Bird Bread with Harrison's Mash

DRY INGREDIENTS:

- 1 1/2 cups Harrison's Adult Lifetime Mash
- 1 cup Buckwheat Flour
- 1 cup Quinoa Flour
- 1 cup Rolled Mixed Grains (or thick cut oatmeal)
- 1/3 cup ground Flaxseed
- 1/2 Tablespoon Curry Powder (or Cinnamon; or mix of your birds favorite spices to equal ½ Tbls)
- 1/2 cup Millet
- 1/2 cup raw Sunflower Seed

Mix all of the dry ingredients above together in a large mixing bowl.

VEGETABLES:

- 3/4 cup finely chopped vegetables (broccoli, beets, chayote squash, zucchini, greens [Swiss Chard, collard, kale, mustard], carrots, butternut squash, etc.

WET INGREDIENTS

- 1 15 oz can Pumpkin (pure pumpkin not the pie mix)
- 3 Eggs beaten
- 1/2 cup water

In a smaller bowl beat the eggs and add the pumpkin and water and beat until mixed in.

Add wet ingredients to the dry ingredients and mix well.

Place into mini muffin pans and bake at 350 degrees for about 25 to 30 minutes. Use one level tablespoon per muffin. Before baking, use the end of a wooden spoon to create a hole in the center of each muffin, which then allows you to place these onto food skewers or incorporate into foraging toys. Yield: 50 – 60 muffins. The muffins freeze quite well after baking.

This is a dense batter and will turn out better baked in mini muffin pans than a square baking pan. In a square baking pan it doesn't get done in the center. You can find uncoated mini muffin pans at specialty cookware shops or online at www.amazon.com or www.chicagometallicbakeware.com .