

# DO You have some FREE time??

## DO you like to "bake"?

Make some WILD food for us!

### SQUIRREL SQUARES

**GRIND ALL NUTS, SEEDS, AND RABBIT PELLETS BEFORE MEASURING**

#### Dry Ingredients:

- 3 cups Baby Rice or Mix Cereal
- 2 cups ground sunflower seeds **WITHOUT SHELLS**
- 1½ cups ground pecans (or walnuts)
- 1 tsp ground Rabbit pellets
- 3 tbsp Brewer's yeast (keep in fridge)
- 3 tbsp ground Lecithin granules (keep in fridge)
- 2 tbsp Calcium Magnesium powder
- 1 tbsp Vitamin C crystals or powder
- 1 tsp Sea Salt

#### Wet Ingredients:

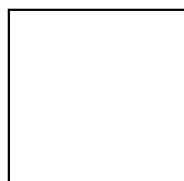
- 1½ cups of any of the following liquefied:
  - Berries
  - Applesauce (or other pureed fruits)
  - Mashed banana
- 2 tbsp Olive oil
- 4 ½ tsp Cod liver oil
- 1 Vitamin E oil capsule (**pop & squeeze out**)

#### Directions:

1. Mix dry ingredients together
2. Mix wet ingredients together
3. Add wet to dry and mix until homogeneous
4. Spray Cookie sheet with cooking spray
5. Place mixture on tray and flatten to ½ cm.
6. Cut into squares approximately 1" x 1"
7. Place in dehydrator and let dry for abc
8. Label tray with **DATE** started
9. Once hard, place in ziplock bag



**SIZE OF SQUARES:**



HUGE Thank You to  
Wild ARC, BC for this  
recipe!