

Morning Soak Mix

Buy each of the following items in bulk, then in a large container, put equal amounts of each item in. Keep in fridge. Exception: raw peanuts, cashew pieces, pine nuts, raisins are put in cook pot each time.

**Cracked corn
Oat groats
Orange lentils
Hulled sunflower seeds
Pumpkin seeds
Green split peas
Adzuki beans
Mung beans
Black eyed peas
Sesame seeds
Orzo pasta
Rye berries
Wild rice blend**

Bring to boil 1-2 minutes, turn off and cover, let set 20-30 minutes.

Once cooked, rinsed and drained, add green veggie stems, grated and chopped vegetables, top with a few pellets and also add fruit pieces on the side. For macaws, add a few nuts.

You can add a variety of healthy items to this mix, be creative. (Sprinkle with canary seed or roller mix, add powdered vitamins/minerals). Enjoy watching them dig into their bowls.

Radish, okra seeds, swiss chard, Chinese cabbage, new Zealand spinach, asparagus, garlic dill pods, tiny hot peppers, macnuts, guava, lilikoi, kukui nuts, mango, carrot, yam, (rosemary, thyme, oregano, basil: once monthly)