Free educational hosting companion

Cannabis Aware Hosting - The Uninfused Table

FREE educational companion • ordinary food only

Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

Make this kitchen yours 3

Food safety and ingredient labels 4

Lemon White Bean Dip with Toast 5

Crisp Paprika Chickpeas 7

Edition, use and support 8

Typeface license 10

Make this kitchen yours

This free educational cannabis-aware hosting companion offers an ordinary, clearly labeled food table; there are no infused recipes. Tell guests in advance what kind of gathering is planned. Keep kitchen work and driving with sober people, and keep the gathering alcohol-free: do not mix alcohol with cannabis. Keep any cannabis products locked in labeled original packaging away from children, pets, food preparation, and service. These recipes give no dosing, infusion, growing, sourcing, or medical advice. For suspected human poisoning in the United States, call Poison Control at 1-800-222-1222; call 911 for an emergency. Recipes are original development editions, not kitchen-tested.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

Original development edition; recipes have not been kitchen-tested and no nutrition analysis is claimed. Prep times are active work; cooling, chilling, steeping rests, and freezing may require additional time as directed.

Free educational companion; no cannabis goods are offered.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.

These are original development recipes, not kitchen-tested; no nutrition figures are claimed. Use pasteurized milk and juice. For guests at higher risk of foodborne illness, choose pasteurized juice instead of freshly squeezed juice. Wash produce under running water. Frozen fruit is not made safe by freezing: use ready-to-eat fruit, or cook it as its package directs and chill before blending. Refrigerate prepared drinks at 40°F or below within two hours, and use within one to two days.

Lemon White Bean Dip with Toast - AI-generated realistic food artwork, not a photograph or tested result.

Lemon White Bean Dip with Toast

4 snack servings | Prep: 15 minutes | Cook: 8 minutes

Ingredients

- 1 can white beans, 15 ounces, drained and rinsed
- 2 tablespoons olive oil
- 2 tablespoons pasteurized lemon juice
- 1/2 teaspoon ground cumin
- 1/4 teaspoon fine salt
- 8 slices baguette, each 1/2 inch thick
- 2 tablespoons water

Method

1. Heat oven to 375°F. Arrange baguette slices on a tray and toast for 6–8 minutes, until crisp at the edges.

2. Blend drained beans, olive oil, lemon juice, cumin, salt, and water until smooth. Stop the machine before scraping down the sides if needed.

3. Transfer dip to a clean shallow bowl and serve with warm toast. Label the dish uninfused and identify wheat in the bread. Keep the serving bowl small and replenish it from refrigerated dip.

Cook's tip

This dish contains ordinary food ingredients only and belongs on a clearly labeled uninfused table.

Substitution

Use labeled gluten-free toast instead of baguette; check the bean and bread labels for other allergens.

Storage

Refrigerate covered at 40°F or below within 2 hours (1 hour above 90°F); use within 2 days. Reheat cooked leftovers to 165°F when served hot.

Ingredient allergen notes

Wheat

Crisp Paprika Chickpeas

4 snack servings | Prep: 10 minutes | Cook: 30 minutes

Ingredients

- 1 can chickpeas, 15 ounces, drained and rinsed
- 1 tablespoon olive oil
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon ground cumin
- 1/4 teaspoon fine salt

Method

1. Heat oven to 400°F. Pat drained chickpeas thoroughly dry with a clean towel; moisture prevents their surfaces from crisping.

2. Toss chickpeas with oil, paprika, cumin, and salt. Spread in a single layer on a lined tray, leaving room between them.

3. Roast for 25–30 minutes, shaking the tray halfway, until golden and crisp at the edges. Cool for 5 minutes before serving in a bowl labeled uninfused; remove any hard burned pieces.

Cook's tip

Chickpeas lose some crispness as they cool; serve a small fresh bowl and keep the rest safely stored.

Substitution

Replace smoked paprika with 1/2 teaspoon mild curry powder, checking its label for allergens.

Storage

Refrigerate covered at 40°F or below within 2 hours (1 hour above 90°F); use within 2 days. Reheat cooked leftovers to 165°F when served hot.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

USDA FSIS • leftovers and food safety

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

CDC • cannabis and poisoning

https://www.cdc.gov/cannabis/health-effects/poisoning.html

CDC • cannabis and driving

https://www.cdc.gov/cannabis/health-effects/driving.html

https://www.cdc.gov/cannabis/health-effects/poisoning.html

https://www.cdc.gov/cannabis/health-effects/poisoning.html

https://www.cdc.gov/cannabis/health-effects/driving.html

https://www.cdc.gov/cannabis/health-effects/driving.html

CDC: Cannabis and Poisoning

https://www.cdc.gov/cannabis/health-effects/poisoning.html

Supports locked childproof storage away from children and pets and U.S. Poison Control/911 contacts. Original packaging, informed guests, separate food service, and a sober kitchen are hosting procedures in this companion.

CDC: Cannabis and Driving

https://www.cdc.gov/cannabis/health-effects/driving.html

Supports avoiding driving after cannabis use and arranging a designated driver who uses neither alcohol nor drugs. This companion keeps the gathering alcohol-free.

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Ordinary food for a clearly identified uninfused table.

Cannabis Aware Hosting - The Uninfused Table is a FREE educational companion built around twelve ordinary, uninfused food recipes. Blend lemon white bean dip and toast the baguette, roast evenly cut rosemary potato wedges, or bake an apple cinnamon oat crisp for a shared dessert. Snacks, sides, bowls, and bakes give the host several ways to assemble a food table. The companion connects that practical cooking plan with advance guest communication, clear uninfused labels, ingredient disclosure, and sober kitchen and transport arrangements. Two gathering menus and a first-menu shopping list support preparation. Every recipe uses ordinary food ingredients; the collection contains no infused recipes.

- Blend a smooth white bean dip and oven-toast baguette slices for Lemon White Bean Dip with Toast.
- Cut even wedges and roast in a single layer for Rosemary Potato Wedges.
- Mix a flour-free oat topping and bake diced apples for Apple Cinnamon Oat Crisp.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.

Apple Cinnamon Oat Crisp

AI-generated realistic food artwork

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