATE**

## Ingredients

- 4 lbs. russet potatoes, peeled and cut in quarters
- 2 tsp. salt
- 1-1½ c. heavy cream
- 3-4 Tbsp. cannabutter  
*Note: cannabutter can take up to 4 hours to make; remember to prep ahead of time!*
- 1-2 tsp. pepper
- ½ tsp. onion powder
- 1 tsp. garlic powder

## Instructions

1. Place the potatoes in a large pot and cover them with cold water. Add two teaspoons of salt. Bring to a boil and cook for 20 minutes, or until tender.
2. In a small saucepan, heat the cream with the cannabutter. Slowly add the rest of your dry ingredients until all blended together. *Bring to a slight boil, but do not burn.*
3. Remove potatoes from heat, drain, and place in a mixing bowl.
4. Thoroughly stir in cannabutter mixture and mash well. Add salt and pepper to taste.

# Infused Gravy

BY FEEL STATE



PREP TIME  
**15 MINUTES**  
DIFFICULTY  
**EASY**

## Ingredients

- ¼ c. fat drippings from turkey (or substitute regular butter)
- ¼ c. all-purpose flour
- 2 c. turkey or chicken broth
- salt and pepper to taste
- Cannabis-Infused Butter: 1 tbsp (adjust for potency)

## Instructions

1. In a medium saucepan, heat the fat drippings over medium heat. Add flour and whisk constantly, cooking for about 2-3 minutes until the mixture turns golden brown.
2. Slowly pour in the broth, whisking to combine until smooth.
3. Stir in the canna-butter, salt, and pepper. Continue cooking and stirring for another 3-5 minutes until the gravy thickens.
4. Serve warm over turkey, mashed potatoes, or anything you'd like to drizzle with a savory, infused touch.

# Green Bean Casserole

BY FEEL STATE



PREP TIME  
**45 MINUTES**  
DIFFICULTY  
**MODERATE**

## Ingredients

- 1 lb. fresh green beans, trimmed and cut into 1-inch pieces (or 2 cans of green beans, drained)
- 1 can (10.5 oz) condensed cream of mushroom soup
- 1/2 c. milk
- 1/4 cup fried onions, plus more for topping
- salt and pepper to taste
- cannabis-infused olive oil: 1-2 Tbsp. (adjust for potency)

## Instructions

1. Preheat oven to 350°F (175°C). If using fresh green beans, blanch them in boiling water for 3-4 minutes, then drain.
2. In a large bowl, mix the green beans, cream of mushroom soup, milk, fried onions, salt, and pepper.
3. Stir in the cannabis-infused olive oil until evenly incorporated.
4. Pour the mixture into a greased baking dish. Top with additional fried onions for a crispy finish.
5. Bake for 25-30 minutes until bubbly and golden.

# Sweet Potato Casserole with Pecan Topping

BY FEEL STATE



PREP TIME  
**45 MINUTES**  
DIFFICULTY  
**MODERATE**

## Casserole Ingredients

- 4 large sweet potatoes, cooked and mashed
- 1/4 c. regular butter
- cannabutter: 1 tbsp for a mild effect, 2 tbsp for more potency
- 1/3 c. brown sugar
- 1/2 tsp. cinnamon
- 1/4 c. milk

## Pecan Topping Ingredients

- 4 Tbsp. cannabutter, melted & cooled
- pinch of cinnamon (to taste)
- 2 tsp. maple syrup
- 1/2 tsp. milk

### Optional, for garnish:

- infused white chocolate bar, grated

## Instructions

1. Preheat oven to 350°F (175°C).
2. Combine mashed sweet potatoes with regular butter, canna-butter, brown sugar, cinnamon, and milk. Spread in a greased baking dish.
3. In a small bowl, mix the pecan topping ingredients and sprinkle over the sweet potatoes.
4. Bake for 25-30 minutes, until the topping is golden and crispy.



Scan to browse available infused chocolate bars

# Pumpkin Pie + Canna Whip Cream

BY FEEL STATE



PREP TIME  
**90 MINUTES**  
DIFFICULTY  
**MODERATE**

## Pie Ingredients

- 1 can (15 oz) pumpkin puree
- 3/4 c. sugar
- 1 tsp. cinnamon
- 1/2 tsp. ginger
- 1/4 tsp. cloves
- 2 eggs, beaten
- 1 can (12 oz) evaporated milk
- 1 unbaked pie crust

## Whip Cream Ingredients

- 1 c. heavy whipping cream
- 2 Tbsp. powdered sugar
- 1-2 tsp. cannabis-infused tincture (adjust for preferred potency)



Scan to browse available cannabis tinctures

## Instructions

1. Preheat oven to 425°F (220°C). In a bowl, mix pumpkin, sugar, cinnamon, ginger, cloves, eggs, and milk until smooth. Pour into pie crust.
2. Bake for 15 minutes, then reduce temperature to 350°F (175°C) and bake for another 40-50 minutes, until a toothpick comes out clean.
3. For the whipped cream, beat the heavy cream with powdered sugar until soft peaks form. Gently fold in the cannabis tincture.
4. Serve pie with a generous dollop of canna-whipped cream on top.

# Pumpkin Truffles

BY HEMPSLEY



PREP TIME  
**30-60 MINUTES**  
DIFFICULTY  
**EASY**

## Truffle Ingredients

- 2 c. pitted dates
- 1/2 c. almonds
- 1/4 c. almond butter
- 1/4 c. pumpkin puree
- 1 Tbsp. coconut oil  
*For extra potent truffles, use cannabis-infused coconut oil*
- 1 Tbsp. maple syrup or honey
- 2 tsp. hemp seeds
- 1 1/2 tsp. pumpkin spice
- 1 pinch salt

## Frosting Ingredients

- 4 Tbsp. cannabutter, melted & cooled
- pinch of cinnamon (to taste)
- 2 tsp. maple syrup
- 1/2 tsp. milk

### Optional, for garnish:

- infused white chocolate bar, grated



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## Instructions

1. Add all truffle ingredients, in order, to a food processor and pulse until smooth
2. Form mixture into balls; you may need to refrigerate the batter for 30-60 minutes first
3. Mix frosting ingredients and top each truffle with a dollop of frosting
4. Refrigerate truffles that aren't immediately devoured; good for one week

# No-Bake Cookie Bites

BY CHEF KRISTOPHER NELSON



PREP TIME  
**30 MINUTES**  
DIFFICULTY  
**MODERATE**

## Ingredients

- 1 box Betty Crocker *No-Bake Cookie Dough Bites* mix  
*In whatever flavor your heart desires*
- 1 stick (½ c.) butter or margarine, softened (not melted)  
*To infuse this recipe with cannabis, swap out part or all for cannabutter*
- 1 Tbsp. water
- 1/3 c. cream cheese
- 10-100mg THC-infused chocolate, depending on your desired potency
- plastic baggie for decorating

## Instructions

1. Stir *No-Bake Cookie Dough Bites* mix, butter, and water in medium bowl until it's very well blended and forms a soft dough *If the dough is sticky refrigerate 5-10 minutes*
2. Shape dough into small, 1-inch balls and place on parchment or wax paper
3. Dump *No-Bake Cookie Dough Bites* mix topping into a small, microwave-safe bowl and add a few pieces of your infused chocolate bar; be conscious of how many milligrams THC are in the pieces you add and how that will divide across your bites
4. Microwave on high 45 seconds and stir; if necessary, microwave in extra bursts of 10 seconds until melted enough to drizzle  
*CAUTION: Bowl will be hot. Note: Make sure you stir thoroughly so that the infused chocolate is combined evenly throughout the topping mix*
5. For pro-level drizzling, add the warm mixture to the corner of a plastic baggie, seal the baggie, and snip a corner — or you can just use a spoon to drizzle on top! Refrigerate until set



Scan to browse available infused chocolate bars

# Chocolate Covered Pretzels

BY CHEF KRISTOPHER NELSON

PREP TIME  
**5 MINUTES**  
DIFFICULTY  
**EASY**

## Ingredients

- 100mg THC chocolate bar (each piece is 10mg of THC)
- non-infused chocolate of choice
- 1 bag pretzels (logs work well for this, but you can try any of the medium to thick variety of twists)

### Optional, for garnish:

- chopped nuts
- sprinkles
- coconut
- crushed cookies



## Instructions

1. Add desired milligrams of THC chocolate into a small, clean microwave-safe bowl along with non-infused chocolate of choice
2. Cover and microwave on high for 45 seconds; stir until melted and pourable/dunkable. If necessary, microwave again in increments of 10 seconds to avoid burning.  
*Caution: Bowl will be hot*
3. Using tongs, quickly dip pretzels in chocolate then allow the excess to run off
4. Place dipped pretzels on cookie sheets lined with waxed paper
5. Sprinkle with chopped nuts, colored sugars or other toppings and allow to harden. *If patience is not your virtue, the refrigerator is the best place!*
6. Once hardened, remove from sheets and store in a cool location with waxed paper between layers of pretzels. *Enjoy!*



Scan to browse available infused chocolate bars

# Puppy Chow

BY FEEL STATE



PREP TIME  
**15 MINUTES**  
DIFFICULTY  
**EASY**

## Ingredients

- 1 ¼ c. semisweet chocolate chips  
*One way to infuse this recipe with cannabis is to swap out part or all of the chocolate chips for infused chocolate*
- ½ c. creamy peanut butter
- ½ stick (¼ c.) butter or margarine, softened (not melted)  
*Another way to infuse this recipe with cannabis is to swap out part or all of the butter for cannabutter*
- 1 tsp. vanilla extract
- 6 c. Rice Chex cereal
- 1 ½ c. powdered sugar

## Instructions

1. Combine chocolate chips, peanut butter, and salt in a microwave-safe bowl. Microwave on high for 45 seconds; stir, then microwave 30 more seconds. Stir until smooth.
2. Add the vanilla extract and stir again.
3. Place cereal into a large mixing bowl. Slowly add the melted mixture while gently stirring until the cereal is evenly coated.
4. Pour the coated cereal into a large plastic baggie and add the powdered sugar. Seal and shake until the cereal is well coated.
5. Serve immediately or spread the mixture onto a tray lined with parchment or wax paper cool before storing.
6. Store in an airtight container in a cool space for up to 2 weeks.



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# Apple Crisp

BY FEEL STATE



PREP TIME  
**5 MINUTES**  
DIFFICULTY  
**EASY**

## Base Ingredients

- 6 apples, peeled and sliced thinly
- 1 c. sugar
- ½ tsp. cinnamon

## Topping Ingredients

- 1 c. brown sugar
- ¾ c. flour
- ¾ c. quick oatmeal
- 1/3 c. softened butter  
*To infuse this recipe with cannabis, swap out part or all for cannabutter*

## Instructions

1. Preheat the oven to 350°F
2. Add the apples to a 10x10" baking dish.
3. Combine sugar and cinnamon; pour over apples in baking dish.
4. Add brown sugar, flour, oatmeal, and softened butter to a mixing bowl. Beat or stir until combined.
5. Spread topping over apples and bake for 45 minutes. Served warm — with ice cream!



Scan to browse available apple pairings



## Recipes Contributed by

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*Follow him on Instagram @princes\_table*

**Hempsley**

*Explore more infused recipes at [hempsley.com](https://hempsley.com)*

*Follow them on Instagram @hempsleyhealth*



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