



RECIPE

NONNA CANNABIS



THE BEST RECIPES WITH CANNABIS

Eggplant Caponata with Cannabis

Hello, I am Nonna Cannabis "The Italian granny who cooks with herbs".

Today I am going to teach you how to prepare a delicious Capotana de Aubergines, but with my special ingredient, "Cannabis".

Ingredients:

- Eggplants
- ½ Onion
- 1 tomato
- 2 Peppers (green and red)
- 1 Cda. Sugar
- 2 Tbsp. White wine vinegar
- 2 Tbsp. Capers
- 1 Cup Olives stuffed with anchovies
- 4 Tbs. Cannabis oil
- Salt to taste

Preparation:

Cut the aubergines into thick slices and then into 4 pieces.

We put the cannabis oil to heat in a pan over high heat and when hot add the pieces of eggplant. We put salt, leave them a couple of minutes to brown slightly and lower the heat so that they are made while chopping the pepper and onion into pieces similar in size to those of eggplant.

When the aubergine is well browned on all sides, remove from the heat and place the peppers, a little salt on them and put the fire back to sauté a minute. Mix with the aubergines being careful not to break the pieces, add the onion, wait for it to take color, mix everything and add the tomatoes cut into pieces.

Add the vinegar with the sugar mix and finally add the stuffed olives and capers. Remove from heat and let it sit for 3-4 minutes so that our eggplant caponata with cannabis finishes its heat. It can be served hot, or at room temperature with a few slices of bread.

This has been all for this week, and do not forget:

Pharmamedic and Nonna Cannabis are here to give you a healthier life!

NOTE: : If you are starting to consume this type of recipes, we recommend using small doses of herbs to prevent future adverse reactions in the body.