This diet is one of the most complete and is what we feed all of the gliders in our care. Visit http://www.sweet-sugar-gliders.com/sugar-glider-hpw-diet-high-protein-wombaroo-recipe.html for more tips and a video that shows you how to make this diet.

**INGREDIENTS**

- 2 cups warm water
- 1.5 cups treated honey (non-raw honey)
- 3 scrambled eggs (nothing added, just the eggs)
- 1/4 cup oHPW Powder (without bee pollen)
- 1 tbs Australian bee pollen (American also fine)

**INSTRUCTIONS**

1. Scramble the eggs (you can cook them in the microwave if preferred) and set aside.
2. In a second bowl, mix together the water and honey until the honey is dissolved.
3. Add the oHPW powder to the honey combination and mix well.
4. Combine the eggs, bee pollen and about half of the oHPW liquid mixture and blend for about two minutes.
5. Add the rest of the oHPW liquid mixture and blend for an additional two minutes.
6. Transfer to freezer safe, airtight bowl or bags and freeze.

**FEEDING**

Feed the following per sugar glider per day:

- 1.5 tsp oHPW mixture (thawed)
- 1 tbs mixed fruits
- 1 tbs mixed veggies

Gliders need a 2:1 calcium to phosphate ratio or they can develop serious health issues.
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Below are safe vegetables that can be used to complete your sugar gliders' homemade oHPW diet. See attached pages for instructions and additional ingredients.

**VEGETABLES**

<table>
<thead>
<tr>
<th>acorn squash</th>
<th>french beans</th>
<th>romaine</th>
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</thead>
<tbody>
<tr>
<td>alfalfa</td>
<td>ginger root</td>
<td>soy beans</td>
</tr>
<tr>
<td>amaranth</td>
<td>green beans</td>
<td>spinach</td>
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<tr>
<td>artichoke</td>
<td>Hubbard squash</td>
<td>spaghetti squash</td>
</tr>
<tr>
<td>asparagus</td>
<td>leeks</td>
<td>summer squash</td>
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<tr>
<td>bamboo shoots</td>
<td>lupines</td>
<td>sweet pepper</td>
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<tr>
<td>beets</td>
<td>kale</td>
<td>sweet potato</td>
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<tr>
<td>beet greens</td>
<td>kohlrabi</td>
<td>swiss chard</td>
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<tr>
<td>broccoli</td>
<td>mushrooms</td>
<td>tofu (firm &amp; regular)</td>
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<tr>
<td>brussels sprouts</td>
<td>mustard greens</td>
<td>tomato (green &amp; red)</td>
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<tr>
<td>burdock roots</td>
<td>mustard spinach</td>
<td>turnip</td>
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<tr>
<td>butter lettuce</td>
<td>napa cabbage</td>
<td>turnip greens</td>
</tr>
<tr>
<td>butternut squash</td>
<td>okra</td>
<td>watercress</td>
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<tr>
<td>cabbage (green &amp; red)</td>
<td>parsley</td>
<td>winter squash</td>
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<tr>
<td>carrots</td>
<td>parsnips</td>
<td>yams</td>
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<tr>
<td>cauliflower</td>
<td>green peas</td>
<td>zucchini</td>
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<tr>
<td>celery</td>
<td>pumpkin</td>
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<td>chayote</td>
<td>radish</td>
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<td>coriander</td>
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<tr>
<td>cucumber</td>
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<td>endive</td>
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<td>eggplant</td>
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Below are safe fruits that can be used to complete your sugar gliders’ homemade oHPW diet. See attached pages for instructions and additional ingredients.

FRUITS

acerolas
apples (with or without skin)
apricots
bananas
blackberries
blueberries
breadfruit
cantaloupe
carambolas
carissas
casaba melon
cherimoya
cherries (sweet)
crab apples
cranberries
currants
custard apple
dates
deelderberries
figs
grapes
grapefruit
honeydew melon
jack fruit
java plums
jujubes
kiwi fruit
kumquats
lemons

lemon peels
limes
loquats
mammy apples
mangoes
mulberries
nectarines
oheloberies
orange peels
oranges (navel & valencia)
papayas
passion fruit (purple)

peaches
pears
persimmons
pineapples
pitangas
plantains
plums
pomegranates
prickly pears
prunes
pummelos
quinces

raisins
raspberries
rose apples
roselles
sapodillas
sapotes
soursops
strawberries
sugar apples
tamarinds
tangerines
watermelon