



RECIPE

NONNA CANNABIS



THE BEST RECIPES WITH CANNABIS

Rice with Spinach and Cannabis

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

Today I'm going to teach you how to prepare a delicious rice with spinach and cannabis. Do not miss it!

Ingredients:

- 2 cups of chicken broth or an envelope of chicken broth
- 1 cup cooked and chopped spinach
- 1 small grated carrot
- ¼ of grated onion
- 1 egg
- 2 tablespoons of cannabis oil
- ¼ cup of cannabis milk
- ¼ cup of grated cheese

Preparation:

Place a tablespoon of oil in a pan and fry the rice, then add the 2 cups of chicken broth and leave to boil until dry.

Cover and cook over low heat until the rice opens.

Besides, with the other spoonful of cannabis oil, fry the spinach with the onion and the carrot, add the rice, the beaten egg, the cannabis milk and the grated cheese. Mix everything and in a previously greased mold pour the mixture and put it in the hot oven for about 20 minutes.

We serve hot.

Recipe for two 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.