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Can You Cook with CBD Oil and Put it in Food?

Our Friends · Wednesday, November 25th, 2020

CBD oil is the latest natural health craze. It can be found in just about anything from CBD pillow sheets to [CBD edible gummies](#). Many new users may wonder if you can cook with CBD oil and put it in food. Incorporating your new CBD oil with your favorite healthy snack sounds like a match made in healthy heaven. CBD oil can be used in cooking if done correctly and it can be a great way to introduce CBD into your diet.

How to Cook with CBD Oil?

The most important thing to remember about cooking with CBD oil is that CBD is fat soluble. It is drawn to fats, so make sure the recipe you use is already calls for butter, olive oil, coconut oil, or any other fatty substance the CBD can bind with. Water and oil don't mix. If you use CBD oil in a recipe without healthy fats, it won't mix well and most likely stand out on its own.

CBD tea seems to be a common CBD oil recipe. Tea is relaxing and seems like it would be the perfect candidate for CBD infusion. If the user is simply adding [CBD oil](#) to hot water steeped with their favorite tea bag, the CBD oil will float on top. They will take full hits of CBD oil defeating the purpose of cooking with CBD oil. If the user makes a tea latte using milk and cream, the CBD oil will bind with the fat from the dairy and mix well with the tea.

Once you have found a great recipe with fat already in the ingredients list, substitute the CBD oil for part of the fat in the ingredients. For example, if the recipe calls for 4 tablespoons of butter, use 3 and add a milliliter of CBD oil.

Baking with CBD Oil

The best way to bake with CBD oil is to make CBD butter. Most recipes require using butter, CBD oil is drawn to butter, it makes perfect sense that this is the logical route to take. Mix butter, water, and CBD oil in a saucepan and cook over LOW heat. Once the mixture looks glossy, let sit in the refrigerator for a couple hours. Check out the full recipe at [Hempmedspx.com](#).

Once you have a good batch of CBD oil butter the sky is the limit. You can use this butter to bake just about anything. It's worth noting that the effects of the CBD will take a few hours to kick in. Anytime CBD is eaten it has to go through the digestive system before the body can process it.

If CBD gets too hot it will lose its effect. Keep CBD under 320 degrees Fahrenheit as a general rule of thumb.

Cooking with CBD Oil

Adding flavor to CBD can be a challenge. Finding the right recipe that incorporates fats and doesn't heat the CBD to a temperature that would be harmful is no easy feat.

When using CBD oil with food the most important thing to remember is that water and oil don't mix. This is the key to finding the perfect food that [the best CBD oil](#) will easily bind to. If done correctly CBD oil is a great way to start incorporating the incredible cannabinoid into everyday life. CBD cooking and baking gives the user a healthy alternative to taking strong tasting oil straight from the dropper.

Photo by [Brooke Lark](#) on [Unsplash](#)

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