



3 Easy
Cannabis Infused
Instant Pot Recipes
from ellementa.com



Cannabis Infused Instant Pot Cooking

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How to Decarboxylate in the “*Instapot*”



Here is a list of things you will need to decarboxylate cannabis your Instant Pot:

- Instant Pot
- Instant Pot bowl
- Water
- Wire rack for Instant Pot
- Cannabis flower (½ ounce or more)
- Cannabis grinder
- A quality mason jar with a lid
- Pot holder, canning tongs, or oven gloves (The jar is hot when you remove it)

Instructions:

1. Break apart your cannabis flower with a grinder until each piece is no larger than a grain of rice.
2. Put it in the mason jar and *loosely* secure the lid.
3. Put the wire rack into the Instant Pot bowl.
4. Place the upright jar inside the Instant Pot then fill the Instant Pot bowl with water until the jar is submerged halfway, but doesn't float.
5. Close the Instant Pot lid and program it to pressure cook on high for 40 minutes.
6. When the cycle completes, manually release the steam per the instructions of your particular Instant Pot model.
7. Remove the jar using canning tongs or an oven mitt and let it cool for at least 30 minutes. Conversely, you can leave the jar in the Instant Pot to cool as long as you unplug it so that it doesn't continue to “warm” your newly decarboxylated jar of cannabis flower.

And there you have it - a virtually odor-free method for decarboxylating cannabis using that wonder of kitchen technology known as the Instant Pot!

Instant Pot Cannabutter



Here is a list of things you will need:

- Instant Pot
- Instant Pot bowl
- Water
- Wire rack for Instant Pot
- Decarboxylated Cannabis Flower
- 1 to 2 sticks of butter or a cup of coconut oil
- A quality mason jar with a lid
- Pot holder, canning tongs, or oven gloves (The jar is hot when you remove it)

Instructions:

1. Melt butter or coconut oil in microwave or on stovetop.
2. Add butter and decarboxylated cannabis to the jar (do not fill to more than halfway).
3. Put it in the mason jar and secure the lid.
4. Put the wire rack into the Instant Pot bowl.
5. Place the upright jar inside the Instant Pot then fill the Instant Pot bowl with water until the jar is submerged halfway, but doesn't float.
6. Close the Instant Pot lid and program it to pressure cook on high for 20 minutes. Make sure the "Keep Warm" setting is on.
7. When the cycle completes, let the Instant Pot stay on the Keep Warm setting for 40 more minutes.
8. Remove the jar using canning tongs or an oven mitt and let it cool for at least 30 minutes. Because it's under pressure, be careful when you open it - go slow, like you would a carbonated soda that has been shaken.

Ta-Da! You now have canna butter or cannabis oil to use in any recipe you want!

Instant Pot Plant Based Caramel Sauce



Here is a list of things you will need:

- Instant Pot
- Instant Pot bowl
- 14oz can of coconut cream (you can use coconut milk but your sauce will be a bit thinner)
- 3/4 c maple syrup or brown sugar
- 1/4 cup infused coconut oil
- 1tsp vanilla
- pinch of sea salt

Instructions:

1. Combine coconut cream, maple syrup or sugar, and infused coconut oil in the Instant Pot on Saute mode.
2. Wisk until smooth and bring to a boil.
3. Let boil for 15 minutes, stirring occasionally, then turn off or unplug the Instant Pot.
4. Stir in vanilla and sea salt.

Makes about 2cups of caramel sauce, put it on everything. You can also make this plant based caramel sauce on the stove top if you like using a 2qt pot and the medium heat setting.

Instant Pot Infused Dulce de Leche



Here is a list of things you will need:

- Instant Pot
- Instant Pot bowl
- 1 cup cold water
- Small stainless steel bowl that will fit inside instant
- 14oz can sweetened condensed milk
- 3 Tbsp melted canna butter or canna oil
- 1/2 tsp baking soda
- pinch of sea salt

Instructions:

1. Combine melted canna butter or canna oil and baking soda in stainless steel bowl until well mixed. Add sweetened condensed milk. Mix well
2. Add 1c water to Instant Pot bowl and then place bowl with canna butter and sweetened condensed milk inside Instant Pot bowl.
3. Close lid and cook at high pressure for 60 minutes. Allow a full natural release.
4. Remove stainless steel bowl, use immersion blender to recombine.
5. Let Dulce De Leche cool. It will thicken as it cools.