



Cannabis-Infused Veggie Stir Fry

Why You'll Love This Recipe

It's fast. It's flavorful. It's full of fiber and phytonutrients. And with cannabis-infused coconut oil in the mix, this veggie stir fry doesn't just fuel your body—it eases your mind.

Health Benefits

- ✓ Loaded with antioxidants from colorful veggies
- ✓ Supports gut health with fiber-rich ingredients
- ✓ Cannabis = anti-inflammatory, calming, and digestive-friendly
- ✓ Coconut oil = improves THC absorption and heart health

Ingredients

- 2 tbsp cannabis-infused coconut oil
- 1 cup broccoli florets
- 1 red bell pepper, sliced
- 1 carrot, julienned
- ½ cup snap peas
- 2 cloves garlic, minced
- 1 tbsp ginger, grated
- 2 tbsp low-sodium soy sauce or tamari
- Optional: sesame seeds, green onions, chili flakes


Instructions


1. **Heat the Oil:** In a wok or skillet, warm cannabis-infused coconut oil over medium heat. Add garlic and ginger—sauté for 30 seconds.
2. **Cook the Veggies:** Add broccoli, carrots, and bell pepper. Stir-fry for 3–4 minutes. Toss in snap peas and cook for another 2 minutes.
3. **Season & Serve:** Stir in soy sauce. Add chili flakes or sesame seeds if using. Serve over brown rice, quinoa, or cauliflower rice.


Dosing Guide

2 tbsp infused coconut oil = 87.5mg THC
Makes ~2 servings


Dose per Serving:

 Full = ~43.75mg THC

 Half = ~21.9mg THC

 ¼ serving = ~10.9mg THC

Pro Tip: Coconut oil boosts bioavailability—dose mindfully!

Strain Reminder: Strains aren't always what they claim. Names can change, effects can vary, and testing isn't always rigorous. Take these suggestions with a diamond-sized grain of salt —and trust your body, not just the label.

For more recipes and expert cannabis guidance: [CEDclinic.com](https://cedclinic.com)