

Complete Protein Veggie Fruit Mash
Written by Ann Griffin
Submitted by Bonny DalSanto

Mix 2/3 grains and 1/3 legumes sprouted. This makes a complete protein. (45%)

Veggies used in the mash should be from the orange family (sweet potatoes, carrots etc), the green family (broccoli, mustard greens, turnip greens, bell peppers, green beans, etc) and then other varieties such as cauliflower, corn, cucumbers, squash using the variety mentioned so that it does not become unbalanced. (Should be about 45%) This includes fruits (apples, cherries, peaches, mangos, berries, etc). Make sure that none of the fruit you offer has the seeds or pits included and that the flesh near the pit is not offered. (10%) of a good balanced diet.

Place all of the ingredients into a chopper. This is a good idea because it makes everything the same size. This discourages the birds from becoming picky and also helps them to eat all that is good for them. Birds kept as pets do not eat meats in the wild. They are generally not able to use this source. (Now a bite or two of chicken or such, small bite won't hurt every once in a while)

Make sure they get the wide variety of foods that provide different components to their diet... This sounds challenging but once you become accustomed to this it will be second nature and not very time consuming. . I use one day a week to make up a week's worth and then freeze daily portions, thawing as they are needed.

We need to remember that it may take some birds a long time to convert to a better diet so please be patient and give this every day until they just dive in.

I hope you all will give this a try and see the benefits of a great diet.

Ann Griffin
Utah