



LET'S TALK ABOUT

# ROSSI'S RECIPES

AN APH CARE GUIDE

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By Happy Quills

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# ROSSI'S RECIPES

## Pancakes

INGREDIENTS	METHOD
Half a banana	<ul style="list-style-type: none"><li>• Mash the banana into a bowl</li><li>• Mix the egg in with the banana to make a batter</li><li>• Add a little bit of coconut oil to grease the pan</li><li>• Heat frying pan and spoon small amount of mixture into the pan and cook (remembering to turn.</li><li>• Leave to cool before serving to your hedgehog.</li></ul>
1 Egg	
Optional: Bugs or Safe Fruit to top the pancakes.	

## Scrambled Egg

INGREDIENTS	METHOD
1 Egg	<ul style="list-style-type: none"><li>• Scramble eggs as normal, ensuring you add NO MILK. Fry with a little bit of coconut oil</li></ul>
Little Coconut Oil	

## Mince

INGREDIENTS	METHOD
Beef, Chicken or Turkey Mince	<ul style="list-style-type: none"><li>• Either boil mince until cooked or lightly fry in coconut oil.</li><li>• Only pet grade mince can be eaten raw.</li></ul>
Frying - Little bit of coconut oil	

# Roast Chicken Dinner

INGREDIENTS	METHOD
Roast chicken dinner with all the trimmings - potatoes, broccoli, carrots and sweetcorn.	<ul style="list-style-type: none"><li>• Add to a bowl the ingredients, the majority of roast dinner items will be safe but ensure you check using our safe food guide.</li><li>• Items you can use include potatoes, broccoli, carrots and sweetcorn plus the meat and gravy. Ensure you do not use potatoes that have butter or milk in them.</li></ul>

# Chicken Broth

INGREDIENTS	METHOD
Lightly boiled chicken water from cooking	<ul style="list-style-type: none"><li>• Liquidise the chicken with the water boiled in.</li><li>• Add the other ingredients</li><li>• Mix well</li><li>• Serve at body temperature.</li></ul>
Vitamin B Drops	
1 tsp Bran or Crushed Weetabix	
1 tsp Honey	