

UNCLE AMERICA'S
MARIJUANA
COOKBOOK

By

Uncle America

Hook Creek Publishing

Nashville, Tennessee

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DEDICATION

This book is dedicated to all of the people who have ever been arrested by the misguided establishment for possession of something that God and Mother Nature have deemed good and natural.

This book is also dedicated to all the honest people left in the medical, legal, health care, legislative, judicial, law enforcement and spiritual sectors of our society who spend their time working, hoping and praying for the complete legalization of marijuana use in the United States of America.

DISCLAIMER

The content within is designed to provide information, education and entertainment in regard to the subject matter. This book is not intended to be a substitute for the advice of a physician. It is sold with the understanding that the publisher and author are not engaged in rendering medical or professional advice or services. In the event of a medical situation, Uncle America does not advocate self-diagnosis or self-medication. Always seek the services of a qualified professional if assistance is required.

The reader should also be aware that any plant substance, whether used as food or medicine, externally or internally, may cause an allergic reaction in some people. The recipes described in this book are based on experimentation and have not necessarily been scientifically or universally proven. Persons on medications prescribed by a health professional should seek advice before ingesting herbal preparations of any kind.

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INTRODUCTION

Cannabis sativa is an annual plant in the Cannabaceae family. It is a herb that has been used throughout recorded history by humans as a source of fiber, for its seed oil, as food, as a drug, as medicine, and for spiritual purposes. Each part of the plant is harvested differently, depending on the purpose of its use.

Cooking with marijuana is an art form. Eating marijuana is even more so and definitely a different way to get high. It's not the same high that you get when you smoke it. Some people say that when eaten, pot gives them an "all body high", and it can vary from mild to very freaky depending on how much cannabis is ingested. And yes, there's also that paranoia feeling that accompanies all good pot, so be prepared mentally if you're not accustomed to handling the feeling, as it can be readily present in the all body high as well. I refer to the policeman and his wife who decided, for the first time, to eat some pot brownies. Upon getting high, they became so "freaked out" paranoid, they thought they were going to die and called 911. They of course didn't die, but were very embarrassed as well as busted at the hospital a few hours later after their cannabis high wore off.

I've never heard of anyone dying from eating too much pot. Although, if someone has a heart attack while high, is it the herb or the bad heart that caused it? Possibly both. Something to take into consideration if you're

serving cannabis to your friends. In this day and age, you might consider having your guests sign a release form before they sit down to dinner. Although, that could also be considered for some people's normal cooking as well.

While experimenting with recipes over the last several decades, I've had to fluctuate the added amounts of delight when calculating the length of time that I'd like to experience the effects with the number of guests I might be entertaining with the food. But the main concern was always with the taste because that's really what makes a good recipe in the end, except with this recipe book there are now two factors to be considered being taste and affect.

I know some people who didn't have a good first experience with ingesting cannabis and therefore have stayed away from enjoying what for many has turned out to be the only truly satisfying way to partake of a most wonderful herbal delight.

Some say the body high that one gets from ingesting cannabis lasts longer yet is some how milder, while others have eaten too much and gotten totally wacked out of their brains, leaving them babbling in a corner wondering how long it will be until they come down. And yet others can't seem to eat enough, loving the complete high they're on and willing to munch for days until it's all gone at which point they head back to the cookbook to try something different.

So when it comes to ingesting, it's "To each his own" as they say. Just like smoking, some only prefer a couple of tokes while others will smoke your entire stash, bogart every joint, and clean your roaches out of the ashtray as they go out the door.

As with any cookbook, the following recipes are only a guide for you to experiment with and eventually decide what your preferences might be as to the amount of the ingredients that will be utilized. Over the years I've experimented with just about every kind of food and psychoactive ingredient that can be reasonably combined and these are some of the recipes I've come up with that have worked for my guests and I on countless occasions and I hope they work for you and yours as well.

CHAPTER ONE

MEASURING, CLEANING & PREPARATION

MEASUREMENTS

1 tablespoon = 3 teaspoons

$\frac{1}{16}$ cup = 1 tablespoon

$\frac{1}{8}$ cup = 2 tablespoons

$\frac{1}{6}$ cup = 2 tablespoons + 2 teaspoons

$\frac{1}{4}$ cup = 4 tablespoons

$\frac{1}{3}$ cup = 5 tablespoons + 1 teaspoon

$\frac{1}{2}$ cup = 8 tablespoons

$\frac{2}{3}$ cup = 10 tablespoons + 2 teaspoons

$\frac{3}{4}$ cup = 12 tablespoons

1 cup = 48 teaspoons

1 cup = 16 tablespoons

8 fluid ounces = 1 cup

1 pint = 2 cups

1 quart = 2 pints

4 cups = 1 quart

1 gallon = 4 quarts

16 ounces = 1 pound

MEASURING MARIJUANA

For culinary cannabis, I personally use "working man's weed", not the best, not the worst when cooking for just myself. I prefer to save my best stash for the bong unless I'm entertaining guests of course. For a special meal, it's only the best.

In the following recipes when calling for a certain amount of pot, to make it easy and more affordable, in the following recipes I'm talking about the uncleaned weights. You start with the "called for" amount, clean out the stems and seeds, or not, and blend or pulverize the weed into powder, or not, depending on the recipe, and then proceed with the heating preparation called for. Other recipes will call for a Tablespoon or two which could be 1/16 or a cup at which point it pretty much doesn't make sense to be weighing it.

Even great pot can be pretty stemmy and, if you blend in the stems, it can affect the overall taste of the serving. Seeds, on the other hand, in some strains have pollen on them and blend up quite nicely leaving nothing to waste. Other strains of lesser quality should have the seeds removed for the sake of taste as the seeds won't enhance the quality at all.

There are so many differing factors that come into play when measuring pot or deciding how much to add to any given recipe that the following recipes contain only suggested amounts assuming you are using a quality of cannabis that you might use when smoking or offering a

joint or pipe to a friend. I know this means nothing to non-smokers, but if you use a low grade pot in your

recipes you may end up having to eat more to reach a desired affect, or never reach it at all, the same as with smoking low grade pot.

So remember, the amounts in this book are relative to each individual's tastes and preferences.

If you happen to be using Maui Wowie or Purple Kush for any of these recipes, you may be able to cut the cannabis amounts to as much as half. After all the California dispensaries are charging top dollar which could make a batch of brownies cost a hundred dollars or more which may be fine for some people, but in different parts of our country, people are paying twenty five to forty dollars a quarter ounce for decent smoke which is fine for heating up in the pan before adding it to a batch of brownie mix. If you buy your pot in quantity, as with everything else, you'll be saving money. A quarter ounce will serve four to six people well, spreading out the cost and making it worth the effort. So, if you're paying fifty dollars an eighth for connoisseur cannabis, I trust the strain is such that it will produce the potency needed for a good batch of brownies. Just make sure you follow the preheating directions.

When measuring a given amount of pot to add to a recipe, the factors to be considered are, the quality of the cannabis, the desired affect you would like to obtain, how dry or moist the pot is, how well the texture blends, how well you blend it, what type, if any, of preheating preparation are you needing for the particular food you'll be adding it to, how many people you're serving, and of course, taste. Also the size of your guests will be a

factor as it obviously takes less for smaller people and more for larger folks to feel the affects of culinary cannabis.

For this reason, I suggest that with any of the following recipes, you try them out yourself before serving them to a dinner party of eight. And if they're just for you personally, I would suggest that you not eat the "whole enchilada" dish but start with a small portion, analyze the affect, see what works for you and go from there.

Hopefully I've taken most of the guess work out of the enclosed delights, but there will still be the question of quality which will fluctuate with the use of different strains. If utilizing these recipes with the hopes of just reaching a particular mental state as your goal, you may not notice as much of a difference in strains than if you are combining these meals with medical marijuana and looking for a desired physical affect, as some folks may be more sensitive to realizing a physical reaction than just feeling how high one might get. In other words, does it take one or two Big Bud Brownies to make the pain go away and do you hang on to the car keys for the petite little blond if she has eaten three Monsoon Macaroons.

What I have found works best for my guests and myself, when serving my Big Bud Brownies, eating one will give the average person a very mild buzz for a couple of hours. It comes on so gradually you don't know you're getting high until all of a sudden you notice that you're "there." Eating two will definitely let you know you're high and the affect will wear off just as gently as it arrived, leaving you of course... hungry for more. Most of the people I know have said that eating three was just too

much although they still say they had a great time and my larger friends can eat three without any problem. So you see..... it's all relative.

For me, the affects of eating marijuana definitely last longer than smoking it does, while producing a different high altogether. You now have the recipes that will allow you to keep things under control. Be careful with the sweets though, if you make a large quantity, it's very easy for someone to eat too many of the tasty little morsels, so I suggest you make some normal "unloaded" batches as well to pass around after everyone has indulged in a reasonable share of the marijuana tray. But don't forget that a sugar high can interfere with a cannabis high just like an alcohol high will as well.

CLEANING

When it comes to cleaning, we basically want to get rid of the stems and seeds (if any), although at times you will find some seeds with perfectly good usable pollen attached. If the recipe calls for pulverized pot, your blender may be able to make the seeds and stems disappear as far as texture is concerned. Although the ingredients of the recipe will determine if the overall taste is affected or not.

Snipping away all the stems will assure you of a clean taste and texture regardless of what kind of cannabis you're cooking with and how much you will be blending it.

If you don't have a blender at your disposal, you'll need to mash your grass with a mortar and pestle. Or, you can put your pot in a bowl and grind it with the bottom of a beer bottle. A rolling pin will also work to some degree but the idea is to grind the herb into as fine a powder as you can.

PREPARATION

As far as using the preheating technique before adding your pot to the ingredients, some say it's absolutely necessary while others know from experience that eating an unlit joint, paper and all, will definitely get you high.

There has been quite a bit of research and development, needless to say, in the assembly of this cookbook, during which I have compared the timing and affects of different recipes including the preparation techniques. I won't be specific here with the results as they would only be relative to me and my size and tolerance. I can tell you that ingesting marijuana in any form works to it's own degree. For myself, I found that eating raw uncooked pot can take longer to take affect and the duration of that affect may not last as long. Although once the affect has taken hold, depending on the strain, it may be just as strong. It has been said that warming up the pot "brings out" the TCH and somehow enhances the attributes of the herb. I'm sure there are scientists that will tell us that the amount of THC is what it is and there's nothing that will change it, but again, over the years on several occasions when we have been stuck with an ounce of less affective "smoke", we've decided to preheat it even before smoking and it always seemed to make the pot a little stronger.

So I repeat, "To each his own", as far as what you do with these recipes when considering preparation and amounts, as it's all relative as to the strain, the amount, the meal, the amount ingested, your size and your tolerance to marijuana.

PREHEATING TECHNIQUES

NEVER MICROWAVE MARIJUANA!

DRY HEATING

I suggest that after blending, regardless to what degree, you then place the dry powdered pot into a frying pan and heat it to the touch. You don't want to cook the pot and you certainly don't want to burn it. Over a medium heat as it is warming up you can place your fingers on the pot in the pan and when it starts getting too warm to touch, the pot will be sufficiently heated. Immediately clean the pot out of the frying pan into a bowl and set aside.

HEATING IN BUTTER

This can be a good technique to use if the recipe calls for butter at which time you would just add the pot when melting the butter being careful not to burn the butter or the pot. Heating the pot in butter whether in a frying pan or cooking pot will soften the pot and make it more palatable especially if you don't have a blender or aren't able to pulverize it into a flour-like texture. If you want your grass a little crispy like for oatmeal cookies or a topping to a salad you can fry it in the butter just a little longer until the right consistency is reached.

HEATING IN OIL

Heat the marijuana in a bit of olive or vegetable oil in a small frying or sauce pan at a low to medium temperature until you can smell the sweet aroma of the herb. A little longer will make your pot just a bit crispy and darker but you don't want to take the color to a toasted brown as it may be very close to burning. Remove it from the heat to cool the marijuana oil mixture down and set aside or add it immediately to your recipe. whichever is called for.

CHAPTER TWO

APPETIZERS

&

DIPS

PROUDLY GROWN IN THE USA

UNCLE AMERICA'S®

YELLOWSTONE
MELLOWSTONE™

MARIJUANA

**COMING SOON
TO A STORE
NEAR YOU**

MONTANA MEAT BALLS

3/8 ounce of marijuana
2 lbs. of hamburger
8 garlic cloves, minced fine
2 cups of blue cheese
2 eggs
2 pinches of sweet basil
1/2 teaspoon of oregano
1 medium onion, diced fine
2 slices of wheat bread

Wet slices of bread with water and squeeze the water out.

Clean and pulverize marijuana in blender then preheat with dry heat method.

In a large bowl combine all of the ingredients and mix well.

Shape ingredients into balls approximately 1 inch in diameter.

Place on cookie sheet and bake in oven at 350 degrees for 20 minutes.

Makes 36 to 40 maniacal meatballs, serving perhaps 8 to 10 people.... more or less. Pierce with toothpicks.

BIG EASY CHEESY QUICHE

1/4 ounce of marijuana
1 cup of chopped broccoli
2 cups of milk
1 cup of shredded cheese of your choice
4 eggs
1/2 cup of chopped onion
1/2 cup of Bisquick mix
1/2 teaspoon of salt
1/4 teaspoon of pepper

Clean, blend into powder and preheat marijuana with the dry heat method.

Lightly grease a 9 inch pie plate.

In a bowl, combine the broccoli, cheese and onion, mix well and spread evenly over the bottom of the pie plate.

In a bowl, combine the milk, eggs, marijuana, Bisquick, salt and pepper and blend well, then gently pour into the pie plate.

Bake at 350 degrees for 45 to 50 minutes until golden brown on top.

Check with toothpick. Let cool for 5 minutes, cut and serve hot. Makes 6 easy servings.

ZUCCINI ZINGERS™

1/4 ounce of marijuana
3 cups of grated zucchini
1/2 cup of oil
2 cups of Bisquick
1/2 cup of grated Parmesan cheese
1 clove of garlic
1/2 teaspoon of salt
1/4 teaspoon of pepper
4 eggs beaten

Clean and blend the marijuana into powder and preheat with oil method.

In a bowl, mix all the ingredients together.

Pour into a greased 13 x 9 inch baking pan.

Bake at 375 degrees for 30 minutes.

Cut into small 1 1/2 inch squares. Serve hot or cold.

Serves 6 to 8 zingees eating 6 to 8 zingers each.

HAPPY HAWAIIAN MEAT BALLS™

FOR THE MEAT BALLS

1/8 ounce of Hawaiian marijuana
1 lb. of ground beef
1 onion minced
1 egg beaten
1 teaspoon of salt
1/2 cup of bread crumbs

Clean and puree the marijuana and dry heat in pan with medium heat.

In a bowl combine the ground beef, onion, egg, salt, bread crumbs and marijuana.

Shape meat into 1 inch balls.

Place on baking sheet and bake at 350 degrees for 20 minutes.

HAPPY HAWAIIAN MEAT BALLS™

FOR THE SAUCE

1 cup of chicken bouillon
2 cans of crushed pineapple
1 teaspoon of pepper
3 Tablespoons of cornstarch
1 Tablespoon of Soy Sauce
1/2 cup of vinegar
1/2 cup of pineapple juice
1/2 cup of sugar

In a saucepan combine 1/2 cup of chicken bouillon, pepper and pineapple pieces.

Cover and cook over medium heat for 5 minutes.

In a bowl blend cornstarch, soy sauce, vinegar, pineapple juice, sugar and add to saucepan.

Cook, stirring constantly, until mixture comes to a boil and is thickened.

Add meat balls to sauce and heat.

Makes 16 to 20 Happy Hawaiian Meatballs serving up to 4 happy guests.

CONGRESS CRAB DIP™

1/4 ounce of marijuana
2 lb. of imitation crab meat
2 (8 oz.) packages of cream cheese
8 Tablespoons of mayonnaise
3 Tablespoons of grated onion
4 small tomatoes
peeled and chopped
3 Tablespoons of Worcestershire sauce
1 teaspoon salt
1 Tablespoon of lemon juice

Clean and preheat marijuana with the dry heat method and set aside.

Combine cream cheese with mayonnaise until soft.

Add grated onion, chopped tomatoes, marijuana and seasonings.

Whip with electric mixer for about a minute.

Toss in crab meat and refrigerate.

When cool, serve with appetizer crackers.

Will get 8 citizens or members of Congress in the right mind set for their next vote on the legalization of marijuana.

REFRIED REPUBLICAN BEAN DIP™

1/4 ounce of marijuana
1 (8 oz.) package of Cream Cheese
at room temperature
1 (16 oz.) can of refried beans
1 cup of Sour Cream
4 Tablespoons of minced green pepper
4 Tablespoon of minced onion
4 Tablespoons of diced green chilies
2 teaspoons of chili sauce
2 teaspoon of chili powder
1 teaspoon of Worcestershire sauce

Clean and blend the marijuana well and heat in pan with medium heat and set aside.

In medium bowl, mash cream cheese with fork and blend in refried beans.

Add marijuana and remaining ingredients and blend thoroughly.

Refrigerate at least 3 hours. Serve with tortilla chips.

Makes about 4 cups of dip, enough to get 4 Republicans fried on one side of the aisle and down the other.

NO JOKE ARTICHOKE DIP™

1/4 ounce of marijuana
2 cans artichoke hearts
(packed in water)
1 (8 oz.) block of Mozzarella
cheese (diced)
1 cup Parmesan cheese
1 teaspoon of garlic powder
1 cup mayonnaise

Clean and preheat marijuana with dry heat method.

In a baking bowl mix the marijuana and garlic powder into mayonnaise.

Drain and dice the artichoke hearts and add to bowl.

Stir in Parmesan and diced Mozzarella cheese and mix well.

Bake at 350 degrees for 30 minutes or the top is lightly browned and the cheese is melted.

Serve hot with appetizer crackers. There won't be any leftovers unless you're baking for one, in which case you should refrigerate the rest for later. Eat chilled, do not reheat.

AMENDED AVOCADO DIP™

1/8 oz of high end pot
2 large ripe avocados
1 cup of sour cream
2 tablespoons of diced
green chilies
2 teaspoons of grated onion
1 teaspoon of garlic salt
1 teaspoon of lemon juice

Clean and blend the marijuana and heat in pan with dry heat method.

Peel and chunk the avocados.

Combine all the ingredients without completely mashing the avocados.

Serve immediately or spoon into airtight container, press plastic wrap onto surface, cover and refrigerate.

Makes about 3 cups of very loaded dip for two.

SLOW SENATE SPINACH DIP™

1/8 ounce of your best marijuana
2 cups of sour cream
1 (10 oz.) package of frozen
chopped spinach
1 cup of mayonnaise
1 (8 oz.) can of water chestnuts, chopped and drained
1 green onion
1 teaspoon of garlic salt

Thaw and squeeze the spinach until it's as dry as you can get it.

Clean and preheat marijuana with dry heat method.

Place all the ingredients into a bowl and mix well.

Cover and refrigerate for 2 years or whenever. Stir before serving.

Serve with popsicle sticks and animal crackers.

I could tell you that it will make 4 servings but it will most likely only be enough for two..... if your lucky.

GUANTANAMO GUACAMOLE DIP™

2 (6oz.) cans of guacamole
1 cup of Sour Cream
1/2 teaspoon of salt
3 Tablespoons of well blended marijuana

Strip clean, pulverize to a point of no resistance and heat the marijuana with the dry heat technique.

Throw the ingredients into a container and toss around for an undetermined amount of time or until you've got what you want.

Serve with tortilla chips on a water board.

Can turn 2 to 3 people into passive "guests" in no time at all.

You will now have a couple of hours to figure out what you're going to do with them.

DEMOCRATIC CHEESE DIP™

1/4 ounce of marijuana
2 (8 oz.) package of white cheddar cheese
2 cup of mayonnaise
2 Tablespoons of minced onion

Get everyone to help you clean and blend the donated marijuana as fine as possible and preheat with dry heat method.

Shred the cheese in a baking bowl and mix it with the mayonnaise, marijuana and onion.

Bake at 350 for 20 minutes.

Serve with crackers and make sure everyone gets an equal share.

PROUDLY GROWN IN THE USA
UNCLE AMERICA'S®
REDWOOD HEADWOOD™
MARIJUANA
COMING SOON TO A STORE NEAR YOU

CHAPTER THREE

SOUPS

&

SALADS

SPECIAL FORCES SPINACH SOUP

1/4 ounce of Afgan marijuana
1 (10 oz.) package of frozen chopped spinach
2 cups of shredded Cheddar cheese
1/2 cup of chopped onion
1/2 cup of chopped celery
1/4 cup of butter or margarine
1/2 cup of flour
1 teaspoon of salt
1/4 teaspoon of pepper
8 cups of milk

Slam the marijuana into a blender and pummel it's texture until you have it the way you want it.

In a 3 quart saucepan over medium heat, cook onion and celery in butter or margarine until onion is tender.

Sneak in 1/4 cup of flour, the salt, pepper and marijuana.

Advance milk all at once, follow with second wave of 1/4 cup of flour and surround and engage until thickened and bubbly.

Call in the spinach and cheese. Fire and mix until the cheese melts.

Serves four commandos on a covert mission that they may or may not return back to normal from, especially if served with a Muffin of Mass Destruction.

POT-POURI POTATO SOUP

1/4 ounce of marijuana
4 slices of bacon crumbled
3 medium potatoes, peeled and diced
1 large onion diced
2 carrots chopped
2 celery sticks chopped
4 cups of milk
2 teaspoons of salt
1/4 teaspoon of pepper
1 cup of sour cream
2 Tablespoons of flour
2 teaspoons of paprika

In a frying pan, cook bacon until crisp and set aside.
Clean and blend marijuana into a flour like texture.
In a large saucepan combine bacon drippings, potatoes, onion, carrot, and celery.
Cover and cook over a low heat. Stir occasionally.
When potatoes are tender, stir in milk, salt, pepper and marijuana and bring to a boil and lower heat to medium.
In a small saucepan stir together the sour cream, flour and paprika.
Gradually stir 1 cup of hot soup mixture into the sour cream mixture. Mix well.
Then pour all of the sour cream mixture back into the soup mixture.
Turn heat back up to high and stir until mixture bubbles.

It's ready! Serve in bowls and top with bacon.

Makes 6 servings and goes great with Catatonic Corn Bread.

WILD TURKEY MEATBALL SOUP

EVEN IF THE TURKEY ISN'T WILD, THE RESULTS CAN BE

1/8 ounce of marijuana
1 lb. of lean ground turkey
1 garlic clove, minced fine
1 egg
1/2 cup of chopped onion
3 (16 oz.) cans of turkey broth
2 cups of sliced carrots
1 cup of sliced celery
1 cup of asparagus tips
1/2 teaspoon of basil
1 large onion, diced fine
2 garlic cloves, minced
1/2 teaspoon of salt
1/4 teaspoon of pepper

Clean and blend marijuana into a flour like texture and preheat with hot butter method.

In a bowl, mix marijuana butter with an egg, ground turkey, minced garlic, 1/2 cup of minced onion and form into 1 inch balls.

Place meat balls on cookie sheet and bake at 325 degrees for 20 minutes.

While meat balls are baking, in a large saucepan, combine all the remaining ingredients and bring to a boil.

Reduce heat and simmer uncovered for 20 minutes or until vegetables are tender.

Five minutes before serving, stir in meat balls.

HOME OF THE BRAVE BEEF SOUP

1/4 ounce of marijuana
8 cups of beef broth
1 cup of tomato juice
2 cup of sliced carrots
2 cups of chopped broccoli
2 cups of frozen corn
1/2 lb. of lean ground beef cooked and drained
1/2 cup of uncooked regular rice
1 cup of sliced celery
1 cup of chopped onion
1/2 teaspoon of basil leaves
2 garlic cloves, minced
1/2 teaspoon of salt
1/2 teaspoon of pepper

In a large saucepan, combine all the ingredients (except marijuana) and bring to a boil

Reduce heat and simmer uncovered for 20 minutes or until vegetables are tender.

Clean and blend marijuana into a flour like texture and preheat with the hot butter method.

Five minutes before serving, stir in marijuana butter and mix well.

Serves 6 very brave people. Serve with grilled cheese sandwiches with wheat bread and American cheese.

WISCONSIN BETTER CHEDDAR CHEESE SOUP

1/8 ounce of marijuana
2 Tablespoons of butter or margarine
1/4 cup of flour
2 (16 oz.) cans of chicken broth
1/4 teaspoon of salt
2 cups of milk
1 (8 oz.) block of diced Cheddar cheese

Clean and blend the marijuana into a fine powder and in a saucepan preheat in butter.

Stir in the broth and add the flour and salt.

Stir until thick and bubbly.

Stir in milk and diced cheese and cook until cheese melts and soup is heated through.

Do not let it boil.

Makes 2 servings that go great with Blueberry Mystic Muffins.

BOISE BUZZ BROCCOLI SALAD

1/4 ounce of marijuana
3/4 cup of diced onion
8 cups of broccoli
1 lb. of bacon
1 8oz. bag of raisins
Dressing
2 cups of mayonnaise
3 tablespoons of vinegar

Place bacon on drip pan and bake at 325 degrees for 25 minutes then crumble into small pieces.

Clean, blend the marijuana to a flour like texture and preheat with the dry heat method.

Combine mayonnaise and vinegar for the dressing and mix in bacon, onion, raisins and marijuana.

Pour over broccoli, mix well and place in refrigerator to chill.

Brings 6 buzzes to the table. Buzz? Buzz is good!

PENNSYLVANIA POT WHOLE POTATO SALAD

1/4 ounce of marijuana
1 cup of mayonnaise
2 Tablespoons of vinegar
1 1/2 teaspoons of salt
1 teaspoon of sugar
1/4 teaspoon of pepper
1 cup of sliced celery
1/2 cup of chopped onion
2 hard boiled eggs, chopped
6 medium potatoes peeled, cubed and cooked

Clean, blend and preheat marijuana in butter and set aside.

Peel 6 medium potatoes, cube and cook until tender.

At the same time, hard boil 2 eggs, then remove the shells and chop the eggs.

Combine in large bowl, mayo, vinegar, sugar, salt, pepper and marijuana and mix well.

Stir in celery, onion, eggs and potatoes.

Cover and chill.

Makes 5 one cup servings of the most laid back potato salad you've ever had and you won't even care if you hit one of those PA pot holes.

THE GOVERNOR'S GREEN GIGGLE SALAD

3/8 ounce of marijuana
1/2 head of iceberg lettuce
2 peeled and sliced avocados
2 cups of chopped broccoli
1/2 cup of chopped green onion
1 1/2 cup of mayonnaise
1 teaspoon of salt
1/2 teaspoon of pepper
2 Tablespoons of milk
2 Tablespoons of water
1 Tablespoon of vinegar

Clean and toss marijuana in blender and preheat with dry heat method.

In a bowl break the lettuce into bite-size pieces. Toss in avocado, broccoli and onion.

In blender combine mayonnaise, marijuana, salt, pepper, milk, water, vinegar, and blend well.

Pour liquid dressing over salad and mix well.

Makes 4 to 6 servings that will crack you up.

GRASS VALLEY HIGHWAY SALAD

1/4 ounce of marijuana
4 cups of ranch dressing
2 cups of finely chopped broccoli
2 cups of finely chopped cauliflower
2 cups of finely chopped carrots
2 peeled and slice cucumbers
2 bunches of alfalfa sprouts
1 cup of water chestnuts drained
1 cup of raisins
2 peeled and diced apples
1 (8 oz.) block of Monterey Jack cheese cubed.
1/2 head of iceberg lettuce

Clean and pulverize the marijuana in a blender and preheat with dry heat method.

Tear the lettuce into bite size pieces.

In a large salad bowl mix the marijuana with the ranch dressing.

Toss in the ingredients mixing well between each ingredient saving lettuce until last.

Takes 4 along for a nice spin on the Grass Valley Highway. But once you're seated, there are no off ramps for at least a couple of hours.

CHAPTER FOUR

BREADS

&

MUFFINS

CATATONIC CORN BREAD™

1/4 ounce of marijuana
1/3 cup of sifted flour
3/4 cup of yellow cornmeal
1 1/2 teaspoons of baking powder
1 Tablespoon of sugar
1/2 teaspoon of salt
2 beaten eggs
2/3 cup of milk
2 Tablespoons of oil

Clean and blend marijuana into a flour like texture and preheat with dry heat method.

In a bowl combine the marijuana, flour, cornmeal, baking powder, sugar and salt.

(Save 2 tsp. of pot to sprinkle over the top of the mixture after you pour it in the pan).

In another bowl combine the eggs, milk and oil, then add to the flour mixture.

Pour batter into a 9 x 5 inch greased baking pan.

Bake at 400 degrees for 30 minutes. Use a toothpick to test.

Remove pan to a rack and let cool for 10 minutes. Cut into squares.

Makes six catatonic servings.

GRAND CANYON CRYSTAL BUTTERMILK BANANA BREAD™

1/4 ounce of marijuana
3 ripe bananas
Juice of 1/2 lemon
1/4 cup of shortening
1/4 cup of margarine
1 cup sugar
1/2 cup of brown sugar
2 eggs
1 1/4 cup of flour
1/2 cup of wheat flour
1 teaspoon baking soda
1 tablespoon salt
1/4 cup of buttermilk
1 bag of chocolate chips
1/2 cup of chopped pecans

Clean and blend marijuana into a flour like texture and preheat in 1/4 cup of vegetable oil

Mix together shortening, margarine, sugar, brown sugar, marijuana oil and eggs in a large bowl.

In a medium bowl, combine flour, wheat flour, baking soda and salt.

Alternately, blend in the two bowls with buttermilk.
Add bananas, lemon juice, chocolate chips and pecans.
Pour into greased and floured loaf pans and bake at 350 degrees for 45 to 55 minutes.

Makes 2 small totally awesome loaves of 4 servings each.

BORDER RUN BROWN BREAD™

1/4 ounce of marijuana
1 1/2 cups of all bran
3/4 cup sugar
4 tablespoons of molasses
1 cup of raisins
1 1/2 cups of milk
1 1/2 cups of flour
1 1/2 teaspoons of baking soda
1 1/2 teaspoons of salt

Clean and blend marijuana and preheat it in 3 Tablespoons of olive or vegetable oil.

Combine all bran, sugar, milk, marijuana oil, raisins and molasses in a bowl and let stand until bran softens.

Combine flour, baking soda, salt and add to bran mixture. Mix well.

Put into 2 well greased molds. I use 2 empty 11.5 oz. coffee cans.

Cover tightly with foil and tie with a string.

Place in large stew pot, fill pot with water half way up the cans and steam for one hour.

Makes 10 slices. Serve hot and smother in butter or cream cheese.

Goes great in the field with Boston Bud Beans and Franks.

These are great for taking on trip to the border. Chill a few of the loaves before you go and they will last a lot longer. They will also last several days in a zip lock bag and will hold their moisture and flavor well. Easier to slice at room or chilled temperature and leftovers will store a long time in the fridge. If you eat one slice a day, in 10 days the last slice will still taste almost as fresh as the first slice did when it was made.

STAR SPANGLED BOMBER NUT BREAD™

1/4 ounce of marijuana
1/2 cup of butter, softened
1 cup of sugar
2 eggs
1 1/2 cups of all-purpose flour
1/2 cup of baking cocoa
1/2 teaspoon of salt
1/2 teaspoon of baking powder
1/2 teaspoon of baking soda
1 cup of buttermilk
1 cup of chopped walnuts

Clean and pulverize the marijuana in a blender and preheat with dry heat method.

In a mixing bowl, combine butter and sugar and add the eggs one at a time mixing well in between.

Combine the marijuana, flour, cocoa, salt, baking powder, and baking soda and add to the creamed mixture

Add buttermilk and walnuts.

Pour into a greased 9 x 5 inch bread pan and bake at 350 degrees for 1 hour or until your toothpick comes out clean. Start checking at 45 minutes.

Cool for 10 minutes before removing it from the pan to a wire rack. Will bomb you with 6 servings that will have you singing patriotic tunes for hours.

YELLOWSTONE MELLOWSTONE™ BANANA RAISIN BREAD

1/4 ounce of marijuana
3 ripe bananas
1/4 cup of shortening
1/4 cup of margarine
1 cup sugar
1/2 cup of brown sugar
2 eggs
1 1/4 cup of flour
1/2 cup of wheat flour
1 teaspoon baking soda
1 tablespoon salt
1/2 cup of raisins

Clean and pulverize marijuana in a blender and preheat with dry heat method.

Mix together shortening, margarine, sugar, brown sugar and eggs in a large bowl.

In a medium bowl, combine marijuana, wheat flour, baking soda and salt.

Alternately, blend in the two bowls with buttermilk. Add bananas and raisins.

Pour into greased and floured loaf pans and bake at 350 degrees for 45 to 55 minutes. Check with toothpick.

Makes 2 small loaves of 4 to 8 very mellow servings.
The bananas aren't from Yellowstone but the strain is a National Park Treasure.

CONNECTICUT HOMEGROWN CRANBERRY NUT BREAD

1/4 ounce of marijuana
1 (8 oz.) package of cream cheese, softened
1 egg
1 cup of sugar
1/2 teaspoon of baking soda
3/4 cup of apple juice
1/4 cup of melted butter or margarine
2 cups of dried cranberries
2 cups of chopped walnuts
1 1/2 teaspoons of baking powder
1/2 teaspoon of salt
1 egg beaten
2 cups of flour

Clean and blend finely the marijuana then preheat with dry heat method.

Preheat oven to 350 degrees.

Grease and flour bottom only of a 9 x 5 inch loaf pan.

In a small bowl, beat the cream cheese until light and fluffy.

Add 1 egg and blend well. Set aside.

In a large bowl, mix together the marijuana, flour, sugar, baking powder, baking soda and salt.

Stir in the apple juice, butter and the beaten egg. Fold in the cranberries and nuts.

Spoon 1/2 of the batter into the prepared pan. Spoon the cream cheese mixture evenly over the batter. Top with the remaining batter. Bake for 65 to 75 minutes or until the top springs back when touched. Cool 15 minutes and remove from pan. Cool on wire rack. Store any leftovers in the fridge.

Makes 6 to 8 very nice and nutty slices.

STRAWBERRY FIELDS FOREVER BREAD™

1/4 ounce of marijuana
3 cups of flour
1 teaspoon of baking soda
1 teaspoon of salt
1 Tablespoon of cinnamon
2 cups of sugar
4 eggs, beaten
1 1/4 cups of oil
1 cup of chopped pecans
2 cups of thawed, frozen strawberries
1 cup of thawed, frozen and chopped strawberries
2 (8 oz.) packages of cream cheese

Clean and pulverize marijuana in a blender and preheat with dry heat method.

Mix marijuana, flour, baking soda, salt, cinnamon and sugar.

Combine oil and eggs and add to flour mixture and mix well. Stir in pecans and 2 cups of strawberries.

Put into 2 well greased loaf pans.

Bake at 350 degrees for 60 minutes.

Mix 1 cup of chopped strawberries and 2 packages of cream cheese. Top with strawberry-cream cheese spread and Uncle America promises you will remember this experience forever....

Makes 2 loaves with 6 slices each.

MUFFINS
OF
MASS
DESTRUCTION™

MYSTIC MEADOW BLUEBERRY MUFFINS™

1/4 ounce of marijuana
2 cups of blueberries
2 cups of flour
2 teaspoons of baking powder
2 eggs
1/2 cup of milk
3/4 cup of sugar and 1 tablespoon of sugar
1 teaspoon of salt
1/4 cup of vegetable oil

Clean and pulverize marijuana in a blender and preheat with dry heat method.

Sprinkle blueberries with 1 tablespoon of sugar and let stand.

In a large bowl, sift together the flour, marijuana, 3/4 cup of sugar, baking powder and salt.

In smaller bowl, beat eggs until light. Add and blend well the oil and milk.

Add egg mixture to flour mixture and stir until mixed. Fold blueberries into batter. Fill paper-lined cups 2/3 full.

Bake for 20 minutes at 400 degrees or until toothpick inserted in center comes out clean.

Makes 12 mystic muffins for 6 mystic munchers.

TRUTH OR DARE

ZUCHINNI SKUNK MUFFINS™

3/8 ounce of marijuana
3 eggs
2 cups of sugar
1 cup of vegetable oil
1/4 teaspoon of baking powder
1/4 teaspoon of baking soda
1 teaspoon of salt
1 tablespoon of vanilla extract
2 cups of grated zucchini
2 cups of flour
1 teaspoon of cinnamon
1 cup of finely chopped walnuts.

Clean and pulverize marijuana in a blender and preheat with dry heat method.

Beat eggs until light and frothy and add sugar, oil and vanilla and mix until thick.

Add zucchini and stir thoroughly.

Sift flour, marijuana, cinnamon, baking powder, baking soda and salt.

Fold into zucchini mixture and stir until thick.

Add chopped nuts and bake at 350 degrees for 40 minutes.

Makes 15 very skunky muffins. Try just one first and wait 30 minutes to feel the affect.

OREGON VORTEX

ORA MUFFINS™

(OATMEAL, RAISIN, APPLE)

1/4 ounce of marijuana
2 eggs
3/4 cup of milk
1 cup of raisins
1 chopped apple
1/2 cup vegetable oil
1 cup all-purpose flour
1 cup of quick oats
1/3 cup of sugar
3 teaspoons of baking powder
1 teaspoon of salt
1 teaspoon of nutmeg
2 teaspoons of cinnamon

Clean and pulverize marijuana in a blender and preheat with dry heat method.

Beat eggs then stir in the remaining ingredients, mixing just to moisten.

Pour into 12 greased muffin cups until 3/4 full.

Bake at 400 degrees for 20 minutes.

Serve cool or hot with butter.

Changes the colors of 6 oras with 2 muffins each.

CHAPTER FIVE

BREAKFAST

KENTUCKY DERBY QUICKY QUICHE™

1/8 ounce of marijuana
1/2 cup of mushrooms
2 cups of milk
1 cup of shredded cheddar or Swiss cheese, your choice
4 eggs
1/2 cup of finely chopped onion
1/2 cup of Bisquick baking mix
1/4 teaspoon of salt
1/8 teaspoon of pepper

Clean and blend marijuana and preheat with dry heat method.

Lightly grease a 9 inch pie plate and sprinkle the mushrooms, cheese and onion evenly over the bottom of the plate.

Place the remaining ingredients in a blender and blend really well for about a minute and pour blended mixture into pie plate.

Bake at 350 degrees for 1 hour or until the top is golden brown and a toothpick inserted in the center comes out clean.

Makes 4 kushy servings or 1 kick ass breakfast for a good ol' boy from Kentucky..... Especially if you serve it with a couple of slices of Uncle America's® Yellowstone Mellowstone™ Banana Raisin Bread.

PENNSYLVANIA AVENUE POLLUTED PANCAKES™

1/8 ounce of marijuana
1 cup of sifted flour
1 teaspoon of baking powder
1/2 teaspoon of salt
2 teaspoons of sugar
1 beaten egg
1 cup of milk
1 tablespoon of oil
1/4 cup of melted butter
1 cup of chocolate chips

Clean and blend marijuana and preheat with dry heat method.

In a bowl combine the marijuana, flour baking powder, salt and sugar.

In another bowl combine egg, milk and oil and add gradually to the dry ingredients.

Stir until the batter is lumpy.

With a large spoon drop batter onto a hot greased griddle and drop in several chocolate chips.

Cook until bubbles appear on the surface then turn and cook until brown.

Remove pancakes from griddle, brush with melted butter and serve with hot chocolate syrup.

Makes 6 to 8 polluted pancakes and 2 polluted politicians.

OVAL OFFICE OMELET

1 Tablespoon of your best marijuana

2 eggs

1 Tablespoon of water

2 Tablespoons of butter

1/3 cup of chopped broccoli

1/3 cup of grated Monterey Jack cheese

1/4 teaspoon of salt

Clean and blend marijuana and preheat with dry heat method.

Grate 1/3 cup of cheese and set aside and chop 1/3 cup of broccoli and set aside.

Crack the eggs into a small mixing bowl and stir gently with a fork until well beaten.

Add water, marijuana and salt. Then stir and set aside.

Heat a 6 to 8 inch omelet pan over high heat until very hot.

Add butter and coat the bottom of the pan.

OVAL OFFICE OMELET

Slowly pour in the egg mixture and tilt the pan to spread the mixture evenly.

As eggs firm up use a spatula to direct the eggs into the middle of the pan, then tilt the pan to allow the liquid mixture on top flow into the sides of the pan.

Continue to cook until the egg mixture becomes firm on the bottom but while the middle is still a little runny.

Add the broccoli to the center in a line from edge to edge and sprinkle the cheese on top.

With the spatula flip one edge of the egg over to cover the filling then flip the filling over the other edge and slide the omelet onto the plate.

The whole process will take about a minute, so move fast when the egg mixture starts to firm up.

Good enough to serve to royalty or the help in the kitchen.

Everyone enjoys an Oval Office Omelet now and then especially when it contains the best ingredients.

Serve with Catatonic Corn Bread.

PREPARING ACORNS

Shell the acorns and then chop them up into little bite size pieces.

Place the nuts inside a sifter and put the sifter into a saucepan filled with water.

Boil the water and when it has turned dark brown, pour out the water and do the process again.

Depending on the type of acorns, it should only take 4 or 5 times to leech out the bitterness from the acorns and they will start to smell and taste like maple syrup.

If you have some really bitter acorns you might just want to boil them for an hour or so. With some types of acorns you will never completely leech out all of the bitterness, but when you place them in your pancakes, brownies, cookies or breads they will blend in with the taste of the item and their pleasant chewy texture will enhance your food to the point that you won't notice any bitterness and you will taste the maple syrup flavor.

It's a lot of work but well worth the effort.

PROUDLY GROWN IN THE USA
UNCLE AMERICA'S®
MOUNT RUSHMORE™
MARIJUANA
COMING SOON TO A STORE NEAR YOU

PRESIDENTIAL PANCAKES™ WITH ACORNS & CORN

1/2 ounce of marijuana
2 1/3 cups of flour
1/2 cup of sugar
1 Tablespoon of baking powder
1/8 teaspoon of salt
3 eggs, lightly beaten
1/3 cup of butter, melted
2 cups of milk
1 cup of chopped and leached acorns
2 cups of corn

Clean and blend marijuana and preheat with dry heat method.
Stir together flour, marijuana, sugar, baking powder and salt.
Combine eggs, butter, vanilla and 1 cup of milk.
Add all at once to flour mixture, stirring until blended.
Add additional milk to desired consistency.
Bake pancakes on hot lightly greased griddle or large heavy skillet.

Supposedly makes 24 (4 inch) pancakes but if you don't get that many, perhaps you've been lied to.

SMALL PRINT

This recipe is not set in stone. In fact it is very likely to "change" at any moment. The above ingredients may or may not end up in this recipe regardless of what the recipe says. Any guarantees of taste or texture will not necessarily be valid. In fact, what you think you are going get by following this recipe, is likely going to be nothing similar to what it promises to be. In other words, no matter what you tell your meal guests you are putting in their Presidential Pancakes, you can change the recipe to whatever you want! The first suggestion would be distancing yourself from dealing with the acorns in any way possible. Hide them, replace them with walnuts or just make them disappear and pretend they were never in the recipe, yet tell everyone that they are in the pancakes, or put them in and say you didn't. In fact, there's no mention of acorns in the recipe at all.... right? If that's confusing... then you know why they're called what they're called.

RECTANGLE OFFICE OATMEAL™

4 cups of water

2 cups of oatmeal

1/2 cup of raisins

4 Tablespoons of brown sugar

2 Tablespoons of high grade marijuana

Preheat marijuana with dry heat method and set aside.

Boil water and lower heat to medium high and add oatmeal.

Cook oatmeal for about 2 minutes and stir in raisins, sugar and marijuana.

When ingredients are well mixed remove from heat and spoon into bowl.

Makes 2 servings.

Uncle America likes to start each new day in his Rectangle Office with a bowl of RecOff Oatmeal.

It goes great with a couple of Blaster Bagels... and a beer of course.

CHAPTER SIX

BRUNCH

&

LUNCH

TOLEDO TUNA TORPEDOS™

1/4 ounce of marijuana
4 (6 1/2 oz.) cans of tuna
2 cups of shredded Monterey Jack cheese
2 cups of diced celery
2 cups of mayonnaise
1 cup of diced onion
8 Hamburger buns

Clean, blend and preheat marijuana with dry heating method.

In a medium bowl, combine all the ingredients and mix well.

Spoon onto buns and serve cold or...

Wrap each bun in foil.

Bake at 350 degrees for 20 minutes.

Makes 8 tasty tuna servings hot or cold.

If making for one person you can break this down by 4 or stay with these amounts and place the extra in a covered container in the refrigerator.

These taste just as good chilled.

MENDOCINO SMOKEY JOES™

1/4 ounce of marijuana
1 lb. ground beef
1 medium onion
1/2 green pepper, diced
2 teaspoons of dry mustard
1 Tablespoon of vinegar
3/4 cup of ketchup
1/4 cup of chili sauce
1/4 teaspoon salt
1/4 teaspoon pepper

Clean, blend into powder and preheat marijuana with heat in oil method.

In a skillet, brown the meat, green pepper and onions.

In a bowl, mix together the marijuana oil, ketchup, mustard, vinegar and chili sauce.

Combine both mixtures, heat and serve on hamburger buns.

Makes 8 skunky Smokey Joes for 4 to 8 people. You decide.

PATRIOTIC PIZZA BREAD™

Red Sauce, White Cheese & Blue Grass Seasoning

1/8 ounce of pot
2 loafs of Italian bread
1 jar of seasoned spaghetti sauce
1 (1 lb.) block of Monterey Jack cheese

Slice each loaf into 4 sections and then in half length ways as if making sandwiches

Shred cheese into bowl

Clean and blend marijuana into a powder like texture and preheat with dry heat method

Spread sauce onto bread slices.

Sprinkle 1 1/2 teaspoons of marijuana over each slice.

Cover with cheese.

Bake at 400 degrees until cheese is melted

Makes 8 servings of 2 slices each.

Can also replace French Bread with English Muffins if you're feeling unpatriotic.

CHATTANOOGA CHILI CON CANNABIS™

1/2 oz. marijuana
2 lbs. of pinto beans
1 clove of garlic
1 lb. of bacon
1 large chopped onion
1 cup of mushrooms
4 Tablespoons of chili powder
1 teaspoon of salt
1 teaspoon of pepper
1 green pepper chopped
1 lb. of hamburger
1 (32 oz.) can of tomato juice
2 (14 1/2 oz.) cans of whole tomatoes

Soak the beans overnight.

In a large pot, simmer the beans and bacon for 1 hour and add water as it evaporates to keep the beans covered.

Add the rest of the ingredients and simmer for another 2 hours.

Clean, blend to a fine texture and preheat the marijuana in butter and stir in well the last 10 minutes of simmering.

Fry hamburger, drain grease and add just before serving.

Serve with Catatonic Corn Bred

Makes 8 to 10 healthy servings.

FRICKIN' CHICKEN FRICASEE™

1/2 ounce of marijuana
4 cups of cooked chicken
4 cups of cooked fresh mushrooms
1 quart of milk
3 Tablespoons of flour
1 teaspoon of salt
1/4 teaspoon of pepper
2 Tablespoons of green pepper finely chopped
1/4 pound of butter (1 stick)

Clean and blend marijuana and preheat in butter over medium heat in a saucepan and set aside.

Melt 3/4 stick of butter and remove from heat. Blend in flour until smooth and stir in 1/2 the milk

Return to heat and add remaining milk, stir and cook for five minutes.

Wash mushrooms and saute in 1/4 stick of the butter and 1/4 cup of water. Cook until moisture disappears.

Add chicken, mushrooms, pepper and seasoning to the marijuana oil and mix until heated then add to the sauce.

Serve over toast.

Makes 12 frickin' servings

BOSTON BUD BEANS & FRANKS™

1/4 ounce of marijuana.
4 (16 oz.) cans of pork and beans
1 Package of your favorite hot dogs
1/4 cup of firmly packed brown sugar
1/2 cup of finely chopped onion

Clean and blend marijuana and preheat in butter over medium heat in a large cooking pot.

When marijuana is warm, toss in 4 cans of pork and beans and mix well.

Cut franks into bite size pieces and add to beans.

Stir in brown sugar and onions. Mix well.

Cover and simmer for a few minutes to cook the franks, do not let it boil.

Stir and serve in bowls.

Place a couple of pieces of Uncle America's® *Wonder Valley* Brown Bread on the side.

Makes 4 Boston Buddy servings.

UAN

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CHAPTER SEVEN

DINNER

SPRINGFIELD SPAGHETTI SATIVA™

The Sativa Is In The "Special Sauce"

3/8 ounce of marijuana
1 (16 oz.) can of tomatoes
1 (16 oz.) can of tomato sauce
2 (6 oz.) cans of tomato paste
4 cloves of garlic or 1 teaspoon of garlic powder
1 large onion chopped
1 teaspoon of oregano
1 teaspoon of sweet basil
1/2 teaspoon of salt
1/4 teaspoon of pepper
2 Tablespoons of sugar
1 lb. of ground beef
2/3 cup of oil
1 (1 lb.) package of spaghetti

Clean, blend into powder and preheat the marijuana in 1/3 cup of oil and set aside.

In a large sauce pan brown the garlic and onions in 1/3 cup of oil.

In a large bowl, mix tomatoes, sauce and paste.

Add sauce to garlic and onions, then add the remaining ingredients except the marijuana oil and ground beef.

Simmer for 1 hour. Remove 1 1/4 cups of sauce and mix well with marijuana oil and set aside.

Brown the ground beef and add to sauce after draining excess fat.

Simmer for another 1 hour.

What you have now is some really tasty spaghetti sauce with ground beef and 1 1/4 cups of very "Special Sauce" with no beef.

Cook spaghetti according to package directions. Drain into a colander and rinse well.

Add spaghetti to tasty spaghetti sauce. Mix well.

Serve spaghetti on the plate and add 2 Tablespoons of "Special Sauce" to each serving.

Makes 8 servings as 16 Tablespoons = 1 cup with 1/4 cup extra to allow for drippage. This assures an even distribution of the very potent sauce for those who want to partake and also allows for easy storage for later use if you are serving fewer than 8 guests.

The second time you make this meal, you will either know, or you can inquire as to, who will want more, less or the same amount of "Special Sauce" Tablespoons added to create their tasty Spaghetti Sativa.

Serve with a side of Grass Valley Highway Salad and a few slices of regular Italian garlic bread.

YOSEMITE FALLS FIESTY FETTUCINI™

1/8 ounce of marijuana
8 ounces of fettuccine
2 Tablespoons of olive oil
3/4 cup of evaporated milk
1/2 cup of freshly grated Parmesan cheese
1/3 cup of sliced green onion
1/2 teaspoon of dried basil crushed
1/2 teaspoon of garlic powder
1/8 teaspoon of pepper

Clean and blend the marijuana into powder and set aside.

Cook the pasta according to the package directions and drain.

While pasta is draining, preheat marijuana in oil.

Return pasta to pan, add marijuana oil and toss.

Stir constantly while adding milk, cheese, onion, basil, garlic powder and pepper.

Cook over medium-high heat until bubbly and smelling good.

Makes 4 servings

Serve with a splitting side of Green Giggles Salad.

MAINE MARY JANE MEAT PIE™

1/4 ounce of marijuana
1 can of cream of mushroom soup
1 lb. of lean ground beef
1/4 cup of chopped onion
1 egg slightly beaten
1/4 cup of fine dry bread crumbs
2 Tablespoons of chopped parsley
1/4 teaspoon of salt
1 dash of pepper
1/4 cup of shredded mild cheddar cheese

Clean, blend into a fine powder and preheat marijuana with dry heat method and set aside.

Mix thoroughly 1/2 can of soup, beef, onion, egg, bread crumbs and parsley.

Press mixture into 9 inch pie plate.
Bake at 350 degrees for 25 minutes.

Spoon off the fat.

Mix remaining 1/2 can of soup with marijuana and cheddar cheese.

Pour and spread evenly over top of pie and bake for 10 more minutes or until done.

Makes 4 to 6 servings.

SKULL & BONES CHICKEN CASSEROLE™

1/4 ounce of marijuana
4 whole cooked chicken breasts boned and diced
4 hard boiled eggs, chopped
2 cups of cooked rice
2 cups of chopped celery
1 medium onion chopped
3 ounces of sliced almonds
1 cup of mayonnaise
2 (6 oz.) cans of cream of mushroom soup
2 (6 oz.) cans of cream of chicken soup
1 teaspoon of salt
2 Tablespoons of lemon juice
1 cup of croutons

Clean, blend and preheat marijuana with the dry heat method.

In a large bowl, combine chicken, eggs, rice, celery, onion and almonds. Mix well and set aside.

In another bowl, combine mayonnaise, soups, salt, marijuana and lemon juice. Mix well.

Add sauce to chicken mixture and mix well.

Pour into a buttered casserole dish and sprinkle with croutons.

Bake uncovered at 350 degrees for 45 minutes.

Makes 4 to 6 servings

As you can see, the recipe has nothing to do with a skull and there are no bones involved. That's because the real recipe is a secret which cannot be shared.

ZOMBIE ZUCCHINI CASSEROLE™

1/4 ounce of marijuana
4 cups grated zucchini
1 teaspoon salt
1/2 cup of vegetable oil
1/8 teaspoon pepper
1/8 teaspoon garlic powder
3/4 cup of Bisquick
4 eggs (beaten)
1/2 of grated onion
1/2 cup of bacon crumbled
1/2 cup of mushrooms
1 cup of grated cheese
1/2 cup of bread crumbs

Clean, blend into a fine powder and preheat the marijuana with the dry heat method.

Mix all of the ingredients together, except 1/2 cup of bread crumbs and 1 cup of grated cheese

Pour into 9X9 inch pan and sprinkle bread crumbs and grated cheese over the top of the mixture.

Bake at 350 degrees for 45 minutes.

Makes 4 zombies.... ah servings.

SPOKANE SPACEY SPUD™ CASSEROLE

1/4 ounce of marijuana
10 red potatoes (peeled & sliced)
2 small onions (sliced thin)
1/2 stick of butter
1/4 teaspoon of garlic salt
1/4 teaspoon of pepper
1 pint of sour cream
1 can of cream of mushroom soup
1 cup of grated cheese

Clean, blend into a powder and preheat the marijuana with heat in oil method.

Butter the sides of glass baking dish and toss in the onions and potatoes.

Melt the butter and add pepper, garlic salt, marijuana oil and pour over the potatoes.

In another bowl, mix the soup and sour cream and then spread over the potatoes.

Cover with foil and bake at 350 degrees for one hour.

Remove the foil and spread the grated cheese over the top and bake for another 15 minutes.

Makes 6 spaced out servings.

TNT TORTILLA CASSEROLE™

1/4 ounce of marijuana
1 - 3 quart casserole dish, buttered
1 medium onion, finely chopped
4 tablespoons of butter
2 (8oz.) cans of tomato sauce
1 (4oz.) can diced green chilies
2 teaspoons of oregano
2 teaspoons of salt
1 package tortilla chips
2 (8 oz.) packages of Monterey Jack cheese, cut in 1/2 inch cubes
4 cups of chunked, skinned and boned, cooked chicken
1 cup (1/2 pint) of sour cream
1 cup of grated cheddar cheese
Clean, blend into powder and preheat marijuana with heat in butter method and set aside.

Saute onion in butter until transparent. Add tomato sauce, chilies, oregano and salt.

Simmer, uncovered, for 10 minutes; remove from heat and stir in marijuana butter.

Layer casserole, in order, half the following: tortilla chips, Jack cheese, chicken and sauce. Repeat with remaining half of ingredients.

Bake at 325 degrees for 20 minutes. Remove from oven and spread sour cream over the top; then cover with grated cheese. Broil just until the cheese melts. Serve immediately.

Makes 6 to 8 dynamite servings. Ole!

TEXAS TWISTER TACOS™

1/4 ounce of marijuana
1 lb. of ground sirloin
1/2 onion chopped
1 (16 oz.) block of cheese (Monterey Jack or Cheddar)
3 tomatoes diced
1/2 head of iceberg lettuce
6 corn tortillas
1/2 cup of vegetable oil
Salt
Pepper
Hot Sauce
Taco Sauce

Clean, blend the marijuana into a fine powder, preheat with the dry heat method and set aside.

Put vegetable oil in a pan on medium heat and cook tortillas bending them into taco shaped shells. Place on a paper towel to absorb oil as they cool.

Cook the beef and chopped onion in a pan and after draining off excess fat place beef in a bowl.

While beef is cooking, shred the cheese, dice the tomatoes and tear the lettuce into small pieces. Place each ingredient into it's own serving bowl.

With tortilla in hand, spoon in a layer of beef and sprinkle 1 teaspoon of marijuana powder over the beef.

Add to taste any salt, pepper or taco sauce

Cover the layer of beef with a layer of shredded cheese.

Add some lettuce then a few pieces of tomato.

Makes 6 modified Tacos... tie yourself down and hold on to your sombreros!

EDGEY ENCHILADAS™

1/4 ounce of marijuana
4 large chicken breasts
2 cans (10 1/2 oz.) of cream of chicken soup
1 small can of green chili peppers (diced)
1 small can of sliced ripe olives (drained)
1 pint of sour cream
4 green onions (chopped)
2 cups (8 ounces) of shredded Monterey Jack cheese
1 dozen flour tortillas
2 cups (8 ounces) of shredded cheddar cheese
1/4 cup of half and half

Clean, blend into a fine powder and preheat the marijuana with the dry heat method and set aside.

Cook the chicken breasts, skin, bone and break up into bite size pieces and set aside.

In a large bowl, combine soup, chili peppers, olives, sour cream, green onions and marijuana. Mix well.

Add Monterey Jack cheese and remove 2 cups of the mixture and add the chicken to the larger part.

Place chicken mixture in tortillas and roll up but roll in the ends first to prevent mixture from spilling out.

Place tortillas into two lightly-greased drip pans. Add half and half to the remaining mixture to thin it out and spoon over the top and cover with cheddar cheese.

Cover tightly with foil and bake at 325 degrees for 45 minutes. Makes 8 loco servings for 4 loco amigos.

BROWNSVILLE BOOM BOOM BURRITOS™

1/4 ounce of marijuana
1 (16 oz.) can of pinto beans
1 lb. of ground beef
1 (8 oz.) block of Monterey Jack cheese
1/2 onion minced
8 flour tortillas
Taco sauce to taste
1/2 teaspoon of salt

Clean, blend into a fine powder and preheat the marijuana with the heat in butter method and set aside.

Cook the beef and chopped onion in a pan and after draining off excess fat place beef in a bowl.

Place pinto beans in medium heat saucepan, mash soft and stir in salt and dash or two of taco sauce while heating.

While beans are cooking grate the cheese into a bowl.

Add marijuana butter to beans and stir in beef. Mix well.

Heat flour tortillas in dry frying pan to soften and make flexible.

Place bean and meat filling on flour tortilla and cover with grated cheese and roll up but roll in the ends first to prevent mixture from spilling out.

Lowers the boom on 4 lucky people with 2 burritos each.

CHAPTER EIGHT

SWEET STUFF

BUFFALO BUZZERS™

*WHAT DOES WARM AND
FUZZY ALL OVER
FEEL LIKE?*

1/4 ounce of marijuana
1 cube of butter or margarine melted
2 squares of unsweetened chocolate
1 cup of sugar
2 eggs
1/2 cup of flour
1/2 teaspoon of baking powder
1 pinch of salt
1/4 teaspoon of vanilla
1 1/2 cups of walnuts chopped
1 cup of powdered sugar

Clean and pulverize the marijuana in a blender.
Preheat marijuana with the heat in butter method.

In a bowl blend marijuana, butter and sugar.

Combine butter mixture with all other ingredients and mix well.

Pour into 8 x 8 inch baking pan

Bake at 350 degrees for 20 to 25 minutes. Use a toothpick to test if done.

Remove pan to a rack and let cool. Sift powdered sugar evenly over brownies. Cut into 2 x2 inch squares.

Makes 16 Fuzzy Buzzers. Serves 8.

MOUNT RUSHMORE BROWNIES™

3/8 ounce of marijuana
6 ounces of melted butter
2 cups of sugar
4 ounces of melted chocolate
3 beaten eggs
2 cups of chopped walnuts
1 cup of flour
1/2 teaspoon of baking powder
1/2 teaspoon of salt
1 teaspoon of vanilla

Clean and in a blender pulverize the marijuana into a flour like substance.

Preheat marijuana with the heat in butter method.

In a bowl blend 6 oz. melted butter, the marijuana butter and sugar.

Combine all other ingredients and mix well.

Pour mixture into a greased 8 x 8 inch square baking pan.

Bake at 350 degrees for 20 to 25 minutes. Use a toothpick to test.

Remove pan to a rack and let cool.

Cut into 2 x 2 inch squares.

Makes 16 "Bet You Can't Eat Just One" rush more brownies.
Be careful....

CROWDED BROWNIES™

(For A Crowd Of 20)

1 ounce of marijuana
1 cup of melted butter or margarine
2 cups of sugar
5 eggs
1 Tablespoon of vanilla
2 cups of chocolate syrup
2 cups of sifted flour
1 teaspoon of baking powder
1 teaspoon of salt
2 cups of chopped walnuts
1 cup of chopped pecans

FROSTING

6 Tablespoons of butter or margarine
6 Tablespoons of milk
1 cup of sugar
1/2 cup of semisweet chocolate pieces
1 Tablespoon of vanilla

Clean and pulverize the marijuana in a blender.

Preheat marijuana with the dry heat method.

Combine together 1 cup of butter and 2 cups of sugar.

Beat in eggs and 1 teaspoon of vanilla and blend well.

Stir in chocolate syrup.

Sift together the marijuana, flour, baking powder and salt.

Pour into a large well greased 16 x 10 inch cake pan.

Bake in 350 degree oven for 25 minutes or until done.

Cool in pan on rack.

FOR THE FROSTING

Combine 6 Tablespoons of butter, milk and 1 cup of sugar in a saucepan.

Bring to a boil and remove from heat.

Add chocolate pieces and 1 teaspoon of vanilla and stir until mixture thickens.

Spread over brownies and cut into 2 x 2 inch squares.

Makes forty fortified brownies.

FIFTH AMENDMENT BROWNIES™

1/2 ounce of marijuana
1 cube of butter or margarine melted
6 Tablespoons of cocoa
1 cup of sugar
3 eggs
1/2 cup of flour
1/2 teaspoon of baking powder
1/4 teaspoon of salt
1/4 teaspoon of vanilla
2 cups of chopped pecans

Clean and pulverize the marijuana in a blender.

Preheat marijuana with the dry heat method.

In a bowl blend butter, sugar, eggs and vanilla.

In another bowl mix marijuana, flour, baking powder, salt.

Combine mixtures, add nuts and mix well.

Pour into 9 x 5 inch baking pan

Bake at 350 degrees for 20 to 25 minutes.

Remove pan to a rack and let cool.

Cut into 8 large squares.

If after eating a couple of these babies you happened to be stopped and questioned by a member of the law enforcement community, the only thing you will need to remember is that you stand by your Fifth Amendment Brownies and you've never heard of Uncle America and you disavow any knowledge about anything having to do with anything.

MONSOON MACAROONS™

1/4 ounce of marijuana
2 egg whites beaten stiff
1 cup of confectioners sugar
1 teaspoon of flour
1 1/2 squares of melted chocolate
1 1/2 cups of shredded coconut
1 cup of chopped walnuts

Clean and pulverize the marijuana in a blender to a fine powder.

Preheat marijuana with the heat in butter method and set aside.

In a saucepan melt the chocolate squares.

Carefully crack the eggs, remove the yokes and beat the egg whites stiff.

Blend into the egg whites the confectioner's sugar, flour and melted chocolate. Mix well.

Add coconut, nuts and the marijuana butter. Mix well.

Drop from teaspoon on a cookie sheet.

Bake at 325 degrees for 15 minutes.

These are really, really good. Be careful not to eat too many at one time. With these, it's a good idea to make extra "regular" macaroons for extra munching without getting your brain completely soaked.

DEVIL'S TOWER FOOD CAKE™

1/4 ounce of marijuana
1/2 cup of shortening
1/2 cup of cocoa
1/2 cup of milk
2 cups of flour
1 teaspoon of vanilla
1 1/2 cups of sugar
2 eggs
2 teaspoons of soda
1 cup of boiling water

Clean and pulverize the marijuana in a blender.

Preheat marijuana with the dry heat method and set aside.

In a large bowl cream the shortening and add sugar and cocoa and continue creaming.

Add well beaten eggs.

Dissolve the soda in the milk and stir into the mixture.

Add flour and beat well then stir in the marijuana.

Add boiling water and vanilla.

Bake in loaf pan at 350 degrees for 30 minutes.

Makes 6 angelic servings of devilish mischief.

HOOKA HAY CHOCOLATE CHIPS™

1/4 ounce of marijuana
1/2 cup of shortening
1/2 cup of granulated sugar
1/2 cup of brown sugar
1 egg
1 teaspoon of vanilla
1 cup of flour
1/2 teaspoon of salt
1/2 teaspoon of baking soda
8 ounces of chocolate chips
1 cup raisins

Clean and pulverize the marijuana in a blender.
Preheat marijuana with the dry heat method and set aside.

Combine the shortening and sugars, add egg and vanilla and beat until light and fluffy.

Sift the dry ingredients together and blend into creamed mixture and mix well.

Stir in chocolate chips, raisins and marijuana.

Drop rounded teaspoonfuls onto ungreased cookie sheet, leaving room for cookies to spread.

Bake at 375 degrees for 10 to 12 minutes. Remove from oven and cool on cookie sheet for 2 minutes before placing on wire rack or paper towels.

Makes 18 to 24 medium sized cookies serving 6.

Do not smoke them in your hooka, you'll just burn the sugar.

BUDS BUNNY CARROT CAKE™

3/8 ounce of marijuana
1 1/2 cups of Bisquick baking mix
1/2 cup of granulated sugar
1/4 cup of milk
2 Tablespoons of melted butter or margarine
2 teaspoons of ground cinnamon
1 teaspoon of ground nutmeg
1 teaspoon of vanilla
1 egg
1 cup of shredded carrots
1/2 cup of flaked coconut
1/2 cup of finely chopped pecans
1/4 cup of packed brown sugar

Clean and pulverize the marijuana in a blender.

Preheat marijuana with the dry heat method and set aside.

Grease and flour a square 8 x 8 inch pan.

In a large bowl mix 1 1/2 cups of Bisquick, marijuana, sugar, milk, melted butter, cinnamon, nutmeg, vanilla and egg. (1st 9 ingredients)

Beat on slow speed until smooth then stir in carrots and spread into the pan.

Mix the remaining ingredients and sprinkle over the batter.

Bake at 350 degrees about 50 minutes. Test with toothpick. Makes 8 servings...ah.... what's up Doc?

GERMAN CHOCOLATE HUMMERS™

1/2 ounce of marijuana
1 (14oz.) package of caramels
1/2 cup of evaporated milk and 1/3 cup of evaporated milk
1 package German Chocolate cake mix
3/4 cup margarine melted
1 cup of chopped walnuts
1 cup of semi-sweet chocolate chips

Clean, blend into powder and preheat marijuana with dry heat method and set aside

Combine caramels and 1/3 cup of evaporated milk in saucepan and heat over low heat until melted and set aside.

Mix by hand the cake mix, marijuana, margarine, 1/2 cup of evaporated milk and the walnuts. This will create a very thick batter.

In a 13X9 inch greased pan, spread about half of the batter which should be just enough to cover the bottom of the pan.

Bake at 350 degrees for 6 minutes.

Sprinkle 1 cup of chocolate chips into the pan. Reheat caramel mix and drizzle over the chips.

Spread the remaining batter over the chips and caramel.

Bake at 350 degrees for 15 more minutes.

Cool and refrigerate for 30 minutes before cutting into 12 squares, CAUTION! JUST EAT ONE.

TENNESSEE TORNADO TRUFFLES™

Makes 3 dozen for servings of 3 at a time.
Or perhaps two of you would like to try 1 every hour
for the next 18 hours and see what path that takes
and where you end up touching down.

1/2 ounce of marijuana
14 squares semisweet chocolate, divided
1 cup of heavy whipping cream
1/3 cup of butter, softened
1 teaspoon of rum extract of vanilla extract
1 cup finely chopped pecans or walnuts, toasted

Clean, blend into a powder and preheat your marijuana with
the heat in butter method and set aside.

Coarsely chop 12 squares of chocolate and set aside.

In a saucepan, heat cream over low heat until bubbles form
around the sides of the pan.

Stir in marijuana butter and mix well.

Remove from the heat and add chopped chocolate, stirring
until melted and smooth.

Cool to room temperature and Stir in butter and extract.

Cover tightly and refrigerate for at least 6 hours or until firm.

Grate remaining chocolate, place in shallow dish, add nuts and
set aside.

Shape tablespoonfuls of chilled chocolate mixture into balls
and place on waxed paper-lined baking sheets.

(If truffles are soft, refrigerate until easy to handle.)

Roll truffles in chocolate-nut mixture. Store in an airtight
container in the refrigerator.

PENNSYLVANIA CHOCOLATE PIZZA™

1/4 ounce of marijuana
3 cups of vanilla or white chips, divided
2 cups of semisweet chocolate chips
2 cups of miniature marshmallows
1 cup of Rice Krispies®
1 cup of chopped walnuts
1/2 cup of halved maraschino cherries, patted dry
1/4 cup flaked coconut

Clean, blend into powder and preheat marijuana with dry heat method and set aside.

In a small saucepan on medium heat, combine 2 1/2 cups vanilla chips and the chocolate chips and stir until smooth then immediately add the marshmallows, marijuana, Rice Krispies® and walnuts. Mix well.

Spread evenly on a 13 inch pizza pan that has been coated with non-stick cooking spray.

Arrange cherries on top and sprinkle with coconut.

Chill until firm and serve at room temperature.

Makes 6 servings of the "sweetest" pizza you've ever had.

CRYSTAL CANYON COFFEE FUDGE™

1/2 ounce of marijuana
2 cups of chopped walnuts
4 cups (24 ounces) of semisweet chocolate chips
1 jar (7 ounces) marshmallow creme
4 tablespoons of strong brewed coffee, room temperature
1 tablespoon plus 1/2 cup of butter, separate
1 can (12 ounces) evaporated milk
2 cups of sugar

Clean, blend into a fine powder and preheat marijuana with dry heat method and set aside.

Line a 13X9 inch pan with foil and butter the foil with the 1 tablespoon of butter and set aside.

In a large bowl, combine the chocolate chips and marshmallow creme and set aside.

In a large heavy saucepan over medium-low heat, combine the milk, sugar and 1/2 cup of butter.

Bring to a boil stirring constantly. Boil and stir for 2 minutes.

Add chocolate mixture and stir until chocolate is melted and mixture is smooth and creamy.

Stir in marijuana and walnuts and mix well.

Pour into prepared pan. Cover and refrigerate until firm.

Using foil, lift fudge out of pan and cut into 1 inch squares.

Store in an airtight container in the refrigerator.

Makes about 4 pounds and over 100 squares. How many to eat? Your guess is as good as mine. Enjoy and have a nice trip, but watch out for the canyon.

MALIBU MUDSLIDE PIE™

1/4 ounce of marijuana
1/2 gallon of butter pecan ice cream softened
1/3 cup of coffee Amaretto
1 teaspoon of instant coffee
1 can of whipped topping
1 cup shaved chocolate
1 chocolate crumb crust pie crust

When your house is getting ready to slide into the ocean....

Quickly clean and pulverize the marijuana in a blender.

Mix together the ice cream, coffee Amaretto, marijuana and instant coffee.

Pour into pie crust and freeze.

Just before serving, garnish with whipped topping and shaved chocolate.

Makes 6 slippery servings so you can go down with the house.

FEDERAL RESERVE BONUS FUDGE PIE™

1/2 ounce of marijuana
1/2 cup of packed brown sugar
1/4 cup of all purpose flour
3 eggs, lightly beaten
1/4 cup butter, melted
1 teaspoon vanilla extract
2 cups (12 ounces) semi-sweet chocolate chips, melted
1 1/2 cups walnut halves
1 unbaked pastry shell (9 inches)

Fudge Sauce

2 cups (12 ounces) semi-sweet chocolate chips
1 tablespoon butter
1/2 cup heavy whipping cream
1/4 cup of strong brewed coffee
1/2 gallon of Coffee ice cream

Clean, blend into a powder and preheat the marijuana in butter.

In a bowl, combine the ingredients and pour into pastry shell.

Bake at 375 degrees for 25-30 minutes or until set.

Cool on a wire rack.

For the Fudge Sauce, in a saucepan, melt chocolate chips and butter.

Stir in cream until smooth. Remove from the heat; stir in coffee.

Serve pie with coffee ice cream and fudge sauce.

Makes 6 to 8 bonus servings for your favorite financial advisers.

CHAPTER NINE

AFTER WORDS

UNCLE AMERICA'S®

MARIJUANA STRAINS

PROUDLY GROWN IN THE USA

YELLOWSTONE MELLOWSTONE™

MOUNT RUSHMORE™

REDWOOD HEADWOOD™

OKIE DOKIE™

SPACE STATION™

SHOCK AND AWE™

BLUE GRASS™

HALF DOME™

SKUNK CANYON™

HOOKA HAY™

BANKER'S BONUS™

WACKER BACKER™

Watch For

Uncle America's®

MARIJUANA

Buds & Snacks™

Opening doors to new and innovative ways of reaching all those who seek to expand the knowledge, education, legal distribution and use of medical and recreational marijuana.

Watch your local dispensary for Uncle America's Buds and Snacks along with the upcoming line of take home eatables for cooking, baking, refrigeration and instantaneous imbibery.

