

# Recipes

## Seed Sticks

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Preheat oven to 300 degrees and place a foil lined cookie sheet inside it.

Ingredients:

1 cup mixed seedpellets  
1/2 cup smooth peanut butter  
1/2 cup maple syrup and it works just as good )

1/2 oz. unflavored gelatin (optional)

Method: Mix peanut butter in a bowl and mix very well. A note which works best: **WEEK 20080610** (important, otherwise you will have lumps) sprinkle gelatin over the peanut butter and mix it in. If you don't have gelatin, just add a little more peanut butter. Mix until smooth. Add maple syrup and mix well. If you want to add dried fruits, vegetables, nuts, chili peppers, or bits of cuttle bone without

the shell. Bake for about 45 minutes at 300 degrees they will just be a little brown.

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