



Grain Mix

1 Cup each:

- buckwheat
- barley
- yellow split peas
- green split peas
- quinoa
- wheat berries
- spelt
- rye berries
- oat groats
- lentils
- mung beans
- adzuki beans

½ Cup:

Frozen mixed vegetables

¼ teaspoon each:

- chili pepper flakes
- cinnamon

Mix all ingredients together and bring to a boil in a LARGE pot with plenty of water.

Once it begins to boil, lower heat and simmer, stirring often, just until peas and lentils are cooked yet still firm.

Drain and rinse well with cold water. The cold water will stop the cooking process and prevent it from turning mushy.

The harder, firmer grains will still be fairly hard, but the birds prefer it that way.

Freezes very well. Can freeze in baggies or freezer safe containers for later use. Do not use after 3 days in fridge.