

Healing Cannabis Brownies (Anti-Bloat, Anti-Anxiety)

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Decarb cannabis: Bake crushed buds at 240°F for 25–30 minutes.

Ingredients:

- ¼ cup **coconut oil**, infused with decarbed cannabis (see below)
- ½ cup **quinoa flour** or **almond flour**
- ¼ cup **coconut sugar** or date paste
- 1 ripe banana (for moisture and sweetness)
- 1–2 tsp **cinnamon**, pinch of sea salt
- Optional: shredded coconut or cacao nibs

Directions:

1. **Infuse coconut oil:** Gently heat decarbed cannabis in oil for 30–60 minutes on low.
2. Mix all ingredients in a bowl. Pour into a small baking dish.
3. Bake at **325°F for 20–25 mins** until edges are golden.
4. Cool and cut into **small squares** (2.5–5 mg THC per piece if possible).

Best Time:

- After fasting, or with herbal tea
- Great for **evenings**, pain, deep relaxation

Recommended Strains:

- Harlequin
- ACDC
- Cannatonic
- Granddaddy Purple
- Northern Lights