

Living Legend Berry

Created by Gandalf | March 10, 2026

Forked from *Punchy Scone Grapefruit Hearts* by Gandalf

Beginner | Total: 9h | Gluten Free | Nut Free | Dairy Free

Strain Information

Strain: Living Legend

Type: Sativa

THC: 93.2%

CBD: 0.22%

Amount Used: 1.0g

Dosage Information

Dosage per Serving: 20.1mg THC

Servings: 44

Expected Onset: ~45 minutes

Decarboxylation

Method: Sous vide

Temperature: 203°F

Time: 1 minutes

Notes: No decarb since its oil

Infusion

Method: Direct addition

Medium: Mct oil

Temperature: 0°F

Time: 1 minutes

Notes: Warmed up 14g MCT oil, mixed in full spectrum oil

Ingredients

1. Zen Zingers Punchy Pink Grapefruit
2. 14g MCT Oil

Equipment & Tools

- Sous Vide
- Gummy Molds

Instructions

1. Setup Sous vide bath at 175°F (80°C)
2. Combine gummy mix and water in a large mason jar.
3. Let it bloom for 5 minutes.
4. Seal jar and submerge in bath for 45 minutes, swirling every 15.
5. Remove from bath and open jars. Add oil and stir/mix completely.

6. Pour into gummy molds

Safety Disclaimer

Start with a low dose and wait at least 2 hours before consuming more. Effects vary by individual. Keep all edibles clearly labeled and stored away from children and pets. Fellowship of the Fork is not responsible for individual reactions.

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