



CANNABIS  
**BANANA  
S'MORES**

(recipe on the back)



FEATURING  
**mellowo**  
HANDCRAFTED MARSHMALLOWS

# CANNABIS BANANA S'MORES

1 serving/15mg THC/0mg CBD

*Written by Laniakea Evans of 365 Recreation*

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## INGREDIENTS

- 1 banana
  - 1 Graham cracker
  - 1 Mellows cannabis-infused marshmallow
  - 1 square of *Brighter Day* Garden Society Chocolate  
(Can be substituted with any of the Garden Society chocolates)
  - 1 large piece of foil
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## PREPARATION

1. Leave peel on and cut banana lengthwise
2. Cut Garden Society Chocolate square into small even pieces
3. Cut Mellows marshmallow into small even pieces
4. Crumble graham cracker into medium sized crumbs
3. Open the banana slightly and stuff with marshmallow, chocolate pieces and graham cracker crumbs
4. Completely wrap the banana with the foil
5. Place directly onto campfire coals or bbq rack for approximately 5-7 minutes. If using an oven, pre-heat to 400 degrees and place in the top rack for 4-6 minutes.
6. Carefully use tongs to remove from hot coals or oven
7. Unwrap foil and eat with a spoon. Enjoy!



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