

FRIENDLY®



Recipe Book

Fall Recipes

FRIENDLY® PUMPKIN SPICE LATTE



FRIENDLY® PUMPKIN SPICE LATTE

INGREDIENTS

FRIENDLY DROPS

2 cups of milk
2 tablespoons of canned pumpkin puree
2 tablespoons of sugar
1/2 teaspoon of pumpkin spice blend
1/2 cup of strong brewed coffee or espresso
Whipped cream (optional)
Cinnamon sticks (optional)

DIRECTIONS

In a saucepan over medium heat, combine the milk, pumpkin puree, sugar, and your dose of FRIENDLY DROPS. Whisk until well blended and heated through, but do not boil.

Remove from heat and stir in the pumpkin spice blend.

Pour the brewed coffee or espresso into your favorite mug.

Carefully pour the pumpkin spice mixture over the coffee. Option to use a handheld blender to mix together.

Top with whipped cream and garnish with a cinnamon stick for extra flair.

Sip and savor your cannabis-infused fall delight!



FRIENDLY[®] APPLE CRISPS



FRIENDLY® APPLE CRISPS

INGREDIENTS

6 cups of sliced apples (peeled and cored)
1 tablespoon of lemon juice
1/2 cup of granulated sugar
1/2 teaspoon of ground cinnamon
1/4 teaspoon of ground nutmeg
1/4 cup of cannabis-infused butter
1 cup of old-fashioned rolled oats
1/2 cup of all-purpose flour
1/2 cup of brown sugar
Vanilla ice cream (optional)

DIRECTIONS

Preheat your oven to 350°F (175°C).

In a large mixing bowl, combine the sliced apples, lemon juice, granulated sugar, cinnamon, and nutmeg. Toss until the apples are well coated, then transfer to a greased baking dish.

In another bowl, mix the cannabis-infused butter or coconut oil, rolled oats, flour, and brown sugar until it forms a crumbly mixture.

Sprinkle the oat mixture evenly over the apples.

Bake for 40-45 minutes or until the topping is golden brown and the apples are tender.

Allow the apple crisp to cool slightly before serving.

Serve warm with a scoop of vanilla ice cream for an extra indulgent treat.

FSO BUTTER

Mix in your desired amount of FSO into the melted butter or coconut oil, and give it a gentle stir. Once everything is fully mixed, you can either let it sit to harden or add it directly to your recipe if it calls for melted butter.



FRIENDLY® SWEET POTATO MASH



FRIENDLY® SWEET POTATO MASH

INGREDIENTS

6 cups of sliced apples (peeled and cored)
1 tablespoon of lemon juice
1/2 cup of granulated sugar
1/2 teaspoon of ground cinnamon
1/4 teaspoon of ground nutmeg
1/4 cup of cannabis-infused butter
1 cup of old-fashioned rolled oats
1/2 cup of all-purpose flour
1/2 cup of brown sugar
Vanilla ice cream (optional)

DIRECTIONS

Preheat your oven to 350°F (175°C).

In a large mixing bowl, combine the sliced apples, lemon juice, granulated sugar, cinnamon, and nutmeg. Toss until the apples are well coated, then transfer to a greased baking dish.

In another bowl, mix the cannabis-infused butter or coconut oil, rolled oats, flour, and brown sugar until it forms a crumbly mixture.

Sprinkle the oat mixture evenly over the apples.

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FRIENDLY® PUMPKIN PIE



CDPH-10003250

C11-0001172-LIC

FRIENDLY® SWEET POTATO MASH

INGREDIENTS

2 cups fresh pumpkin or 1 16-ounce can of pumpkin pie filling
2 eggs (beaten)
1/4 cup of condensed milk
1 teaspoon molasses
1/4 cup (1/2 stick) Cannabutter
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon vanilla
1/4 cup brown sugar
19-inch unbaked pie crust

DIRECTIONS

Preheat oven to 350° degrees. Combine the beaten eggs, milk, molasses, cinnamon, nutmeg, vanilla, brown sugar and pumpkin in a large bowl, and beat. Add your cannabutter to the mixture then fill the pastry crust. Bake for 50 minutes or until a knife inserted comes out clean.

FSO BUTTER

Mix in your desired amount of FSO into the melted butter or coconut oil, and give it a gentle stir. Once everything is fully mixed, you can either let it sit to harden or add it directly to your recipe if it calls for melted butter.



FRIENDLY[®] HOT APPLE CIDER



CDPH-10003250

C11-0001172-LIC

FRIENDLY® HOT APPLE CIDER

INGREDIENTS

FRIENDLY DROPS

4 cups of apple cider

2 cinnamon sticks

4 cloves

4 slices of orange peel

Whipped cream (optional)

Ground cinnamon for garnish (optional)

DIRECTIONS

In a saucepan, combine the apple cider, FRIENDLY DROPS, cinnamon sticks, cloves, and orange peel.

Simmer over low heat for 15-20 minutes, allowing the flavors to meld.

Remove the cinnamon sticks, cloves, and orange peel.

Ladle the infused apple cider into mugs.

Top with whipped cream and a sprinkle of ground cinnamon if desired.

Sip and savor this warm and soothing cannabis-infused fall beverage.



FRIENDLY® MAC N CHEESE



CDPH-10003250

C11-0001172-LIC

FRIENDLY® MAC N CHEESE

INGREDIENTS

1/2 cup cold Cannabutter
1 tablespoon melted Cannabutter
1/2 cup (1 stick) unsalted butter
1 cup flour
4 cups milk
2 teaspoons salt
1/4 teaspoon cayenne pepper
1 teaspoon ground black pepper
1 pound penne pasta, cooked
1 cup shredded smoked mozzarella cheese
1 cup shredded cheddar cheese
1 cup shredded American or Swiss cheese
3/4 cup grated Parmesan cheese
1/4 cup breadcrumbs

DIRECTIONS

Preheat your oven to 350° degrees and bring the milk to a boil. Add your cannabutter, seasoning, cheese and pasta. Pour into a baking pan and sprinkle with breadcrumbs and Parmesan. Bake for 30-40 minutes until golden brown

FSO BUTTER

Mix in your desired amount of FSO into the melted butter or coconut oil, and give it a gentle stir. Once everything is fully mixed, you can either let it sit to harden or add it directly to your recipe if it calls for melted butter.



Summer Recipes

FRIENDLY® SALAD

FRIENDLY® BRAND™



FRIENDLY® SALAD

FRIENDLY® BRAND™

PREP TIME: 5 MINS

TOTAL TIME: 5 MINS

SERVINGS: 3/4 CUP

INGREDIENTS

FRIENDLY™ DROPS®

1/4 cup apple cider vinegar

2 Tablespoons fresh lemon juice

2 Tablespoons water

1 Tablespoon dijon mustard

2 teaspoons honey or maple
syrup, or stevia, to taste

1 teaspoon dried oregano,
or 1 Tablespoon fresh

1 clove garlic, minced

1/2 teaspoon sea salt

1/4 teaspoon black pepper

1/2 cup + 2 Tablespoons olive oil

DIRECTIONS

STEP 1

Whisk together all ingredients except
the olive oil in a small bowl.

STEP 2

Slowly pour olive oil into the bowl
and whisk together until emulsified.

STEP 3

You can also blend everything
together in your blender or shake the
dressing together in a jar.

STEP 4

Add to your favorite salad!



FRIENDLY® SMOOTHIE

FRIENDLY® BRAND™



FRIENDLY® SMOOTHIE

FRIENDLY® BRAND™

PREP TIME: 5 MINS

TOTAL TIME: 5 MINS

SERVINGS: 1

INGREDIENTS

FRIENDLY™ DROPS®

1/2 of a large frozen banana
1-2 Tablespoons peanut butter
1 scoop vanilla protein powder
3/4 cup cold unsweetened vanilla
almond milk, or other milk
2 handfuls of baby spinach
or 1 Tablespoon fresh

DIRECTIONS

Add all ingredient into a high powered blender and blend until smooth. If the smoothie seems too thick you can add a splash more almond milk. Once the consistency is to your liking, pour into a glass and enjoy!



FRIENDLY® CAFÉ

FRIENDLY® BRAND™



FRIENDLY® CAFÉ

FRIENDLY® BRAND™

PREP TIME: 4 HOURS

TOTAL TIME: 4 HOURS

SERVINGS: 2

INGREDIENTS

FRIENDLY™ DROPS®

16 ounces cold brew coffee
from concentrate

1/2 cup Almond Breeze

Almond milk Creamer

sweetener of choice, optional

ice cube tray

DIRECTIONS

STEP 1

Pour Almond Breeze
Almondmilk Creamer into an
ice cube tray and freeze for at
least 4 hours or overnight.

STEP 2

Pour coffee into your blender
and add as many creamer ice
cubes you'd like. I added about
6. Add FRIENDLY™ DROPS®.
Add sweetener at this point if
you're using it.

STEP 3

Blend until ice is crushed or
the iced coffee is completely
smooth. I really liked it with
the crushed ice.

STEP 4

Pour into a glass or travel
cup with a straw and enjoy.



FRIENDLY® DIP

FRIENDLY® BRAND™



FRIENDLY® DIP

FRIENDLY® BRAND™

PREP TIME: 10 MINS

TOTAL TIME: 30 MINS

SERVINGS: 2

INGREDIENTS

FRIENDLY™ DROPS®

1 can (15 ounces) chickpeas, rinsed and drained or 1 ½ cup cooked chickpeas

½ teaspoon baking soda

3 Tablespoons tahini

3 Tablespoons lemon juice

3 Tablespoons extra virgin olive oil

1 clove garlic

½ teaspoon cumin

½ teaspoon salt

2-4 Tablespoons cold water, or more if needed for thinning

For topping: olive oil, fresh herbs,

za'atar, cayenne pepper and/or

paprika

For serving: pita chips and/or

fresh veggies

DIRECTIONS

STEP 1

If using canned chickpeas, place cooked chickpeas and baking soda in a medium saucepan and cover with water. You want 1-2 inches of water above the chickpeas. Bring the mixture to a boil over high heat.

If using dry chickpeas, see my note below.

STEP 2

Boil chickpeas, reducing heat if necessary to prevent the pan from overflowing, for about 20 minutes, or until the chickpeas have expanded, the skins are falling off and they're soft, but not mushy. While the chickpeas boil, skim off any foam and/or skins that float to the surface. After 20 minutes, drain the chickpeas in a colander and run under cool water. Set aside.

STEP 3

In a food processor, add FRIENDLY™ DROPS®, lemon juice, and tahini. Process for 1 minute.

Scrape down the sides of your food processor bowl and add chickpeas, olive oil, garlic, cumin and salt.

STEP 4

Process until smooth (about 2-3 minutes more) gradually adding cold water as desired to thin dip and scraping down sides of the processor bowl as needed. Once the hummus is completely smooth, taste and season as needed.

Pour into a glass or travel cup with a straw and enjoy.

STEP 5

Transfer to a bowl for serving. Top with a drizzle of olive oil, fresh herbs, za'atar, cayenne pepper and/or paprika. Serve with chopped veggies or pita chips for dipping.



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Winter Recipes

FRIENDLY® STUFFING™

FRIENDLY® BRAND™



FRIENDLY® STUFFING™

FRIENDLY® BRAND™

PREP TIME: 10 MINS

COOK TIME: 40 MINS

TOTAL TIME: 50 MINS

SERVINGS: 14

DOSES: 14

INGREDIENTS

1 GRAM FRIENDLY® FSO™

¼ cup butter

1 cup coarsely chopped celery

1 cup coarsely chopped onion

2 ½ cups Chicken Broth

1 (12 ounce) package Herb Seasoned Stuffing

DIRECTIONS

STEP 1

Heat the oven to 350 degrees F

STEP 2

Heat the butter in a 3-quart saucepan over medium heat. Add 14 doses of FRIENDLY® FSO™. Add the celery and onion and cook for 5 minutes or until tender-crisp, stirring occasionally.

STEP 3

Add Chicken Broth to the saucepan and heat to a boil. Remove the saucepan from the heat. Add the stuffing and mix lightly. Spoon the stuffing mixture into a greased 9×13×2-inch baking dish. Cover the baking dish.

STEP 4

Bake for 30 minutes or until the stuffing mixture is hot.



APPLE CIDER DROPS™

FRIENDLY® BRAND™



APPLE CIDER DROPS™

FRIENDLY® BRAND™

PREP TIME: 5 MINS

TOTAL TIME: 5 MINS

SERVINGS: 4

DOSES: 4

INGREDIENTS

1 oz FRIENDLY® DROPS™

1 Honeycrisp apple

2 tbsp. granulated sugar

1 tbsp. ground cinnamon

1 (750-ml.) bottle sparkling cider

DIRECTIONS

STEP 1

Cut apple in half, then cut four 1/8" slices. Using the tip of the knife, cut a small diagonal slit in each slice. Reserve remaining apple for another use.

STEP 2

On a small plate, combine sugar and cinnamon. Dip champagne flutes in water to wet the rims, then dip in cinnamon sugar mixture.

STEP 3

Fill champagne flutes full with sparkling cider and then top off with 4 doses of FRIENDLY® DROPS™
Top each glass with an apple slice.



FRIENDLY® CRAN SAUCE™

FRIENDLY® BRAND™



FRIENDLY® CRAN SAUCE™

FRIENDLY® BRAND™

PREP TIME: 5 MINS

COOK TIME: 15 MINS

TOTAL TIME: 20 MINS

SERVINGS: 10

DOSES: 10

INGREDIENTS

1 oz FRIENDLY® DROPS™

12 ounces cranberries

1 cup white sugar

1 cup orange juice

DIRECTIONS

STEP 1

Dissolve sugar in the orange juice in a medium saucepan over medium heat.

STEP 2

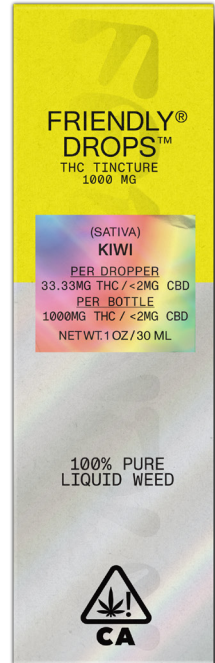
Stir in the cranberries and cook until they start to pop, about 10 minutes.

STEP 3

Remove from heat and place sauce in a bowl. Stir in 10 doses of FRIENDLY® DROPS™ It will thicken as it cools.

STEP 4

Enjoy!



FRIENDLY® PUMPKIN ROLL

FRIENDLY® BRAND™



FRIENDLY® PUMPKIN ROLL

FRIENDLY® BRAND™

PREP TIME: 10 MINS

COOK TIME: 40 MINS

TOTAL TIME: 50 MINS

SERVINGS: 14

DOSES: 14

INGREDIENTS

FOR THE CAKE:

1 Gram FRIENDLY® FSO™
Cooking spray
3/4 c. all-purpose flour
1/2 tsp. kosher salt
1 tsp. baking soda
1/2 tsp. pumpkin spice
3 large eggs
1 c. granulated sugar
2/3 c. pumpkin puree
Powdered sugar, for rolling

FOR THE FILLING:

1 oz FRIENDLY® DROPS™
12 oz. cream cheese, softened
1 tbsp. butter, melted
1/2 tsp. kosher salt
1 tsp. pure vanilla extract
1 1/4 c. powdered sugar

DIRECTIONS

STEP 1

Preheat oven to 350°. Line a 15" x 10" jelly roll pan with parchment and grease with cooking spray.

STEP 2

In a medium bowl, whisk together flour, salt, baking soda, and pumpkin spice. In a separate large bowl, whisk together eggs, sugar, pumpkin puree, and 7 doses of FRIENDLY® FSO™ by hand until smooth. Add dry ingredients to pumpkin mixture and whisk just until combine.

STEP 3

Spread into prepared pan and bake until a toothpick inserted in center of cake comes out clean, 15 minutes.

STEP 4

Meanwhile, lay out a large kitchen towel on your counter (try to use one with little to no texture) and dust with powdered sugar. When cake is done baking, flip onto kitchen towel and gently peel off parchment paper.

STEP 5

Starting at a short end, gently but tightly roll cake into a log. Let cool completely.

FOR THE FILLING:

STEP 1

In a large bowl, combine cream cheese, melted butter, and salt. Using a hand mixer, whisk until light and fluffy.

STEP 2

Add powdered sugar, vanilla, and 7 doses of FRIENDLY® DROPS™ and continue to mix until smooth.

STEP 3

When cake is cooled, gently unroll (it's ok if it remains slightly curled) and spread with cream cheese filling. Roll back up and dust with more powdered sugar. Slice and serve.



FRIENDLY® FSO™ GUMMIES

FRIENDLY® BRAND™



FRIENDLY® FSO™ GUMMIES

FRIENDLY® BRAND™

PREP TIME: 5

MINS

COOK TIME: 5 MINS

TOTAL TIME: 10 MINS

MAKES: 1 POUND

INGREDIENTS

1 Gram FRIENDLY® FSO™
3 envelopes unflavored gelatin
1-1/4 cups water, divided
1-1/2 cups sugar
1/4 to 1/2 teaspoon peppermint extract
4 drops each red and orange food coloring
Additional sugar

DIRECTIONS

STEP 1

In a small bowl, sprinkle gelatin over 1/2 cup water; let stand 5 minutes. In a small saucepan, bring sugar and remaining 3/4 cup water to a boil over medium heat, stirring constantly. Add gelatin mixture; simmer and stir over low heat until gelatin is completely dissolved, about 5 minutes. Remove from heat; stir in extract and FRIENDLY® FSO™.

STEP 2

Divide mixture between 2 bowls; tint 1 red and the other orange with food coloring. Transfer each to a greased 8×4-in. loaf pan; cool completely. Refrigerate, covered, until firm, about 3 hours

STEP 3

Loosen sides from pan with a knife; turn onto a sugared cutting board. Cut into 1/2-in. cubes; roll in additional sugar.

STEP 4

Let stand, uncovered, at room temperature until all sides are dry, 3-4 hours, turning every hour.



Infusing Tips

FRIENDLY® RECIPES

FRIENDLY® BRAND™



SCAN FOR MORE RECIPES!

