

Protein Patty Recipe

Note: Canola oil was added to the recipe for two reasons. 1. Oil serves as a humectant (keeps the finished patty from drying out). 2. It adds some “fat” to the mixture which when consumed by the bees is beneficial.

Ingredient List for Protein Patty Recipe – Finished Mixture = 4-5 lbs. and Makes approx. 30-36 patties

- Prepared Heavy Sugar Syrup – 2 lbs 6 oz. by weight (approx. 3 1/3 cups) (2 parts sugar to 1 part water)
- Honey Bee Healthy – 1 tsp. per quart of heavy syrup.
- Amino B Acid – 1 tsp. per quart of heavy syrup.
- Canola Oil – 3.0 ounces by weight (8 to 10 Tablespoons) maximum
- Mega Bee Protein Supplement Powder – 2 lbs. by weight (8 level cups)
- Wax Paper
- Stainless Steel Pot
- Scale to measure ingredients (preferably digital)

Prepare the Heavy Sugar Syrup, 2 parts sugar to 1 part water (let cool). Pour 2 lbs. and 6 oz. of the syrup into a large quart Mason jar or other suitable container of equal size or larger which can be sealed with a lid. There should be empty space in the jar to add the following ingredients to the syrup.

Add 1 tsp. Honey B Healthy and 1 tsp. Amino B Acid to the sugar syrup and mix well to incorporate.

Add 3.0 oz. canola oil (approx. 7 ½-8 Tablespoons) to mixture. Shake to mix. Shake the syrup container periodically to keep the canola oil and syrup from separating.

Measure 2 lbs. (approx. 8 cups) of the Mega Bee into a stainless steel pot.

Gradually incorporate the above syrup mixture into the Mega Bee powder.

If mixing by hand with a spoon, it may take 10 to 15 minutes to incorporate the syrup into the Mega Bee powder. Make sure there is no dry Mega Bee powder left in the pot.

Cover pot and let the mixture sit overnight (or 8 to 12 hours).

The next day, the mixture should be the consistency of play dough. Form dough into balls weighing 2.75-3 oz. each to make patties to fit under the inner cover.

Flatten a ball of the mixture between two sheets of wax paper to a diameter of about 4 ½ inches. Patty should be thin enough to fit under a queen excluder or between the inner cover and the top bar of the frames in the hive.

Make a larger ball if you are going to place it on the candy board before you fill it with the cooked candy board mixture (see the candy board recipe on the Lincoln Land web site)

Trim the excess wax paper from edges. Place finished patties in zip loc bags and refrigerate until use. You can also put them in a deep freezer and they should keep until you need them.