



You Scream, I Scream, We all Scream for Holy Flower-Infused Ice Cream!

Now that summer is in full swing here in the northern hemisphere, what better way to enjoy a hot summer day than with a couple scoops of homemade Holy Flower-infused ice cream. Not only will you keep cool indulging on this popular dessert item, but you get the added bonus of a treat within a treat. And who doesn't love ice-cream? Ice cream is a favorite sweet treat by everyone. We enjoy it while celebrating with others during family gatherings as well as times of needing comfort in our lives. Ice cream is just all around awesome. There are so many varieties and flavors it is never boring or played out.



As an experienced ice cream cake decorator for over 20 years working with well-known ice cream companies such as Baskin Robbins, Carvel Ice Cream, and Ben & Jerry's to name a few, I can say from my own experience that summers were never slow, and we couldn't scoop the refreshing and delectable frozen goodness fast enough. And with as many cakes I have made just

how popular ice cream cakes are. Not only in the summer, but on holidays as well. Having this base recipe to create Holy Flower-infused ice cream opens the door to creating so many other scrumptious ideas such as Holy Flower-infused ice cream cakes, Holy Flower-infused ice cream pies, infused milkshakes, root beer floats, sundaes, and the list goes on and on.



Making homemade Holy Flower-infused ice cream is quite simple and a lot of fun. It does not require a lot of expensive equipment to get the tasty results. And whatever your preference is when it comes to your favorite flavors, get creative with your Holy Flower-infused ice cream for your individual tastes. Have fun with it and go wild! What stoner wouldn't agree that ice cream on a hot summer day with all its crunchy and ooey-gooeyness along with being infused isn't the perfect way to enjoy our favorite past time? It is the best of both worlds all in one.



By using the important step by step method that is required, you are well on your way to having a delicious and super lit treat. Your love of this popular dessert will be a huge hit at any 420 gathering or cook out this summer. The recipe is written to serve 4 and absolutely can be increased to share this frozen concoction. So, without any further waiting, let's gather what you will need to make your very own signature cannabis-infused ice cream.

Ingredients

- 4 cans of sweetened condensed milk
- 8 cups cannabis-infused whipping cream
- 1 ¼ teaspoon salt
- 4 teaspoons vanilla extract

- 2 ½ cups cocoa powder (this is optional for chocolate, or chocolate-based ice cream)
- Your favorite flavoring syrup, such as Torani syrups
- Additional toppings to make this your signature cannabis-infused ice cream such as:
 - *Hot fudge
 - *Caramel
 - *Oreos
 - *Frozen fruit
 - *Nuts
 - *Sprinkles
 - *Cookie dough
 - *Coconut
 - *Marshmallows
 - *Candy



Starting with Holy Flower...

This recipe requires 8 cups of whipping cream, which is what you will infuse Holy Flower into. It is best to work with at least 5 grams of decarbed Holy Flower per 2 cups of whipping cream. This amount of decarbed Holy Flower is an example of the quantity to use, just be aware of the THC % of the strain you are using to understand how potent it will be. Keep in mind as well if you are creating this infused ice cream with others in mind who may not be as experienced as you with Holy Flower, be sure to give a heads up to of all who you will be serving as well. Before you can infuse your favorite flavor of ice cream you will need to decarb your Holy Flower. This step is necessary to have the intoxicating, “high” effects.



Decarboxylation and Holy Flower

If you are new to this method of Holy Flower consumption or any type of edibles, you may be asking the question, what exactly does the term ‘Decarboxylation’ mean? Decarboxylation (pronounced de-carb-OX-yl-a-tion) by definition, is the process of heating cannabis to activate the cannabinoids within its buds, trims, leaves or kief. Decarboxylating or “decarbing” Holy Flower, is the process that activates the psychoactive compounds in the Holy Flower plant, so you feel high when you consume it. The feeling we all appreciate when using Holy Flower.

Decarboxylation occurs through heat and with time. For example, when you smoke or vape, the decarboxylation process happens instantly. Therefore, you feel the effects immediately. The same is required when preparing your Holy Flower prior to infusing into the whipping cream for your homemade ice cream. This process can easily be done in your kitchen oven or my favorite kitchen gadget, the Ardent FX. It is not necessary to grind up your flower, just break the buds into smaller pieces. I recommend setting your oven temperature to 220° F for 45 minutes. It is best to keep an eye on your precious Holy Flower and stir about every 15 minutes. Once it is finished it will look a lighter brown color. I grind my decarbed Holy Flower prior to adding it to the whipping cream.

When you are deciding how much Holy Flower to use, it will depend on factors such as:

- Your tolerance levels
- The potency of your Holy Flower-a higher THC% vs a lower THC%, for example if your Holy Flower strain is THC 24% you would use less than if say your Holy Flower strain is THC 16%.
- The type of strain it is-indica, indica-dominant, sativa, sativa-dominant, or hybrid

Preparing the Holy Flower-Infused Whipping Cream

After you have finished decarbing your cannabis, the next step is to make the cannabis-infused whipping cream. The method I use to make the infused whipping cream requires you to combine your decarbed cannabis with 8 cups whipping cream in a saucepan. Bring to a boil, stirring well. Reduce heat to a simmer, for about two hours, so be sure to set a timer. You will need to stir it regularly as you don't want it to scorch the bottom of your saucepan. After it is finished, strain your cannabis-infused whipping cream using cheesecloth into a clean glass jar and refrigerate until completely cool. Personally, I prefer this method, but I have included an alternative method that is also simple to perform. Choose which method is right for you.

The other method to try is by adding your decarbed Holy Flower and whipping cream into a mason jar and seal it. You will need a stockpot for this method. Place the mason jar in the stockpot and fill with hot water so it reaches about $\frac{3}{4}$ way up the side of the mason jar. Simmer for 3 hours and add more water if needed. Carefully remove jars and strain through cheesecloth into another clean jar. Refrigerate until completely cool. Now your whipping cream is ready to go! Another suggestion would be to make extra infused whipping cream to add on top of your infused ice cream, homemade pies, cakes, and puddings. You can also add a drop or two of food coloring to the infused whipped cream, which your guests will truly appreciate. It is all about presentation and this will truly impress. The possibilities are endless.

Creating your Signature Holy Flower-Infused Ice Cream

Now the fun part...making your very own signature Holy Flower-infused ice cream.

Keep in mind you do not need expensive equipment to create your homemade ice cream. Most of what you need aside from ingredients you will more than likely already have in your kitchen, such as a hand mixer, metal mixing bowls, a spatula, and an airtight container to store your frozen masterpiece in.



Preparing your Ice Cream

In a medium mixing bowl, combine the condensed milk, vanilla, and salt. Add the optional cocoa powder if you are wanting a chocolate or chocolate base ice cream. Thoroughly whisk all ingredients together.

-In a separate chilled bowl, use a hand mixer to whip your infused Holy Flower cream until firm peaks form.

-Using a rubber spatula, fold about half of the Holy Flower whipping cream mixture into the condensed milk mixture until combined. Fold that mixture back into the other half of the Holy Flower whipping cream and blend well.

-To customize your infused ice cream with your favorite flavor, and depending on how strong you want it, experiment with a small amount of flavoring syrup. A little can go a long way. Too much flavor can be overpowering. For example, if you are wanting mint flavored ice cream. Start with a few drops and taste

-To step it up a notch, divide the infused mixture in to separate portions and a few drops of food coloring to give it a funky effect. Lightly swirl both parts together.

-Get creative and add your own special touch with mix-ins of your choice and your own tastes.

-Pour the entire mixture into an air-tight container, keep in freezer for at least 4 hour or overnight to fully set up and voila! Your very own signature Holy Flower-infused ice cream is ready to enjoy!



How Much Infused Ice Cream Should You Consume?

For those who are new to consuming edibles, they may not be sure on how much to consume without going overboard, and this can vary from person to person. We all have seen and heard about the bad experiences of a person overdoing the edibles by consuming extra servings in a short amount of time. An

individual's tolerance level is one of the key factors along with how potent your infused ice cream is. When choosing which strain you intend to use, along with knowing it's THC % will help you to determine the serving that is best for you. Same goes for cannabis-infused ice cream. Start with a smaller portion to see how fast the effects begin to take place. The intoxicating effects can be felt within 15 minutes up to an hour and last as long as 6-8 hours or better. With any edibles it is always best to remember to "start low and go slow".



Be sure if you have children, pets, or those not aware this ice cream is infused with Holy Flower, keep it out of reach. It is best to label the container as well with your strain information, especially if you plan to make several varieties. Also, this would be wise if you live with other individuals to prevent it from getting in the wrong hands. This is a different type of vibe compared to smoking or vaping. And because the Holy Flower-infused ice cream is so creamy and delicious, always remember it may be easy to overdo it.

We hope you love this Holy Flower infused ice-cream as much as we do! We would love to hear from you so please send us your emails and pictures of your scrumptious frozen creations to:
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Have an amazing day filled with positive energy, love and the highest vibes!



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