**DOUG’S POLLEN PATTIES**

This recipe makes approximately 5.25 lbs of pollen patties.

**Ingredients:**

2.6 lbs of sugar (2lbs 10oz)

1-pound (about 2 cups) of HOT (boiling) water

¼ cup of honey

1.7 lbs of Ultra Bee pollen substitute (1 lbs 11oz)

Parchment Paper (thinner is better)

**Directions:**

1. Add sugar and HOT water to mixing bowl, mix until dissolved.
2. Add honey and continue to mix.
3. Slowly add the pollen substitute, mix well (it should have the consistency of peanut butter). It will firm up after it sets.
4. Spoon mixture onto strips of parchment paper and then sandwich with another strip of parchment paper. Knead into ¼ inch flat patties.
5. Mixture can also be refrigerated in an airtight container.