



A supplemental diet for aging hamsters 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]
- 1 Tablespoon olive oil
- 1 scoop Esbilac powder
- 1 Tablespoon Brewer's Yeast
- 2/3 cup block powder (below)

BLOCK POWDER

We use and recommend Mazuri rat and mouse blocks, available at Petco. Quickly pulse a handful of blocks in a blender until they create a fine powder. Store in an airtight container.

NOTES

- **Visit our website for more info:** CaliforniaHamsterAssociation.com

[1] See the Safe Baby Foods list for a guide of all the best options.

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, and olive 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. Serve a tablespoon-size amount up to twice daily. Remove from cage after a few hours.
6. Keep refrigerated in an airtight container for up to 5 days.

WHY THESE INGREDIENTS?

This recipe was curated based on a lot of research and expertise! Here is a basic run-down, but visit our site to learn more.

- **Chia:** Shown to increase appetite in hamsters, plus a great hydration source
- **Baby Food:** Provides a simple but nutritious base and dense calories
- **Olive oil:** Adds healthy fat for weight gain and maintenance
- **Esbilac powder:** Dense fat and calories, packed with probiotics for gut health
- **Brewer's Yeast:** Great source of protein and fiber. Also rich in vitamins & nutrients
- **Block Powder:** Ensures more rounded and balanced nutrition

