

FOR MORE DELICIOUS RECIPES, SUCH AS:

- CHOCOLATE CHIP COOKIES
- CARAMEL GLAZED CRICKET CRUNCH
- COATED FLAN
- HOPPIN' GOOD CRICKET FRIED RICE

VISIT:
WWW.INSECTSAREFOOD.COM

FOR A QUICK SNACK SPRINKLE SOME SALT, A DASH OF GARLIC & A DROP OF OLIVE OIL ON YOUR ROASTED CRITTERS... CRUNCH ON THAT

SATISFACTION GUARANTEED

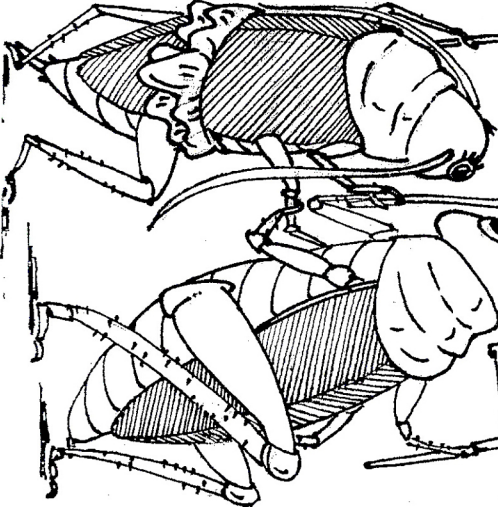
FOR A QUICK AND TASTY SNACK, DIP YOUR CRISPY CRICKETS IN MELTED CHOCOLATE AND LET COOL IN THE FRIDGE.

MAKE CRICKET FLOUR:

1. SPREAD DEAD CLEAN CRICKETS ON LIGHTLY GREASED PAN
2. PREHEAT OVEN TO 200° & DRY CRICKETS FOR 1-2 HOURS
3. WHEN CRICKETS ARE DONE THEY SHOULD BE BRITTLE & EASY TO CRUSH.
4. PLACE DRIED CRICKETS IN BLENDER, COFFEE GRINDER, OR HAND CRUSH, TILL THEY ARE CONSISTENCY OF ROUGH FLOUR.

You can sprinkle a little on your salad or add this to some soups for a little extra crunch of protein.

For a lightly chirpin' taste, you can mix 1 part cricket flour with 2 parts regular flour. Use this with your grandma's cookie recipe or your brother's brownie mix.



EAT ME!

CRICKETS CRICKETS CRICKETS

SO HEALTHY



ALSO RAISING INSECTS IS ENVIRONMENT FRIENDLY. THEY NEED LITTLE SPACE, PLUS, THEY ARE VERY LOW ON THE FOOD CHAIN.

INSECTS ARE HIGH IN PROTEIN & LOWER IN FAT THAN CHICKEN, PORK, LAMB AND BEEF.

THERE ARE ABOUT 1,402 RECORDED EDIBLE INSECTS... AND THEY GET MIXED IN WITH YOUR FOOD ALL THE TIME. BUT DON'T WORRY, IT'S ALL GOOD.

WHAT?? YES! I'VE TASTED THEM!

YOU EAT INSECTS!

CRICKETS ARE ONE OF THE MOST POPULAR INSECTS TO EAT BECAUSE THEY ARE:

- EASY TO RAISE
- FAST TO PREPARE
- EASY TO COOK
- CHEAP TO MAINTAIN
- TASTY
- NUTRITIOUS

100 grams of crickets contains:
121 calories, 12.9 grams of protein, 5.5 g. of fat, 5.1 g. of carbohydrates, 75.8 mg. calcium, 185.3 mg. of phosphorus, 9.5 mg. of iron, 0.36 mg. of thiamin, 1.09 mg. of riboflavin, and 3.10 mg. of niacin.

Compare this with ground beef, which has 288.2 calories and a whopping 21.2 grams of fat!

HOW TO GET SOME CRICKETS

- OPTION A: RAISE SOME FROM A BALL OR PET SHOP
- OPTION B: BUY SOME (IN A PESTICIDE-FREE AREA)
- OPTION C: CATCH SOME

THIS WAY YOU CAN SECURE A STEADY SUPPLY & IT IS CHEAP & IT IS ENVIRONMENTALLY FRIENDLY & THE MOST REWARDING IN THE LONG RUN.

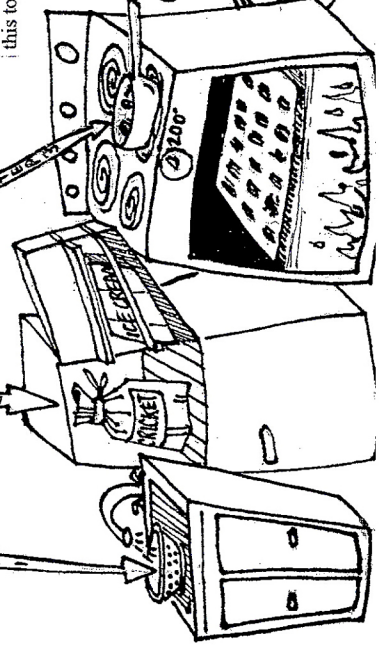
- ALL YOU NEED TO RAISE CRICKETS:**
1. ONE CONTAINER WITH TIGHT FITTING LID (POKE AIR HOLES IN LID)
 2. A COUPLE INCHES OF SOIL (NO PESTICIDES/FERTILIZER), ACROSS THE BOTTOM OF CONTAINER. THIS IS WHERE THEY DEPOSIT THEIR EGGS.
 3. A SMALL CONTAINER OF MOIST COTTON BALLS

- DON'T LEAVE A BOWL OF WATER... YOUR CRICKETS ARE LIKELY TO DROWN.
- 4. ALWAYS LEAVE FRESH FOOD... CRICKETS WILL EAT MOST ANYTHING, SUCH AS STALE BREAD, OLD VEGGIES, POULTRY MASH, CRUSHED CAT FOOD, FISH FLAKES... JUST REMEMBER YOU'LL END UP EATING WHAT YOU FEED THEM; SO DON'T FEED THEM YOUR MOLDY CHEESE OR ROTTEN CRACKERS.

YOU CAN BOIL THEM IN WATER FOR 15 MIN. TO BE EXTRA CLEAN.

PUT THEM IN FREEZER FOR 15 MIN. THEY SHOULD BE DEAD BUT NOT FROZEN

PUT CRICKETS IN COLANDER, COOK QUICKLY WITH CLOTH AND RINSE THEM



protein.

You can sprinkle a little on your salad or add this to some soups for a little extra crunch of protein.