**Pollen Substitute Recipe.**

2kg (4.4 lbs) Soya Flour- low fat type (or soy powder)

1kg (2.2 lbs.) Brewers Yeast

500g (1.1 lbs.) Dried Egg Yolk

250g (.5 lb.) Dried Skimmed Milk

2kg (4.4 lbs.) warmed Runny Honey (liquid honey)

Enough water to make a soft dough

The Soya flour should be reduced fat (approx. 5% fat) The skimmed

milk and egg yoke are optional. Soya and brewers yeast with as

much saved pollen as possible is preferable.

Dried pollen should be ground in a pestle or blender and moistened

with water/syrup, or your own honey. Never buy pollen in from

unknown sources as, like honey, it can contain brood diseases. Look

on the Internet at: http://www.rirdc.gov.au/reports/HBE/05-054.

pdf> link to “Fat Bees, Skinny Bees” for good information about

bee nutrition.

Be sure honey and pollen are from a safe source and not carrying

foul brood spores.