

# Cannabis Decarboxylation

Cook Time: 45 min



When decarboxylating your cannabis in an oven, it's important to remember that the temperature dial on an oven is more of an average temperature than an exact one. Ovens can fluctuate in temperature by 20 or more degrees, so keep an eye on your cannabis. If it turns brown too quickly or smells like it is burning, turn the oven down. An oven thermometer is a good investment if you're going to be using your oven regularly for cannabis cooking.

## Instructions

1:

Set your oven temperature to 225 degrees Fahrenheit and place the oven rack in the middle position. Ovens are hotter at the top and cooler at the bottom, placing it in the middle will ensure that you are decarboxylating at the ideal temperature.

## Ingredients

Desired amount of dry  
Cannabis Flower  
(15+% THC)

2:

Cut a piece of aluminum foil to the size of your baking sheet and lightly crumple it, then lay it across the baking sheet. This will minimize the direct contact of the cannabis to the baking sheet, which conducts heat better than aluminum foil and will get hotter than the air in the oven.

3:

Lightly break up the cannabis until it is about the size of a grain of rice, too fine of a grind increases the risk of burning. Spread the cannabis across the aluminum foil, then lightly lay another piece of aluminum foil on top. Place the baking sheet in the oven and bake for 45 minutes.

4:

After 45 minutes, remove the baking sheet from the oven and let it cool for 30 minutes at room temperature. The cannabis should look lightly toasted and golden brown.

5:

When it is cool enough to handle, carefully put your decarboxylated cannabis into a storage container to use for future cooking.