

Recipes

Seed Sticks

Trust Sticks

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

Ingredients:

- 1 cup mixed seed/pellets
- 1 tsp. honey (or use corn syrup and it works just as good)
- 2 tsp. smooth peanut butter
- 1 egg
- 2 tsp. unflavored gelatin (knox)

Put honey, egg, and peanut butter in a bowl and mix very well. A wire whisk works best. **WHILE STRIRING (important, otherwise you will have lumps)** sprinkle gelatin over the mix. Stir well again. Add the seedpellets to the mix and stir to coat. Let the mixture set up for a minute or so, then pack into halves of the wooden spoons or around a stick. It takes some extra force to get it to stick the stick but it will work. You can stir in the oven as you make them. If you use large eggys you can put in a little more seeds. Measurements do not have to be exact. Experiment with the seed mixture add chopped 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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