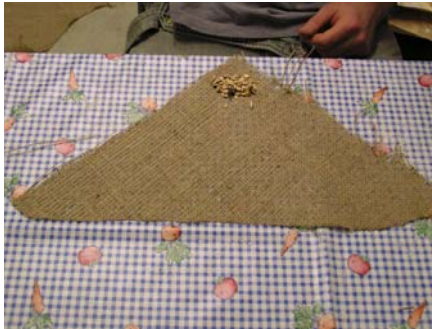




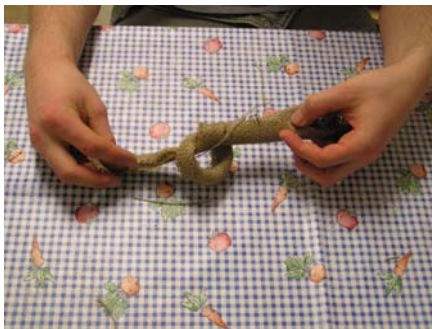
Food Knot (Jute)



- cut a triangle of jute a 3 x 4 x 4.6 cm & put 1 teaspoon of cereal on the bottom corner



- roll up the triangle of jute starting from the bottom corner



- knot the ends doubly, triply or more if necessary (for more than 3 knots you need a bigger piece of jute)



- to increase the difficulty of opening the food knot, it can be brushed with the flour-water-mix & dried again (s. left picture: right knot untreated; left one brushed with flour-water-mix)

