

## SATIN BALL RECIPES

### RECIPE #1

**5 pounds ground meat**  
**5 cups "Total" whole grain cereal**  
**5 cups oats (slow cooking type)**  
**2½ cups raw wheat germ**  
**¾ cup oil**  
**¾ cup molasses**  
**6 egg yolks**  
**5 packets gelatin**  
**RAW!RAW! supplement ([www.an-nat.com](http://www.an-nat.com))**

Mix up, form balls, freeze, feed as treats or food supplement.  
Mix all ingredients together thoroughly like you would a meatloaf.  
Roll into balls no larger than 1 inch diameter.  
Divide into at least 6 separate containers or bags. Freeze. Thaw as needed for feeding.

### RECIPE #2

**5 lbs Regular Ground Beef (cheapest you can find)**  
**1/2 454 G package of Wheat Germ**  
**1 lb Oatmeal**  
**5 whole eggs (hard boiled)**  
**2/3 cup Canola oil**  
**5 packages plain Gelatin**  
**2/3 cup Molasses**  
**pinch of Salt**  
**RAW!RAW! supplement ([www.an-nat.com](http://www.an-nat.com))**

\*note\* The mixture will be very stiff and hard to manage if you try and do it all in one bunch. Divide in half for ease of preparation.  
Mix Wheat Germ, RAW! RAW! and Salt together  
Add Gelatin and mix  
Divide in half  
Oatmeal - cook until done  
Shell eggs, and chop in food processor (including shells)  
Divide in half

Add one half of the Wheat Germ mix, one half of the eggs and one half of the molasses to a bowl or processor. Add one half of the oil and mix well. Set aside and do the same with the second half. Gradually add one batch of the Wheat Germ mix to one batch of the oatmeal, mix well. Gradually add one half of the hamburger to the mix and combine well. Repeat with the second batch of ingredients. Roll into balls, or mould into bars. Put a layer of wax paper on a cookie sheet. Arrange balls or bars on sheet and put in

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the freezer until hard. Put in freezer bags and take out and thaw as needed. Makes about 7 bags of bars.

### FOR WEIGHT GAIN

**2 lbs hamburger**  
**1 package cream cheese**  
**1 dozen egg yolks**  
**1 jar all natural peanut butter (smooth or creamy)**  
**about 1 cup rolled oats soaked in milk**  
**1 jar wheat germ**

Mix up, measure out, feed as needed. You'll need to mix it with your hands. It's hard to mix and messy. Bag in individual sandwich bags and freeze.

*There are many versions on this recipe online. A great occasional replacement meal or treat. A WONDERFUL weight gainer for picky eaters, dogs on the mend or other reasons to need to pump nutrition and calories to them.*