

Chicken Block Recipe

3 cups of scratch grains

One Cup of oats

½ cup of meal worms or
sunflower seeds

½ cup of wheat germ

½ cup of apple puree

½ cup of molasses

3 eggs plus the shells



Put mixture in a springform pan with baking paper.

Cover with baking paper and push down as hard as you can.

Make a hole 5cm from the top with a chopstick.

Bake for 30 minutes at 180 degrees.

Cool.

Remove from the springform pan after 5 minutes and let it cool completely.

Put string through the hole and hang in the chicken coop.

