



Wendell's Wonder Food

For weight gain and hamsters with hydrocephalus

Yield: ~1.8 cups (can be halved)

INGREDIENTS

- 1 Tablespoon Chia
- 6 Tablespoons water
- 4 oz container of high calorie baby food [1]
- 10 pumps Vitaglow [2]
- 1 Tablespoon coconut oil
- 1 scoop Esbilac powder
- 1 Tablespoon brewer's Yeast
- 2/3 cup block powder

BLOCK POWDER

Use a quality block diet. We recommend Harlan Teklad 8640, but Mazuri Rat and Mouse blocks are okay too. Quickly pulse a handful of blocks in a blender until they create a fine powder. Store in an airtight container.

PROCEDURE

1. Bring water to a boil. Measure out chia in a heatproof, medium-sized mixing bowl. Pour boiling water over chia, stir. Let soak for 5 minutes, stir again.
2. Add baby food, Vitaglow, and coconut oil to chia. Mix to combine.
3. Add Esbilac powder and brewer's yeast to bowl. Mix until homogenous.
4. Slowly add block powder, a few spoonfuls at a time. Mix in between each addition. When finished, mixture should resemble a cookie dough consistency.
5. Keep refrigerated in an airtight container for up to 5 days.

NOTES

- Visit our website for a detailed explanation:
<http://www.cheeksandsqueakshamsters.com/supplemental-diet.html>
- [1] See the Safe Baby Foods list for a guide of all the best options.
[2] Vitaglow available via ExoticNutrition.com

Nutritional Analysis

Analysis completed by Tony Adler, with some values being calculated estimations due to limited information. Values are assumed to be only a rough idea of nutrition content, due to natural variation in ingredients and analyst's limitations. Serving size based on 1 tablespoon serving.

	<i>Calories</i>	<i>Fat (g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>
Chia	60	3.6g	5.2g	2g
Baby food*	100	0g	1g	2g
Esbilac**	40.5	1.8g	No info given	3.34g
Vitaglow***	120	14g	0g	0g
Coconut Oil	120	14g	0g	0g
Brewer's Yeast	55	0.75g	6.5g	6.5g
Teklad Powder	372	7g	50g	27g
Batch Total	867.5	41.2g	63.4 (min)	60.8
Serving Total	30	1.43g	2.2g (min)	2.1g

*Based on Happy Baby Banana Strawberry, readily available at most department and grocery stores.

**No nutrition facts available. Best personal estimate based on minimal information.

***No nutrition facts available. Based on average of main ingredients.