



RECIPE

NONNA CANNABIS



THE BEST RECIPES WITH CANNABIS

## Pumpkin and Parmesan Risotto with a touch of 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 Pumpkin and Parmesan Risotto with a touch of cannabis.

### Ingredients:

- 350 g of special rice for risotto.
- ½ Kg of peeled pumpkin without seeds
- 1 large carrot
- 80 g of Parmesan cheese
- 1 large onion, 1 garlic porro
- 50 g of cannabis butte
- 1/3 cup of white wine
- 1 ½ liters of vegetable broth
- Cannabis oil
- Salt and black pepper to taste

### Preparation:

Cut the onion, garlic, carrot and pumpkin into cubes.

Put a little cannabis oil in a large pot and sauté the onion over low heat. Put a pinch of salt. When the onion is soft and slightly transparent, add the pumpkin and sauté it on a slightly stronger heat for a couple of minutes.

Add the white wine and let the alcohol evaporate.

Add the rice and stir it for a couple of minutes. Now go adding the hot broth little by little. First add a little only, enough to cover the rice. When the liquid has been absorbed by the rice, add the rest of the broth. Remove the rice each time you add more liquid. The cooking of the rice will last 15 minutes or so.

It is time to add butter and Parmesan cheese. Stir the risotto well to leave it creamy.

Finally add salt to taste, add pepper and serve hot. Portion 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.