

## **Birdie Mash**

1 cup dry, small shaped pasta (such as orzo or alphabets) cooked according to package directions and cooled

½ cup uncooked grain (such as brown rice, white rice, couscous, bulgur, human grade millet) cooked according to package directions and cooled

2 to 3 large eggs, hardboiled for 30 minutes, peeled (toss shells) and cool

One 4 oz jar organic baby food, your choice of flavor

Once all ingredients are cool dump all into a bowl, mix well-all the while breaking up the hard boiled egg into birdie sized pieces. Place in container with tight fitting lid and refrigerate.

A suggestion for baby food flavors: We make a vegetable flavor with one batch and a fruit flavor for the next batch. This mix will last seven days refrigerated. If you only have one or two birds it is best to freeze half of the mixture so it doesn't spoil before use.