

Infused Salt and Sugar

If you've already taken the time to make an infused alcohol then you're already ready to make an infused salt or sugar. Sugar probably has more uses than salt but either will extend the variety of your infusions pantry and since they're so easy to make, why not make both?

There are a few different ways to infuse these pantry staples and the great thing is that there's little hands-on time required to prepare these IF you already have the tincture ready to go. You can also play around with textures by infusing raw or turbinado sugar, sea salt or chunkier finishing salts. These all have much coarser textures than regular white sugar or table salt.

Once you've infused the salt or sugar you can use it when you need a lift. Swirl some sugar in your coffee or tea. Add a sprinkle of infused salt to a meal. Replace some of the salt or sugar in a favourite recipe for an elevated outcome. Whatever you do, dose mindfully and enjoy!

Let's get started!

What You'll Need

- infused alcohol tincture, Green Dragon, infused spirits
- salt or sugar
- bowl and spoon
- cookie sheet or solid dehydrator tray
- glass container

Instructions

- Preheat your oven to 200 degrees F
- Get out your cannabis infused alcohol and your salt or sugar

- Pour 1 cup of the infused alcohol into a bowl
- Add 2 cups of whatever you want to infuse - salt or sugar
- Give it a good stir until the salt or sugar is completely saturated with the alcohol - it will have the consistency of wet sand
- Spread out the mixture in a baking dish, tray, or solid dehydrator sheet
- Place it in the oven or dehydrator for at least 1 hour to allow for the alcohol to evaporate. Give it an occasional stir. It will have the consistency of dry sugar when it's done
- It will come out looking golden brown colour, use a wooden spoon to break up and big chunks
- Store it in a jar, label and date your infusion.

Please note: DO NOT USE A GAS OVEN for this project. The alcohol vapour is highly flammable and using a gas oven is dangerous! Just to be clear please **DO NOT USE A GAS OVEN**. If you have a gas oven like I do you have the option of using a dehydrator or you can leave the salt/sugar on the tray on your counter overnight to allow for the alcohol to evaporate.

Notes