

Cockroach and Cricket Diet

Ingredient	Large Amount	Medium Amount
porridge oats	1000 g	200 g
wheat germ	1000 g	200 g
maize meal	500 g	100 g
linseed cake	50 g	10 g
Casein (substitute soy milk powder)	50 g	10 g
Yeast	50 g	10 g
granulated sugar	50 g	10 g
salt	5 g	1 g
pure corn oil	250 ml	50 ml

1. Mix dry ingredients
2. Add oil
3. Mix again.