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Ride the Wave or Slow and Steady

RECIPE BOOK

LEARN HOW TO MEDICATE EVERYTHING FROM
DINNER TO DESSERT AND ALL THINGS IN
BETWEEN WITH PRODUCTS FROM OUR DELICIOUS
LINE!

TIPSY TURTLE

GLAZED PECAN SUMMER SALAD

DOSAGE
100mg THC TOTAL

SERVINGS
4

TIME
15min

DIFFICULTY
EASY

INGREDIENTS

- 1 Head of Romaine
- 1 Bag of Topsy Turtle Glazed Pecans-100mg THC
- 1/4 Cup dried cranberries
- 1 Small shallot
- 1/4 Cup Feta cheese
- Honey Dijon Dressing (or you preferred dressing)

Dosing Turtle Tips

EACH PECAN IS
APPROX 6MG OF THC

SHOW US WHAT
YOU MADE!



DIRECTIONS

1. Wash, dry and tear lettuce into bite sized pieces
2. Peel and thinly slice shallot into rings
3. Place lettuce, shallots, Feta & cranberries into large mixing bowl
4. Add 1/4-1/3 cup of dressing
5. Mix dressing evenly over greens
6. Serve in individual bowls. Make sure to get all the cranberries and shallots!
7. Top with Topsy Turtle Maple Glazed Pecans for a delightful crunch & mellow buzz



CREATED BY
CHEF ELLIE





REC & MICRO-DOSE

Friendly

Dosing Guidelines for **GLAZED PECANS**

Serving Size: 2.25-2.5g or Approx. one whole pecan

Single Serving Size Dose: Approx. 6-7 mg THC

Total Servings per Package: Approx. 14-16

Total Dosing Per Package: 100mg THC

TURTLE

Tips

TIPSY TURTLE™

EAT AT A TURTLE'S PACE

Glazed Pecans

100mg





RASBERRY HONEY PARFAIT WITH GLAZED PECANS

DOSAGE
100mg THC TOTAL

SERVINGS
1-2

TIME
<5min

DIFFICULTY
EASY

INGREDIENTS

- 6-8oz of your favorite yogurt
- 1 Bag of Topsy Turtle Glazed Pecans-roughly chopped
- 100mg total THC see dosing tips
- 1/8 Cup fresh raspberries

Dosing Turtle Tips

EACH PECAN IS APPROX
6MG OF THC

SHOW US WHAT
YOU MADE!



DIRECTIONS

- 1.Sprinkle a thin layer of glazed pecans into bottom of cup or jar with raspberries. Fill 1/2 way with your favorite yogurt
- 2.Repeat step one, adding another layer of pecans and raspberries
- 3.Add remaining yogurt in an even layer
- 4.Top w/remaining raspberries and desired amount of pecans
- 5.Drizzle the honey evenly over entire top layer and enjoy!



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Dosing Guidelines for GLAZED PECANS

Serving Size: 2.25-2.5g or Approx. one whole pecan

Single Serving Size Dose: Approx. 8.7 mg THC

Total Servings Per Package: Approx. 14-16

Total Dosing Per Package: 100mg THC

TURTLE
Tips

TIPSY TURTLE™

EAT AT A TURTLE'S PACE

Glazed Pecans

100mg



TIPSY TURTLE

SPICY GARLIC RAMEN WITH TURTLE TRACKS

DOSAGE
100mg THC TOTAL

SERVINGS
2

TIME
20min

DIFFICULTY
EASY

INGREDIENTS

2 Packs of your favorite ramen
1 Bag of Topsy Turtle Tracks
-100mg total THC see dosing tips
2-3 Stalks green onion
1 TBSP minced garlic
1 Cup sliced mushrooms
2TBSP butter
Salt & pepper
Siracha to taste

SHOW US WHAT
YOU MADE!



Dosing Turtle Tips

THREE PIECES IS
APPROX. 8-9mg OF THC

DIRECTIONS

1. Wash, dry and slice mushrooms
2. Wash & thinly slice green onion, separating white from green
3. Melt butter in medium pan & add minced garlic, stir & cook for one minute
4. Add onion whites & mushrooms to pan & sauté in butter and garlic until caramelized. Set aside
5. In medium pot bring 4 cups of salted water to boil. Add both packets of noodles and flavor. Cook until soft
6. Serve noodles & broth in bowl. Add sauteed veggies
7. Season with salt, pepper and or sriracha to taste. Top w/green onions
8. Top with Topsy Turtle Tracks for a tasty crunch and mellow buzz!



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CHEF ERICA



REG & MICRO-DOSE
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Dosing Guidelines for **TRACKS**
Serving Size - 3.2-3.5g of Approx. 10 TRACKS Pieces
Single Serving Size (One) - Approx. 8-11mg THC
Total Servings per Package - Approx. 8-11
Total Dosing Per Package - 100mg THC

TURTLE
Tips

TIPSY TURTLE™

EAT AT A TURTLE'S PACE

Turtle Tracks

Medicated Mix

100mg





CARAMEL MOCHA WITH TURTLE NIPS

DOSAGE
100mg THC TOTAL

SERVINGS
4-8

TIME
15min

DIFFICULTY
EASY

INGREDIENTS

8-10oz of your favorite coffee
-Freshly brewed&hot

1 Bag of Tipsy Turtle Caramel
Nips - finely chopped

-100mg total THC see dosing tips

1 Packet of your favorite hot
cocoa

1/8 Cup heavy cream

Whipped cream (optional)

Dosing Turtle Tips

EACH NIP IS 10mg THC

SHOW US WHAT
YOU MADE!



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CHEF ELLIE

DIRECTIONS

1. Brew small pot of your favorite drip coffee
2. In large mug, place desired amount of Nips at bottom
3. Pour hot coffee into mug, filling halfway
4. Stir continuously until Nips are melted
5. Pour desired amount of cocoa mix into mug & stir until completely dissolved
5. Stir in heavy cream
7. Top off with remaining brewed coffee, stir & enjoy





TIPSY TURTLE™

EAT AT A TURTLE'S PACE

NIPS

Caramel Nips

100mg

10x10mg





"BAKED" MAC & CHEESE WITH TURTLE TRACKS

DOSAGE
100mg THC TOTAL

SERVINGS
2

TIME
20min

DIFFICULTY
EASY

INGREDIENTS

1 Side serving frozen mac & cheese

1 Bag of Tipsy Turtle Tracks-
100mg THC

2 TBSP melted butter

1/8 Cup shredded Parmesan
Salt & pepper to taste

Dosing Turtle Tips

THREE PIECES IS
APPROX. 8-9mg OF THC

SHOW US WHAT
YOU MADE!



DIRECTIONS

1. Cook your frozen mac & cheese according to directions

2. Using rolling pin, crush contents of Tipsy Turtle Tracks bag until pieces are all roughly the same size. Set aside the same size. Set aside

3. In small microwave bowl, melt butter, add Parmesan and crushed Tracks. Mix until evenly coated

4. As mac & cheese begins looking melted (about 5-10 min) pull from oven, top with Tracks mix & press firmly onto top layer. Continue baking for remainder of cook time. For extra crisp & color broil at 400 for additional 1 min

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Dosing Guidelines for **TRACKS**
Serving Size - 3.2g (1g or Approx. Three(3) Pieces)
Single Serving Total Dose - Approx. 9.1mg THC
Total Dose per Package - Approx. 9.1g
Total Dosing Per Package - 100mg THC

TURTLE
Tips

TIPSY TURTLE™

EAT AT A TURTLE'S PACE

Turtle Tracks

Medicated Mix

100mg



TIPSY TURTLE GLAZED PECAN PIE

DOSAGE
100mg THC TOTAL

SERVINGS
4-6

TIME
20min

DIFFICULTY
EASY

INGREDIENTS

1 6in pecan pie
-pre baked
1 Bag of Topsy Turtle
Tracks-100mg THC
1/2 Cup raw pecans roughly
chopped
1 Egg white
1/8 Cup water
1 TBSP maple syrup

Dosing Turtle Tips

EACH PECAN IS APPROX
6mg THC

SHOW US WHAT
YOU MADE!



DIRECTIONS

1. Preheat oven to 350 degrees
2. Course chop bag of TT Glazed Pecans as well as raw pecans. Set aside
3. In small bowl, whisk together egg white & maple syrup
4. Using a small spoon, slowly add egg wash to bowl of pecans. Mix after 2-3 spoonfuls, making sure they are evenly coated
5. Evenly distribute pecan mix on top of pie pressing firmly into top layer
6. Use aluminum foil to cover outer crust
7. Place pie into oven and heat 5-7min. Remove when top appears dry but shiny
8. Let cool, cut & serve

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REC & MICRO-DOSE
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Dosing Guidelines for GLAZED PECANS
Serving Size: 2.35-2.5g or Approx. one whole pecan
Single Serving Size Dose: Approx. 6.7 mg THC
Total Serving Per Package: Approx. 14-16
Total Dosing Per Package: 100mg THC
TURTLE
Tips

TIPSY TURTLE

EAT AT A TURTLE'S PACE

Glazed Pecans

100mg



TIPSY TURTLE



NIPPYDOODLES WITH TIPSY TURTLE NIPS

DOSAGE
100mg THC TOTAL

SERVINGS
10

TIME
75min

DIFFICULTY
MODERATE

INGREDIENTS

Chocolate chip cookie dough
Store bought or from scratch

1 Bag of Topsy Turtle Carmel Nips
-100mg total THC see dosing tips

Crush nips as small as possible

Whipped cream (optional)

Dosing Turtle Tips

EACH NIP IS 10mg
THC

SHOW US WHAT
YOU MADE!



DIRECTIONS

1. Preheat oven to 350 degrees
2. Scoop 10 balls of dough (roughly 2 TBSP) roll in Nips until fully and equally coated
3. Space doughballs evenly on parchment lined sheet pan, about an inch apart
4. Flatten dough balls slightly and dust with leftover nip powder
5. Chill for 15 - 30 minutes
6. Bake 12 - 15 minutes allowing to cool on pan



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TIPSY TURTLE™

EAT AT A TURTLE'S PACE

NIPS

Caramel Nips

100mg
10x10mg



TIPSY TURTLE



TRIPLE CHOCOLATE BROOKIE

DOSAGE
100mg THC TOTAL

SERVINGS
10

TIME
30min

DIFFICULTY
EASY

INGREDIENTS

Chocolate chip cookie dough Store bought or from scratch

1 Tipsy Turtle Triple Chocolate Brownie
-100mg total THC see dosing tips

Dosing Turtle Tips

EACH SQUARE IS
10mg THC

SHOW US WHAT
YOU MADE!

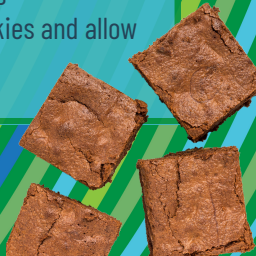


DIRECTIONS

1. Preheat oven to 350 degrees
2. Cut brownie into quarters (25mg) or your desired dose
3. Roll dough into small balls, place on lined cookie sheet leaving space between cookies
4. Place cookie sheet in oven for 5 minutes. Dough should be slightly cooked before placing brownie on top
5. Remove cookies from oven, while still warm gently press brownie bites into each cookie. Place back in oven for 5 more minutes
6. Remove cookies and allow to cool



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TIPSY TURTLE™

EAT AT A TURTLE'S PACE

TRIPLE CHOCOLATE BROWNIE

100mg THC : 50mg CBD

10 SERVINGS x 10mg : 5mg

REC FRIENDLY

KEEP REFRIGERATED

