



RECIPE

NONNA CANNABIS



THE BEST RECIPES WITH CANNABIS



## Creamy asparagus 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 and creamy asparagus with cannabis.

### Ingredients:

- 1/2 kilograms of fresh asparagus
- 1 large purple onion
- 1 garlic joint
- 7 tender leaves of cannabis
- 400 ml of vegetable broth
- 1/4 cup of milk cream
- 1/2 cup of cannabis oil
- Salt and pepper

### Preparation:

The first thing is to wash the asparagus and the tender leaves of cannabis well. Then remove the hard part of the skin from the asparagus.

Cut the asparagus into small pieces and the leaves, then cut the onion and the garlic joint also into small pieces.

Heat the pan and add the 1/2 cup of cannabis oil and fry the onion, garlic, asparagus and cannabis leaves over medium heat for 10 minutes.

Pour the soffrito in a pot and add the vegetable broth. Boil about 10 minutes. Add salt and pepper to taste.

After this time the asparagus should be quite soft.

Place the contents in an electric blender until a cream is made as uniform as possible.

Once the cream is made, pass it through a colander and pour it back into the pot. Heat 5 more minutes over low heat.

Add 1/4 cup of creamer and mix. If you want a creamier texture, place more cream.

Recipe for 4 people.

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.