

Punchy Scone Grapefruit Hearts

Created by Gandalf | February 10, 2026

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

Strain Information

Strain: Sugar Berry Scones

Type: Hybrid balanced

THC: 35.5%

CBD: 0.08%

Amount Used: 3.5g

Total Terpenes: 3.15%

Myrcene: 1.17%

Caryophyllene: 0.87%

Limonene: 0.47%

Humulene: 0.23%

Ocimene: 0.16%

Pinene: 0.07%

Linalool: 0.07%

Bisabolol: 0.06%

Terpinolene: 0.05%

Dosage Information

Dosage per Serving: 28.8mg THC

Servings: 41

Expected Onset: ~45 minutes

Proceed with caution - medium strength dosage

Decarboxylation

Method: Sous vide

Temperature: 203°F

Time: 300 minutes

Notes: Left it overnight on accident

Infusion

Method: Sous vide infusion

Medium: Mct oil

Temperature: 185°F

Time: 240 minutes

Notes: 1x -> Freeze overnight -> 1x

Ingredients

1. 28g MCT Oil
2. Zen Zingers Punchy Pink Grapefruit

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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