



Aunt Sandy's Medical Marijuana Cookbook: Comfort Food for Mind and Body

Sandy Moriarty

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Medical edibles have come a long way since the infamous pot brownies that were consumed with crunchy, awful-tasting leaves and stems. *Aunt Sandy's Medical Marijuana Cookbook* is a collection of recipes by cooking instructor, Sandy Moriarty, who is a professor at Oaksterdam University in Oakland Ca. Oaksterdam University has pioneered training for jobs in the booming marijuana industry.

The cookbook is retro in design and content, reminiscent of classic Betty Crocker-type comfort foods. Some of Sandy's favorites include mac and cheese, spicy buffalo wings, and scalloped potatoes.

The book visually demonstrates and reveals the process for creating Sandy's 10x Cannabutter. It includes 40 easy-to-prepare, delicious dishes from her signature dessert, Blue Sky Lemon Bars, to the Dizzy Bird Turkey with Stuffing for a festive holiday dinner. The book updates some of the classics with low-calorie, vegetarian, vegan, sugar-free and gluten-free options.

Each individual's potency level is different. The author teaches how potency can be adjusted by the amount of plant material used in the butter, oil or tincture.

The American Medical Association has now recognized the medical value of marijuana and the federal government has provided medical marijuana to selected medical patients for many years.

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Timothy Bullock:

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