

SNELLO RECIPE

by: WINDY CITY 
Aquariums

INGREDIENTS:

- 1 Large Sweet Potato or 2 Large Carrots (about 1 to 1½ cups worth)
- 1 Can of Green Beans (unsalted)
- 1 Cup of Fresh or Frozen Spinach
- 1-2 Cloves of Garlic or 2-4 capfuls of Seachem Garlic Guard
- 3 TBSP of Frozen or Freeze Dried Bloodworms or another protein source (e.g. Freeze Dried Daphnia, Earthworms, Egg Yolk)
- 3 TBSP of Fish Food Flakes
- 8 Tum Tablets or 3-4 TBSP of Calcium Carbonate Powder (make sure it doesn't have Vitamin D)
- 2 TSP of Spirulina Powder or Kelp Powder
- 4 TBSP Unflavored Gelatin Powder
- ½ Cup of Water



DIRECTIONS:

- 1) Boil or steam the Sweet Potato or Carrots until soft and tender (about 20-30 mins)
- 2) While the Carrots or Sweet Potato is being cooked, use a mortar and pestle, or bowl and spoon, to crush the Fish Flakes, Tums (or Calcium Carbonate Powder), Spirulina Powder (or Kelp Powder) until it is thoroughly mixed and made into a fine powder.
- 3) Add the Green Beans (water strained), Spinach, the Steamed/Boiled Sweet Potato/Carrots, Garlic, Bloodworms (or whatever protein source you chose), the Fish Flake mixture made in Step 2, and blend until smooth. Once blended, the mixture should be the consistency of pudding and not watery. Add the ½ Cup of Water if needed.
- 4) Transfer the blended mixture into a small pot and heat on medium heat while slowly mixing and adding in the gelatin. Stir the mixture until it starts to bubble.
- 5) Once the mixture is bubbling, remove it from the heat and pour it onto a baking tray (or cookie sheet) lined with parchment paper and spread the mixture out until it is flat and is covering the whole cookie sheet.
- 6) Place the baking tray in the freezer until the mixture has set (roughly 20 mins or more). To test if its set, poke the top of the mixture with your fingers. If it is set, the mixture will not stick to your finger.
- 7) After the mixture has set, cut it into cubes (about 1.5 x 1.5 inch) and place half of the cubes on a new layer of parchment paper, ensuring that the cubes are not touching. You can place the second layer of parchment paper on top of the first layer.
- 8) Place the baking tray in the freezer for another few hours to ensure the Snello is frozen before storing it into a container/Tupperware or Ziploc bag.