



GET BAKED

THE VEDA WARRIOR GUIDE TO HOLIDAY BAKING

Your complete guide to cooking with cannabis,
crafting precisely dosed edibles, and hosting an
elegant infused experience.



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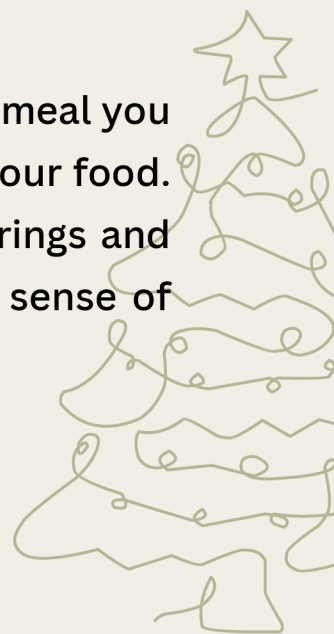
VEDA WARRIOR

ARTISANAL COOKING ESSENTIALS

Veda Warrior is a holistic wellness company rooted in Ayurveda—the world’s oldest system of holistic healing and oldest source of historical knowledge on the cannabis plant. At Veda Warrior, we are driven by a mission to make authentic, cannabis-based wellness more accessible. We believe in the power of natural ingredients to transform everyday wellness, which is why our artisanal cannabis-infused cooking essentials are crafted with the utmost care. Our products are made from the highest quality organic ingredients, ensuring that the foods you prepare are not only delightful but also profoundly nourishing and free from chemicals and preservatives.

This baking guide is designed to elevate your holidays through delicious, health-enhancing culinary adventures. Whether you are a seasoned chef or a beginner in the kitchen, this how-to guide will help you easily use the Veda Warrior cooking essentials to create dishes that do more than just satisfy hunger.

As you embark on this culinary journey, remember that each meal you prepare is an opportunity to infuse love and intention into your food. We hope that these recipes bring joy to your holiday gatherings and contribute to a season filled with health, happiness, and a sense of well-being.





OUR PHILOSOPHY ON COOKING WITH CANNABIS



Cooking with cannabis, viewed through the lens of the ancient medical science of Ayurveda, offers a unique approach to combining ancient wellness practices with modern culinary techniques. Ayurveda has recognized the therapeutic potential of cannabis, known as “Vijaya” in Sanskrit, for thousands of years. This tradition values cannabis for its ability to promote relaxation and support digestive health when used judiciously.

Incorporating cannabis into cooking involves more than just adding a new ingredient: it's about enhancing the overall wellness benefits of meals. By infusing cannabis into ghee butter, olive oil, or coconut oil, we not only enhance the flavor profiles of dishes but also integrate the plant's calming properties. For example, cannabis-infused ghee butter can be used in recipes to aid in relaxation and digestion, aligning with Ayurveda's holistic approach to nutrition. Ayurveda also teaches that the intentions behind food preparation impact its benefits for the body and spirit.

Each recipe you make with the Veda Warrior cooking essentials can delight the palate while also promoting physical and mental well-being. Wishing you the best of culinary adventures ahead!





CANNABIS COOKING GUIDELINES

Cooking with cannabis is an art that requires precision and understanding, especially when it comes to dosing and preparation techniques. To ensure that your cannabis-infused dishes are not only delicious but also effective and safe, follow these guidelines:

UNDERSTANDING DOSING

The key to successful cannabis cooking is proper dosing. It's important to start with precise measurements of cannabis-infused oils or butters, understanding the THC content of the cannabis you are using. Begin with small quantities, especially if you or your guests are new to cannabis edibles. As a rule of thumb, a serving size for a beginner should contain no more than 5-10 milligrams of THC. Remember, you can always take more but you can't take less once consumed. Use a standardized teaspoon to measure our Infused Ghee Butter and Coconut Oil, and the graduated dropper in the Olive Oil bottle for scale for accuracy and consistency.

READY TO USE

The cannabis in our products has already undergone decarboxylation, meaning the THC is activated and ready for use without additional preparation.

COOKING

When cooking with our cannabis-infused oils, it's important to avoid high temperatures to preserve the THC content. Do not let your cannabis oil or butter smoke or burn; overheating can degrade the potency and alter the flavor.

Ideally, incorporate the cannabis product into your dishes that require no more than a gentle simmer while maintaining a low, steady heat. If using in baked goods, try to use recipes that cook at temperatures below 350°F (177°C) to ensure the integrity of the THC.

STORING FOR FRESHNESS

Store your cannabis-infused oil or butter in its container upright at room temperature. Proper storage helps in preserving its potency and freshness—keep stored in the black glass bottles they come in.

PACE YOURSELF

When you first try your edibles, start with a small portion and wait at least two hours to understand how it affects you before considering having more. The effects of edibles are delayed and can lead to a much stronger intoxication if not measured properly.

STORE SAFELY

Always keep your cannabis-infused products labeled clearly and store them where children and pets cannot access them.

By adhering to these guidelines, you ensure that your experience with cannabis cooking is both enjoyable and safe.

Whether you're a seasoned chef or a casual cook, the integration of cannabis into your culinary creations can open a new dimension of dining that brings both pleasure and therapeutic benefits.



THE ART OF HOSTING: CREATING AN ELEGANT & ELEVATED EXPERIENCE

Hosting is more than just serving food—it's about curating an experience that delights the senses, fosters meaningful connection, and leaves a lasting impression. Whether you're planning an intimate dinner party, a stylish cocktail hour, or a cozy gathering, mastering the art of hosting with grace, ease, and sophistication ensures that your guests feel both welcome and inspired.

1. SET THE SCENE: AMBIANCE IS EVERYTHING

A well-designed space sets the tone for your gathering. Elevate your ambiance with:

- Lighting – Use warm, dim lighting with candles or soft string lights for a cozy, intimate glow.
- Music – Curate a playlist that enhances the mood, whether it's elegant jazz, soulful R&B, or world beats. Tailor the soundscape to the theme of your menu for a multi-dimensional experience.
- Aromatic Elements – Fresh flowers, incense, or essential oil diffusers with lavender, sandalwood, or citrus create an inviting scentscape.

2. IMPRESS WITH ARTISANAL INGREDIENTS

Great hosts know that food is more than just sustenance—it's medicine, ritual, and connection. Every ingredient you select carries a story, a lineage, and an energy that impacts both the body and spirit. When you curate a menu with high-quality, artisanal ingredients, you are offering your guests more than a meal—you are offering them an experience of true nourishment.

Take a moment to tell your guests about the care you put into selecting the best ingredients, whether it's organic, locally sourced produce, hand-harvested spices, or the ancient tradition of cooking with ghee. Let them know that each choice was made with intention, honoring both tradition and wellness. In Ayurveda, it is believed that the energy of the cook infuses into the food—so when you prepare meals with love and mindfulness, that energy is passed on to those who partake.

We believe that the effort you invest in nourishing your guests with the healthiest, most vibrant ingredients will come back to benefit you in magical ways. Food prepared with love, gratitude, and the wisdom of nature has the power to uplift, heal, and inspire. By treating cooking as an act of devotion, you create a meal that is not just delicious, but transformative.

3. MASTER THE FLOW OF THE EVENING

- Welcome with a Signature Drink – Greet guests with a beautifully crafted infused mocktail or herbal infusion. This helps kick off the elevated festivities as soon as guests arrive.
- Engage in Storytelling – Share the story behind your ingredients, the cultural significance of your dishes, or your inspiration for the gathering.
- Pace the Evening – Serve your infused meal in courses to help your guests pace their cannabis use and avoid overconsumption. Curate moments for mingling, savoring, and organic conversation as guests enjoy the different courses.



THE ART OF HOSTING: CREATING AN ELEGANT & ELEVATED EXPERIENCE

4. THE SECRET TO EFFORTLESS HOSTING: PREPARATION

The key to a stress-free event is strategic prep work:

- ✓ Plan your menu ahead of time, choosing dishes that can be prepped in advance.
- ✓ Set the table early with thoughtful plating, linen napkins, and natural elements.
- ✓ Have a designated infused and non-infused section so guests can choose their experience.

5. CREATE A LASTING IMPRESSION

A true host ensures guests leave with a sense of warmth, inspiration, and delight. Send them off with some priceless gifts they'll always remember:

- **A small gift**—such as homemade infused chocolates or a recipe card from the evening.
- **A memorable moment**—capture a group photo or create a shared playlist.
- **A takeaway tip**—share your favorite Ayurvedic hosting ritual, like starting meals with gratitude.

By combining elegance with ease, artistry with intention, and fine ingredients with heartfelt hospitality, you'll transform any gathering into an elevated, unforgettable experience.





CANNABIS-INFUSED RECIPES

9 HOLIDAY RECIPES TO ELEVATE YOUR WINTER





OUR CANNABIS-INFUSED OILS

Cooking with cannabis is an age-old tradition practiced in cultures around the world. From the cannabis-infused bhang drinks of ancient India to the pot brownies of modern times, people have long used the plant's healing compounds in foods, tonics, and elixirs to restore comfort, calm, sleep and creativity.

The oldest documented references to cannabis cooking come from Ayurveda—the world's oldest medical science and sister science of yoga. Inspired by its 5,000-year-old teachings, we infuse cannabis into high-quality, organic cooking oils to make it easy to enjoy the tradition of culinary cannabis at home—without the hassle of making your own infusions.

Our cannabis-infused cooking oils are:



READY TO USE

No need to spend hours heating, straining, or experimenting—our oils are fully infused and kitchen-ready.



ODOR-FREE BAKING

No strong cannabis odors, letting you cook or bake freely and discreetly at home.



PRECISELY DOSED

Each product is lab-tested and consistently dosed with 100mg of THC per bottle, taking the guesswork out of potency.



PREMIUM INGREDIENTS

Made with organic cooking oils, with no artificial chemicals, dyes or preservatives.



CANNABIS-INFUSED OLIVE OIL

Our artisanal Infused Olive Oil is crafted from the finest Greek extra virgin, cold-pressed olive oil.

- Certified organic olive oil
- Extra virgin & cold pressed
- Monovarietal - 100% Greek Koroneiki olives
- 100mg THC / bottle
- 1ml = 1mg THC
- Easy to dose with 1ml dropper
- Cook, bake or drizzle on food



CANNABIS-INFUSED GHEE BUTTER

Our premium cannabutter is made with organic clarified butter, known as ghee in Ayurveda.

- Certified organic ghee butter
- Locally sourced
- Shelf stable
- 100mg THC / jar
- 1 teaspoon = 5mg THC
- Cook, bake or spread on food

CANNABIS-INFUSED COCONUT OIL



Our infused coconut oil is packed with healthy fats known to boost energy and nourish skin.

- Certified organic coconut oil
- Extra virgin & cold pressed
- 100mg THC / jar
- 1 teaspoon = 5mg THC
- Cook, bake or mix into food
- Use topically for pain relief





Cannabis-Infused Cranberry Orange Muffins

 20 servings  45 minutes

Packed with juicy cranberries and the bright, zesty flavor of orange, these cranberry orange muffins are a perfect balance of sweet and citrusy. Each bite offers the perfect balance of sweet and tangy, with a soft, moist texture that melts in your mouth. Whether enjoyed warm from the oven or as an afternoon snack, these muffins are a comforting treat bursting with fresh, vibrant flavors!



INGREDIENTS



- 1 cup flour
- $\frac{1}{3}$ cup sugar
- $\frac{1}{4}$ cup slivered almonds
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{8}$ tsp ground cardamom
- $\frac{1}{8}$ tsp ground ginger
- 3oz Veda Warrior ghee butter, melted
- $\frac{1}{2}$ cup fresh orange juice
- 1 tbsp orange zest
- $\frac{3}{4}$ cup fresh cranberries, chopped

INSTRUCTIONS

1. Preheat oven to 350F.
2. Combine flour, sugar, almonds, baking soda and baking powder, salt and spices ingredients in a bowl and whisk.
3. Wash and zest orange, then juice.
4. Add the orange juice and zest, melted ghee, and chopped cranberries & combine all together. The batter will be thick.
5. Scoop out with a spoon into a greased mini-muffin pan and bake for 30 minutes or until golden brown.
6. Let stand for 10 minutes before removing from the pan.



Cannabis-Infused Chocolate Chip Cookie

 20 servings  45 minutes

These cookies are everything you crave: perfectly crisp edges, a delightfully chewy center, rich chocolate chips and a dose of delight & inspiration. It's the ultimate elevated chocolate chip cookie experience!

INGREDIENTS

- 3 1/2 cups flour
- 3/4 tsp baking soda
- 1/2 tsp salt
- 1 (3oz) jar of Veda Warrior Ghee Butter
- 2 tbsp water
- 1 stick of unsalted butter, melted and cooled
- 1 1/4 cups packed light brown sugar
- 1/2 cup granulated sugar
- 2 large eggs + 2 large egg yolks
- 1 tbsp vanilla extract
- 1 (12oz) bag of semisweet chocolate chips



INSTRUCTIONS

1. Pre-heat oven to 325° F.
2. Whisk the flour, baking soda and salt together in a large bowl and set aside.
3. Beat the ghee butter, water and sugars in a large bowl using an electric mixer on medium speed until combined, 1 to 2 minutes. Beat in the eggs, yolks and vanilla until combined, about 30 seconds.
4. Reduce the mixer speed to low and slowly incorporate the flour mixture until combined, about 30 seconds. Mix in chocolate chips until fully incorporated.
5. Chill the dough until it becomes solid, then portion into 20 dough balls. Divide the dough balls between two parchment lined baking sheets, spaced 2 1/2 inches apart. Bake until the edges are golden but the centers are still soft and puffy, 13-15 minutes, rotating the baking sheets halfway through.
6. Let the cookies cool on the baking sheets for an additional 10 minutes, and then transfer to a wire rack to cool completely.

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Cannabis-Infused Chocolate Fudge

 20 servings  15 minutes

This rich, creamy dessert has a velvety texture that melts in your mouth and a deep chocolate flavor that's hard to resist.

Whether you're crafting it for a holiday, a special occasion, or just a cozy evening snack, chocolate fudge is versatile. You can add a personal touch by mixing in nuts, marshmallows, or a pinch of sea salt for a gourmet twist.



INGREDIENTS

- 3oz Veda Warrior ghee butter
- 6oz semisweet chocolate chips
- 3 2/3 cups confectioners sugar, sifted
- 2 tbsp water (boiling hot)

INSTRUCTIONS

1. Line the base of a 9 x 9 square baking pan with parchment paper.
2. Melt the chocolate and the butter together in a medium heat proof bowl over a saucepan of simmering water, and stir until smooth.
3. Beat half of the confectioner's sugar into the melted chocolate mix, then stir in a tablespoon of boiling water. Repeat with the remaining confectioner's sugar and a further tablespoon of boiling water.
4. Spoon the fudge into the prepared pan, level the surface, and refrigerate until hard - then cut into 20 portions.



Cannabis-Infused Peppermint Bark



2 servings



20 minutes

Chocolate peppermint bark is the ultimate holiday treat, featuring layers of rich, smooth chocolate topped with a crisp, refreshing minty crunch. The perfect balance of creamy chocolate and cool peppermint, it's a festive, irresistible snack that melts in your mouth with every bite!



INGREDIENTS

- 12oz white chocolate, coarsely chopped and divided
- 6oz semi-sweet or bittersweet chocolate, coarsely chopped
- 2 tsp Veda Warrior coconut oil, divided
- 1/2 teaspoon peppermint extract, divided
- 2–3 regular-size candy canes, crushed

INSTRUCTIONS

1. Line an 8-inch square baking pan with parchment paper or foil, smoothing out wrinkles.
2. Bottom layer: In a small heatproof bowl, melt semi-sweet chocolate and 3/4 tsp oil in 20-second intervals, stirring after each, until smooth. Stir in 1/4 tsp peppermint extract. Pour into the pan, spreading evenly, and refrigerate for 10–15 minutes until set.
3. Top layer: Melt white chocolate with 1 1/4 tsp oil in a heatproof bowl. Stir in the remaining 1/4 tsp peppermint extract. Pour over the semi-sweet layer and sprinkle with crushed candy canes (crush candy canes in a sealed bag using a rolling pin).
4. Refrigerate for 1 hour until set, then remove from the pan, peel off the lining, and break into pieces.



Cannabis-Infused Hot Chocolate



1 servings



15 minutes

This hot chocolate is pure magic in a mug—rich, velvety cacao, warming spices, and a luscious infusion of coconut oil to elevate both body and mind. With every sip, you'll experience deep comfort, blissful relaxation, and a touch of healing spices.

INGREDIENTS

- 1 1/2 cups whole milk
- 1/2 cup heavy cream
- 3 tbsp cocoa powder
- 3 tbsp sugar
- 1 tsp of Veda Warrior Infused Coconut Oil
- 2 oz chopped dark chocolate
- 1/8 tsp vanilla
- Pinch of sea salt
- 2 whole cardamom pods
- Pinch of cinnamon
- Pinch of cayenne pepper

INSTRUCTIONS

1. Add the milk and cream to a heavy bottomed pot and heat it gently over low heat. Make sure it does not come to a boil, which would be too hot.
2. When the milk and cream are warm, whisk in the cocoa powder and sugar until dissolved.
3. Add in the chopped chocolate in small batches, whisking to make sure it melts before adding more.
4. Add vanilla and spices and heat for an additional 2 minutes until the mixture thickens.
5. Serve with a garnish of whipped cream and marshmallows, if desired.

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Cannabis-Infused Brownie Bites

 20 servings  25 minutes

Indulge in these super fudgy coconut oil brownie bites! With a perfectly crisp exterior and a gooey, chocolatey center, they're the ultimate dessert for chocolate lovers. Ready in just about 25 minutes, these rich, decadent treats deliver intense chocolate goodness with every bite. Think of them as a homemade twist on those classic 2-bite brownies—only better! Perfect for satisfying your sweet tooth in no time.

PRO TIP:

Top with crushed candy canes for a holiday twist!



INGREDIENTS

- 3oz Veda Warrior coconut oil
- 1 1/4 cups semi-sweet chocolate chips
- 2/3 cup packed light brown sugar
- 1/3 cup granulated sugar
- 2 large eggs
- 1/2 tsp vanilla extract
- 1/2 tsp salt
- 3/4 cup flour

INSTRUCTIONS

1. Preheat oven to 350° F. Lightly grease a mini muffin tin (24-capacity) with coconut oil and flour.
2. In a large microwave-safe bowl, heat the coconut oil and chocolate chips in 1-minute intervals at 50-75% power. Stir between intervals until the mixture is fully melted and smooth. Don't overheat the mixture, just microwave until the chocolate melts and it comes together – it shouldn't be overly hot.
3. Stir in the brown sugar and granulated sugar.
4. Whisk in the eggs and vanilla extract, mixing well.
5. Stir in the salt and flour until combined.
6. Fill 20 of the mini muffin cups to almost full. Bake for 14-16 minutes until just barely cooked through. The edges will be bubbling lightly with coconut oil; that's ok. As they cool in the tin, they'll set up perfectly.



Cannabis-Infused Roasted Nuts

 20 servings  10 minutes

Coated with a drizzle of rich olive oil and roasted to bring out their natural flavors, they're crispy, golden, and full of goodness. Perfect for munching on their own, adding to charcuterie boards, or tossing into salads, these nuts are a savory treat you'll love to share - makes a great gift!

PRO TIP:

We love garlic and chili as seasonings, but fresh rosemary, cayenne, or onion powder taste wonderful as well. The options are endless!



INGREDIENTS

- 100ml Veda Warrior olive oil
- 8 cups mixed raw nuts
- 3 teaspoons salt, or to taste
- 1 teaspoon garlic powder
- 1 teaspoon chili powder

INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a bowl, toss together all ingredients until nuts are well coated.
3. Spread into a single layer on a large baking sheet.
4. Roast for 10 minutes, stir, and continue roasting for another 5-8 minutes or until lightly browned. Keep a close eye on them as they can burn rather quickly.
5. Cool completely on baking sheet before snacking. Also, chop and use to garnish salads and side dishes.
6. Store in an airtight container for up to 2 weeks.





Cannabis-Infused Hummus



20 servings



15 minutes

Meet your new favorite hummus! This creamy, dreamy dip gets its ultra-fluffy texture thanks to a special trick: blending in ice cubes for perfect emulsification. The result? A smooth and airy finish that's just as delicious as it is versatile. Use it as a dip for veggies, a spread for sandwiches, or a topping for bowls—it's a vegan-friendly staple you'll want to make again and again!

INGREDIENTS

- 100ml Veda Warrior olive oil
- 2 15.5-oz. can chickpeas
- juice of 2 large lemons (6-8tbsp)
- 3 garlic cloves
- 1 cup tahini, well mixed
- 1 ½ tsp kosher salt
- freshly ground pepper
- 2 ice cubes
- Paprika and/or Za'atar (for serving)

INSTRUCTIONS

1. In a high-speed blender, place the chickpeas, tahini, olive oil, lemon juice, garlic, salt, pepper, & ice cubes.
2. Blend on high speed until very smooth.
3. Transfer to a serving bowl and garnish with spices.
4. Serve with warm pita and veggies, as desired.

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Cannabis-Infused Bread Dip

 20 servings  5 minutes

Savor the ultimate garlic olive oil dip made with just five key ingredients — the perfect quick and easy appetizer! This flavorful dip bursts with savory, salty goodness and a hint of heat, perfect for pairing with your favorite bread, like focaccia or a crisp baguette. Bring a touch of restaurant-style elegance to your appetizer spread with this irresistible creation!

CHEF'S NOTE:

Veda Warrior Olive Oil is made with 100% Koroneiki olives, which contain the highest levels of polyphenols (loaded with antioxidants and powerful anti-inflammatory properties).



INGREDIENTS

- 100ml Veda Warrior olive oil
- 8 cups mixed raw nuts
- 3 teaspoons salt, or to taste
- 1 teaspoon garlic powder
- 1 teaspoon chili powder

INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a bowl, toss together all ingredients until nuts are well coated.
3. Spread into a single layer on a large baking sheet.
4. Roast for 10 minutes, stir, and continue roasting for another 5-8 minutes or until lightly browned. Keep a close eye on them as they can burn rather quickly.
5. Cool completely on baking sheet before snacking. Also, chop and use to garnish salads and side dishes.
6. Store in an airtight container for up to 2 weeks.





Wishing you a merry and
delicious holiday season!

This holiday season, we hope you can embrace the joy of cooking with our premium cannabis infused cooking oils. Visit our website and follow us on Instagram for more information, recipes and blogs!

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