



# Baked Italian: Over 50 Mediterranean Marijuana Meals

*Yzabetta Sativa*

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## **Baked Italian: Over 50 Mediterranean Marijuana Meals** Yzabetta Sativa

The latest release in the **Baked** series of high-end marijuana cookbooks is **Baked Italian** which features over 50 savory gourmet meals for chefs with discerning palates. This is the marijuana cookbook for the Jamie Oliver generation, featuring easy-to-follow directions that enable even the most timid of cooks to create delectable meals of all kinds — including delicious seven-course repasts and wholesome recipes for a healthier and more mature variety of Mediterranean-inspired cannabis cuisine.

**Baked Italian** was written for people who want to eat their high without sacrificing good taste and a well-rounded diet. Few marijuana cookbooks address the fact that Cannabis is a spicy, harsh-tasting plant that often doesn't cook particularly well due to its flavor, consistency and inability to dissolve in water. In addition, marijuana cookbooks often only provide recipes for a variety of unhealthy snack foods which is actually counterproductive for medical patients. **Baked Italian** addresses these issues head on by providing stunningly accurate visual and textual instructions on how to make genuinely nutritious and well-balanced marijuana meals that look and taste great.

Most cannabis cookbooks simply instruct readers to make cannabis butter, and then add that butter to a variety of pre-existing, non-cannabis recipes. The results are a variety of meals that taste harsh, grainy, and difficult to swallow. The recipes in **Baked Italian** are designed to counteract the problematic flavor, texture and solubility of Cannabis in order to produce delicious meals that patients and recreational users alike will actually enjoy eating and looking at! Yzabetta Sativa goes even further and offers readers not one, but six, methods of extracting the THC from marijuana and using it to infuse her amazing array of seven course Italian meals.

Chef Yzabetta Sativa, herself a medical marijuana user and supplier to high end Compassion Clubs throughout the 15 States where medical marijuana is legal, specializes in producing healthy cannabis-infused meals for medical marijuana users, including those with special dietary requirements. Her delicious recipes are tried-and-true and provide accurate information about regulating dosage and counteracting the harsh flavor of marijuana so that the food looks and tastes great.

Whether you make these treats for recreational or medicinal reasons, you will enjoy the amazing range of tasty recipes served up in **Baked Italian**. The book includes such savory meals as marijuana-infused Lamb Carpaccio, Spaghetti Marinara, Fennel with Prosciutto, Layered Vegetable Casserole, Carthusian Cabbage, and of course Tiramisu, all certified classics with medical marijuana patients across the country.

**Baked Italian** is the indispensable cookbook for today's gourmet marijuana chef. The book includes more than 50 road-tested recipes, with full sections on all aspects of Italian meals: Aperitivo, Antipasto, Primo, Secondo, Contorno, Dolce, and of course Caffee and Digestivo — something that no other marijuana cookbook has ever showcased. Gone are the days of pot brownies — they aren't healthy for medical patients, and they simply won't cut it for today's recreational users. Modern cannabis foodies have an educated palate and they are anxiously awaiting a genuine marijuana cookbook with healthy, full course meals and never-before-seen recipes like those featured in **Baked Italian**

Many cannabis cookbooks are cheap, black and white books containing no instructional photographs or directions, but **Baked Italian** is a full color masterpiece containing hundreds of beautiful photographs

detailing the culinary process step by step and truly teaching budding marijuana chefs not just how to make treats, but also how to make healthy, wholesome meals infused with marijuana.

More than just a cookbook — **Baked Italian** offers a way to explore a healthier way of life by expanding your culinary horizons with beautiful and delicious cannabis meals!

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