





### How To Make Homemade Fish Food - Veggie Recipe for your Tropical Fish Food

A Veggie recipe provides a great treat for your fish fish. This recipe is a great source of fibre, vegetable matter, and vitamins and minerals. It can Best be used as a supplemental fish food although it can be used as a primary food source. And is often used in both marine and freshwater aquariums for fish that are primarily omnivores or vegetarians. This recipe is popular with many of the Chichlid families like Tropheus and Mbuna

Many Breeders use it as a food conditioner to get breeder fish ready to spawn.

Yields approximately 2 lbs of food for about \$4.75 as of January 2005. Compared to typical commercial prices between \$15 to \$25 a pound. Total preparation time about 45 minutes.

Pictures	Steps
	<p><b>Tools and Equipment</b></p> <ul style="list-style-type: none"><li>A. Blender</li><li>B. Knives and Cutting Board</li><li>C. Plastic Sandwich Bags (with a zipper seal)</li></ul>
	<p><b>Ingredients</b></p> <ul style="list-style-type: none"><li>A. 1/2 lb of Frozen Vegetables (Medley Mix)</li><li>B. 1/2 lb of Frozen Peas</li><li>C. 1 can of Spinach</li><li>D. 1/2 lb of Shrimp</li><li>E. 1 c. Wheat Germ</li><li>F. 1 c. Gerber's Cereal (baby)</li><li>F. 3 packets of Knox Gelatin</li></ul> <p><b>Optional</b></p> <ul style="list-style-type: none"><li>G. 1 clove of Garlic</li><li>H. Vitamins</li><li>I. Egg</li></ul>
	<p><b>Step 1</b></p> <p>Add 1/2 lb of semi-thawed Shrimp to your food processor. I personally like to use the peeled shrimp with tail and just leave the tail in it.</p>
	<p><b>Step 2</b></p> <p>Chop or process the Shrimp until you no longer have chunks of meat. Do not "puree" it into a liquid or paste form, you still want some of the fibre structure (integrity) of the shrimp to exist.</p>



**Step 3**  
Drain 1 can of Spinach and add to your chopped Shrimp.



**Step 4**  
Add 1 cup of Wheat Germ to your Shrimp/Spinach mixture and process.



**Step 5**  
Add 1 cup of Gerber's Baby Cereal to your Shrimp/Spinach mixture and process. Set aside. *[You can also substitute Oat Bran cereal]*

**Step 6**  
Add 1/2 lb of semi-frozen Mixed Vegetables (Medley Mix) to your food processor and chop. *[You can substitute a Frozen Vegetables Stir Fry Mix with peppers for extra zing and color]*

**Step 7**  
Add 1/2 lb of semi-frozen Peas to your Vegetable Mix and process. Set Aside to be combined with your Shrimp/Spinach mixture.



**Step 8**  
Prepare you Knox Gelatin. One packet at a time, add three packets of Knox Gelatin to 3/4 cup of very hot water, aggressively stirring after each packet.



**Step 9**  
Combine your , your Shrimp/Spinach mixture, your Vegetable Mixture, and your Knox Gelatin solution in a large bowl. Allow mixture to sit (rest) for about five minutes.



**Step 10a**  
Using a large spoon, carefully add mixture to plastic sandwich bags.



**Step 10b**



**Step 11a**  
Flatten mixture out in bags to about 1/4 of an inch in thickness.



**Step 11b**  
The bags do not have to be full. Once frozen, overly full bags may make it more difficult to break or cut out pieces to feed without ripping or tearing the bag.



**Step 12**  
Lay filled bags flat on a small tray or cookie sheet and place in freezer to freeze. Once frozen, the bags can be stored anywhere in the freezer space allotted by your spouse!

Total preparation time about 45 minutes.

**Feeding**

To feed, open bag and break or snap off an appropriate sized piece and drop the frozen piece in your aquarium or clip in a veggie feeding clip. It may take your fish about three feedings before they become accustomed to the food.

**Variations on the Recipe**

Everyone has their own variation of the recipe. There are no rules. You can adjust and modify the recipe to suit your needs.

**Nutrition**

Many recipes will call for the addition of vitamins. If you are going to feed this recipe exclusively, the addition of vitamins is valuable. However, the Gerber's Baby Cereal and Wheat Germ contain quite a few Vitamins, Minerals, and Acids.

**Medication**  
Many aquarist