

LNA's Cooking Show

Narrator: welcome to LNA's cooking show. Today we have a very special episode... We are making pancakes....but with a **OVER** special ingredient. Wait for it.... Cricket Flower. That's right, Cricket Flower. You may be saying to yourself, yeah right, or that's freakin' disgusting, or just like why? WHY?? WHY??????

So, before we get started on the actual cooking part of our show, let's take a moment to talk about why eating insects makes sense and is a serious solution to world hunger and climate change.

Ok, so in case you haven't noticed over 1 billion people around the world are going hungry, without any chance of getting fed. they have no access to protein (the thing that actually makes muscles in your body) and even if they did, in many parts of the world they don't have electricity to run a fridge to store proteins like meat and milk. this isn't just a problem in other countries, people are going hungry here too.

So, what can we do? we can start farming bugs like crickets. crickets are super high in proteins, vitamins, and minerals. they don't require refrigeration and they can be fed using discarded food scraps.

Another reason to eat bugs is farming livestock like cows and pigs are ruining our environment. they take huge amounts of water and land, and the methane in cow farts are a serious cause of global warming.

So why aren't we all eating edible insects like crickets, beetles, mealworms, and scorpions? the biggest reason is the "yuck" factor. people are grossed out. but you know what? once upon a time, people were grossed out by sushi, shrimp, and lobster. but now, we think of them as a luxury.

so what changed? one big thing is having restaurants cook up amazing recipes.

and that's just what we're going to do here today.

So again, welcome to LNA'S kitchen. today we are making pancakes with cricket flour.

I know, i know it sound weird. but it actually taste good i'm going to need the following ingredients:

- **5.5 cups butter, softened**
- **1 cups white sugar**
- **2eggs**
- **1 teaspoon vanilla extract**
- **2.5 cups all-cricket flower**
- **1 teaspoons baking powder**
- **1 teaspoon salt**

so first we put the 5.5 cups of butter

put 1 cups of sugar

then 2 eggs,

next 1 teaspoon of vanilla extract,

2.5 cups of cricket flower,

1 teaspoon of baking powder

and finally 1 teaspoon of salt

I know you're probably saying cricket flower?

but it's actually pretty good. in 3rd world countries they don't have refrigerators so they have to eat bugs. but bugs are actually good for you it has a lot of protein and doesn't take up that much water and land. the F.D.A lets a certain amount of bugs in our foods.

(ding) i think the cookies are ready.

mmmm tastes good. just remember bugs aren't that bad, there actually a better choice.