

INFUSE YOUR INDEPENDENCE DAY CELEBRATION WITH DR. MAY TINCTURES



As the Fourth of July approaches, it's time to start planning your perfect celebration to honor the spirit of independence. If you're looking to elevate your gathering to new heights, put your chef hat on and read on about how to infuse cannabis into your party. From delectable edibles to refreshing beverages, infused cannabis products can add an extra level of excitement and relaxation to your Fourth of July festivities. In this blog, we'll explore some creative ideas and suggestions to help you host a memorable and elevated cannabis-infused Fourth of July party, featuring the use of Dr. May cannabis tinctures for infusion. Dr. May tinctures are made using high-grade cannabis extracts and carefully selected organic coconut derived MCT oil. With various tincture formulas available, you can select the perfect one to complement your preferred effects.



Thirst-Quenching Cannabis-Infused Beverages

Dr. May cannabis tinctures can also be used to create refreshing and flavorful cannabis-infused beverages. Consider crafting a signature Fourth of July cocktail menu using these tinctures. From cannabis-infused lemonades and iced teas to fruit punches and mocktails, the possibilities are endless. The MCT oil base of these tinctures allows for easy incorporation into various beverage recipes, ensuring a consistent infusion throughout. As always, remember to educate your guests about responsible consumption and provide non-infused beverage options.

Cannabis-Inspired Decorations

Create a festive atmosphere by incorporating cannabis-themed decorations into your party setup. Consider using red, white, and blue cannabis leaf-shaped cutouts or incorporate small cannabis plants as table centerpieces. Be mindful that cannabis is still a regulated substance in many places, so ensure your decorations comply with local laws and regulations. You can even incorporate Dr. May branding or labels into your decorations to showcase the infusion process and add a unique touch to the ambiance.

The Art of Infused Edibles

Infusing cannabis tinctures into your food can bring a new level of flavor and potency. Dr. May's tinctures provide a convenient and reliable option for infusing your favorite snacks, treats and sauces. From cannabis-infused barbecue sauces for marinating and grilling to infused fruit skewers and popsicles, these tinctures can be easily incorporated into a variety of recipes. Be sure to follow dosage instructions provided by Dr. May and clearly label the infused edibles to ensure responsible consumption.



Cannabis-Friendly Games and Activities

Engage your guests with cannabis-friendly games and activities that add a fun and interactive element to your celebration. Set up a cannabis-themed trivia game or a rolling competition, where participants race to roll the perfect joint or blunt. You can also organize a cannabis-infused cooking demonstration using Dr. May tinctures, highlighting their versatility and ease of use. Consider inviting a budtender or cannabis expert to educate guests about different strains and consumption methods, including the benefits of using Dr. May cannabis tinctures.

Responsible Consumption and Safety

While infusing cannabis into your Fourth of July party can be a delightful addition, it's essential to prioritize responsible consumption and safety. Encourage your guests to consume responsibly, educate them about the potential effects of cannabis, and remind them to start low and go slow when using infused products. Ensure that non-infused food and beverages are readily available, allowing guests to have a choice in what they consume. Create a designated consumption area, away from children and non-consenting adults, to ensure a safe and comfortable environment for everyone.

Embrace the spirit of independence, embrace your inner chef and ignite your celebration with infused cannabis products for an unforgettable Fourth of July experience. Check out a few of our favorite BBQ ready infused recipes to surely make your party one to never forget. Cheers to a festive and elevated gathering that will leave your guests buzzing with delight!

Cheers,

Meghan

VEGAN BBQ SAUCE

PREP TIME: 5 MIN | COOK TIME 10 MIN

INGREDIENTS

10 DOSES DR. MAY TINCTURE OF CHOICE

(WE RECOMMEND NO MORE THAN 10MG PER DOSE)

1 CUP ORGANIC KETCHUP

2 TBSP WATER

1 ½ TBSP APPLE CIDER VINEGAR

1 TBSP LEMON JUICE

1/2 TBSP TAMARI OR SOY SAUCE (ENSURE GLUTEN-FREE AS NEEDED)

1/2 TSP YELLOW MUSTARD

1/4 CUP COCONUT SUGAR OR BROWN SUGAR

1 ½ TSP CHILI POWDER

1 TSP SMOKED PAPRIKA

1/2 TSP ONION POWDER

1 PINCH CAYENNE PEPPER OR GROUND CHIPOTLE PEPPER

1/8 TSP EACH SEA SALT AND BLACK PEPPER

INSTRUCTIONS

ADD ALL THE INGREDIENTS TO A LARGE SAUCEPAN AND WHISK THOROUGHLY TO COMBINE.
COOK OVER MEDIUM HEAT.

ONCE BUBBLING, REDUCE THE HEAT TO LOW AND CONTINUE SIMMERING FOR 8-10 MINUTES, STIRRING OCCASIONALLY. REDUCE THE HEAT OR COVER IF SPLATTERING. TASTE AND ADJUST THE SEASONINGS AS NEEDED (KEEPING IN MIND THE FLAVORS WILL DEVELOP AS IT COOLS), ADDING MORE SUGAR FOR SWEETNESS, VINEGAR FOR BRIGHTNESS (AND TO BALANCE THE SWEETNESS), CHILI POWDER FOR SMOKINESS, OR CAYENNE POWDER FOR HEAT.

LET COOL COMPLETELY BEFORE TRANSFERRING TO A STORAGE CONTAINER. SAUCE WILL KEEP FOR 2 WEEKS IN THE REFRIGERATOR OR 1 MONTH IN THE FREEZER. SERVE AT ROOM TEMPERATURE FOR BEST FLAVOR.



Infused Berry Crumble

VEGAN | GLUTEN FREE

MAKES 10 SERVINGS @ 10MG EACH

INGREDIENTS

CRUMBLE TOPPING

120 GRAMS GF/AP FLOUR
1 CUP GF ROLLED OATS- NOT QUICK OATS
½ CUP BROWN SUGAR
½ CUP COCONUT SUGAR
1 TEASPOONS BAKING POWDER
1 TEASPOONS CINNAMON
2 GRAMS SALT
¾ CUP (1 ¼ STICKS) COLD VEGAN BUTTER OR COCONUT OIL

FILLING

8 CUPS BERRIES (FROZEN OR FRESH)
¼ CUP VEGAN BUTTER OR COCONUT OIL, MELTED
10 DOSES DR. MAY TINCTURE OF CHOICE (WE RECOMMEND NO MORE THAN 10MG PER DOSE)
2 TBSP GF CORN STARCH
1 TBSP LEMON JUICE (JUICE FROM ½ LARGE LEMON)
1 TEASPOON VANILLA EXTRACT
¼ CUP COCONUT SUGAR OR BROWN SUGAR
¼ TSP SALT

INSTRUCTIONS

PREHEAT OVEN TO 350 F

PREP 8X8 PAN BY SPRAYING LIGHTLY WITH AVOCADO OIL OR COCONUT OIL

CRUMBLE TOPPING

MIX TOGETHER EVERYTHING EXCEPT THE BUTTER

GRATE THE BUTTER WITH A CHEESE GRATER AND THEN MIX INTO THE DRY INGREDIENTS WITH YOUR HANDS, UNTIL IT IS CRUMBLY

FILLING

PLACE FRUIT IN A BOWL. NO NEED TO THAW IF FROZEN.

TOSS FRUIT WITH CORN STARCH TO COAT.

ADD SUGARS AND SALT TO THE BOWL AND TOSS TO COAT.

MIX MELTED BUTTER WITH DR. MAY TINCTURE, ADD LEMON JUICE AND VANILLA EXTRACT.

POUR OVER THE FRUIT AND MIX WELL.

PLACE FRUIT MIXTURE INTO YOUR PREPARED PAN AND TOP WITH THE CRUMBLE TOPPING.

COVER WITH FOIL.

BAKE COVERED FOR 25-30 MINUTES; UNCOVER, ROTATE PAN AND BAKE FOR ADDITIONAL 10-20 MINUTES OR UNTIL BUBBLY IN THE MIDDLE AND LIGHTLY BROWNED ON TOP. CAN RECOVER WITH FOIL IF IT'S GETTING TOO DARK ON TOP.

SERVE WARM AS IS OR TOP WITH VEGAN ICE CREAM OR WHIPPED CREAM.



Vegan Infused Spinach and Artichoke Dip



MAKES APPROXIMATELY 10 ½ CUP SERVINGS | TOTAL TIME: 1 HOUR UNTIL SNACKING READY

INGREDIENTS

DR. MAY TINCTURE (10 DOSES)

*WE RECOMMEND NO MORE THAN 10MG PER DOSE

8 OZ VEGAN CREAM CHEESE

8 OZ VEGAN SOUR CREAM

3 ML DR. MAY 1000 MG TINCTURE

16 OZ VEGAN SHREDDED CHEESE

4 CUPS FRESH SPINACH, ROUGHLY
CHOPPED

1 CAN ARTICHOKE HEARTS, DRAINED AND CHOPPED

1 SMALL SWEET ONION, CHOPPED SMALL

1 SMALL SHALLOT, MINCED

2 CLOVES GARLIC, MINCED

2 TABLESPOONS OLIVE OIL

1 PINCH NUTMEG

SALT AND PEPPER TO YOUR LIKING

8 OZ SHREDDED VEGAN CHEESE FOR TOPPING

INSTRUCTIONS

- PREPARE AN 8X8 PAN BY LIGHTLY GREASING THE SIDES AND BOTTOM WITH OLIVE OIL.
- GRATE ALL CHEESES IF NEEDED; ROUGHLY CHOP SPINACH AND ARTICHOKE. GENTLY MIX SHREDDED CHEESE, ARTICHOKE AND CHOPPED SPINACH AND PLACE IN A LARGE BOWL. SET TO THE SIDE.
- SAUTE ONION AND GARLIC IN OLIVE OIL OVER MEDIUM HEAT FOR 3-4 MINUTES. REDUCE HEAT TO MEDIUM LOW. ADD CREAM CHEESE TO THE ONION MIXTURE. ADD SALT, PEPPER AND NUTMEG, STIR FREQUENTLY WHILE CREAM CHEESE MELTS. ONCE MELTED, REMOVE FROM HEAT AND ADD IN SOUR CREAM AND DR. MAY TINCTURE OF CHOICE. STIR UNTIL CREAMY AND WELL MIXED.
- POUR THE ONION CREAM CHEESE MIXTURE IN THE BOWL WITH THE SPINACH. MIX UNTIL EVENLY COMBINED.
- PLACE MIXTURE INTO PREPARED PAN. TOP WITH REMAINING GRATED CHEESES. COVER WITH FOIL AND BAKE AT 350 FOR 20 MINUTES. REMOVE FOIL AND BAKE AN ADDITIONAL 15-20 MIN OR UNTIL BUBBLY AND LIGHTLY BROWNED ON TOP. COOL SLIGHTLY BEFORE EATING. ENJOY WITH CHIPS, VEGGIES OR BREAD.

