

## COCONUT-NUT BUTTER MED DINOSAURS



2 tsp coconut manna

2 tsp nut butter

1/8 to 1/4 teaspoon unsweetened cocoa

+/- honey to taste

(Here I used chocolate hazelnut butter for previous 3 ingredients)

Note: amounts of ingredients will be adjusted depending upon volume of supplements.



Dr. Pam Montgomery-Fittz, DVM



## COCONUT-NUT BUTTER MED DINOSAURS

Mix all ingredients together in small stainless steel bowl



and nestle it within slightly larger bowl with a bit of hot water. This provides heat to mixing bowl so the coconut manna will melt and the mixture will become smooth.

Crush all of the supplements for two days into powder in a mortar and pestle.



Place all powder in the butter concoction and mix well. Then pour into molds and refrigerate.



The coconut manna will harden and keep it in its shape. Then I pop them out of the silicon mold and put them in a storage dish for refrigeration but u could freeze them. He chooses which dinosaur he wants. It makes 4 dinosaurs and each dinosaur is about a half a tablespoon. If u make too many at a time, the ratios get wonky. I usually make 2 batches at a time.