

Cannabis-Infused Creamy Avocado Dip

Bright, calm, and easier to portion

Ready ~10 minutes	Servings 4	Infusion Olive oil or oral tincture	Starter range About 1 tablespoon
-----------------------------	----------------------	---	--

Ingredients

- 2 ripe avocados
- Juice of 1 lime
- 1 small garlic clove, minced
- 1 tablespoon finely chopped red onion
- 1 tablespoon chopped fresh cilantro, optional
- Salt to taste
- 1/2 tablespoon cannabis-infused olive oil or oral tincture intended for ingestion

Equipment

- Medium bowl
- Fork or potato masher
- Spoon for portioning
- Airtight container

Quick Method

- 1. Mash** Mash the avocados to your preferred texture.
- 2. Build** Stir in lime juice, garlic, onion, cilantro, and salt.
- 3. Infuse** Add the infused olive oil or oral tincture and mix thoroughly.
- 4. Portion** Serve with vegetables, chips, toast, or sandwiches, starting with a measured portion.

Why it works

A spoonable, savory format can make serving sizes easier to understand than many sweet edibles. Avocado provides a rich base, while lime and aromatics keep the flavor fresh and intentional.

Dosing guide

If your infused olive oil provides about 43.8 mg THC per tablespoon and you use 1/2 tablespoon in the full dip, the full recipe contains about 21.9 mg THC total.

$43.8 \text{ mg THC per tablespoon} \times 0.5 \text{ tablespoon} = 21.9 \text{ mg THC in the full recipe}$

$21.9 \text{ mg total} / 4 \text{ servings} = \text{about } 5.5 \text{ mg THC per serving}$

Portion	Estimated THC	How it looks in real life
About 1 tablespoon	≈ 2.7 mg	A cautious beginner portion
2 to 3 tablespoons	≈ 5.5 mg	A full serving
About 1/4 cup	≈ 10.9 mg	Better suited to experienced users

Use on page

Add the interactive dose calculator to the recipe page body for live serving math.

Storage

Best fresh. Usually keeps 1 to 2 days refrigerated with wrap pressed directly onto the surface.

Dosing note: All dosing numbers are estimates. Actual potency can vary based on infusion strength, mixing quality, meal timing, tolerance, metabolism, and portion size. Start low and wait long enough before considering more.