



RECIPE

NONNA CANNABIS



THE BEST RECIPES WITH CANNABIS

Spinach cream with cheese and cannabis milk

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

Today I am going to teach you how to prepare a delicious spinach cream with a little cheese and cannabis milk.

Ingredients:

- 4 cups of fresh spinach
- 1 onion
- 2 Tbsp. Cannabis oil
- ½ cup of wheat flour
- 1 liter of milk with cannabis
- 250 gr of cheese in pieces
- Salt, pepper and nutmeg to taste.

Preparation:

- Chop the onion into pieces, place in a pot with the hot oil. Season with salt and when the onion is crystalline, but keeping its white color, add the flour and stir for a few minutes.
- Add the cannabis milk, little by little and stirring the onion sauce. In this way we will prevent the flour from forming lumps in our spinach cream. When you finish pouring the milk, add the fresh spinach and keep cooking for about 10 minutes.
- To finish we add the small pieces of cheese. Remove everything and grind using a hand mixer or blender.
- Return the cream to the pot and season to taste with salt, pepper and nutmeg.

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.