

Recipes

Seed Sticks

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

Ingredients:
2 cup mixed seed/parrots
1/2 cup honey (or use dark syrup and it works just as good)
1/2 cup (or more) peanut butter
1 egg
1 tsp unflavored gelatin (Knox)

Put honey, egg and peanut butter in a bowl and mix very well. A wire whisk works best. ~~Stir in the gelatin~~ ~~Combine the mix with each cup of spritzed gelatin over the mix. Stir well again. Add the seed/parrots to the mix and stir to coat. Let the mixture set up for a minute or so, then pack it into tubes of the appropriate size or around a stick & takes some patience to get it to stick to the stick but it will work. Put them on the oven as you make them. If you use large eggs you can put in a little more seeds. Measurements do not have to be exact. Experiment with the seed mixture and chopped dried fruits, vegetables, nuts, chili peppers, or bits of coffee beans without~~

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

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