

## House of Crests 2018 ORGANIC Nestling/Soft Food Mixture **WITH EGGS** ©2018

Liquid ingredients added to a 2-quart plastic bottle consisting of:

- 8-12 ounces [Smart Water\(electrolytes water\)](#) OR ANY BOTTLED FILTERED WATER BUT NOT DISTILLED WATER.
- 2 tablespoons [Organic Hemp oil](#) (Before the breeding season, add a teaspoon of Organic Wheat Germ Oil but stop using the Wheat Germ Oil which is high in Vitamin E or birds will become so advanced the cocks will become too aggressive and the hens will abandon nests of eggs or chicks to start another!
- 2 tablespoons [Organic Camelina oil](#) (Gold of Pleasure)
- 2 teaspoons [Braggs organic apple cider vinegar](#)
- 1 tsp. [Braggs Organic Liquid Aminos](#) (Braggs or organic coconut aminos)

Shake this up very well and set aside (Refrigerate any extra blend).

Dry ingredients consist of:

- 3 lbs or 1.5 kilos of dry Organic French CousCous (also found at [The Whole Foods Market](#))
- 2 tablespoons Imported Organic Bee Pollen (also found at [The Whole Foods Market](#))  
(Make sure it's not from American bees that feed on the flowers from GMO crops.)
- 2 tablespoons of powdered cuttlebone and ground and powdered oyster shell.)
- 1/2 cup of whole Organic Poppy seed (also found at [The Whole Foods Market](#))
- ¼ cup of ground up Organic Chia seed
- 1/2 cup of ground up Organic Flax seed (found in a spice store bulk or The Whole Foods Market)
- 1/2 cup of ground up Organic Anise seed (found in a spice store bulk or [The Whole Foods Market](#))
- 1 cup Organic Hemp seed lightly ground up or cracked (better) or Organic Hemp Seed Hearts
- Add oats in the form of Organic Quick Oats or Oak Groats if mix, more if mix is too wet
- 2 tablespoons [Lewis-Labs Brewer's Yeast](#) (also found at [The Whole Foods Market](#))
- 12 shelled Organic, Free-Range, Antibiotic and Growth Hormone-Free, hard boiled eggs run thru food processor but in pulse mode using short bursts or it will get gummy or pasty
- Mix this up then add:
  - 2 cups sprouted or ground dry Organic Quinoa any color (sprouted is always best) It can be ground in a coffee grinder.
  - 2 cups of sprouted Quinoa Seed with an inch of growth.
- (One can also add a handful of other fresh sprouts of choice and a bit of Organic [Moringa Powder](#) and [Avi-Culture-2-PLUS Avian Probiotic](#) 5 minutes before serving.)

Add to the food processor:

- 1 bunch of Organic baby kale and Organic dandelion a bit at a time and throw in the organic carrots as it grinds. The carrots will take/feed the kale down to the blades
- 1 lb. package of organic carrots
- 1 lb. bag of raw or thawed organic peas raw or frozen
- As this chops down, throw onto dry mixture until you get all the veggies chopped.
- When all veggies are chopped nice and small as possible before turning into mush and add a small mix of all the veggies into the semi-dry mixture that already has the Organic Quinoa and processed eggs.

When dry is mixed or fluffed-up well, it is time to add the liquid. Shake the liquid well and pour over the dry and veggie, egg mix, **VERY s-l-o-w-l-y**. Mix well until all moisture clumps are dispersed and end result is a nice, crumbly and fluffy consistency and flows through your gloved hand. **DO NOT ADD ALL THE LIQUID AT ONCE!** If the mixture becomes too wet & sticky, you can dry it with oats and or if too dry and powdery, bit by bit add more of your water mixture as needed. This mixture may be made in large batches then frozen in bags.

INSTEAD OF ADDING THE SPROUTS DURING INITIAL PREPARATION, one can add the fresh organic sprouts of choice, 1 teaspoon MORINGA powder (found at <http://www.moringasource.com> ) and [Avi-Culture-2-PLUS Avian Probiotic](#) to the serving batch of 1 kilo of prepared nestling/soft food 5 minutes before serving.

**NOTE: Before the breeding season Vitamin E is added to liquids shown above until birds begin building & laying for the season then stop using it in the diet plan.** Use as many organic ingredients as possible!!

Now, very important step is to add one teaspoonful approx. or shake over the top of the mix [Avi-Culture-2-PLUS Avian Probiotic](#) (like powdering a donut) & 4 tablespoons of crushed organic hemp seed or organic hemp seed hearts to each quart or 1 kilo of prepared nestling/soft food 5 minutes before serving. Follow [Administration Instructions supplied with the bottle of Avi-Culture-2-PLUS](#) and **use probiotics daily but NEVER use in water.** Lastly, **ALWAYS USE DISPOSABLE GLOVES WHEN PREPARING AND SERVING ALL FOODS!**

Visit my website to learn more on diet: [http://www.houseofcrests.com/gallery\\_of\\_articles\\_page\\_3.htm](http://www.houseofcrests.com/gallery_of_articles_page_3.htm)

To order the freshest Avi-Culture-2-PLUS Probiotic Blend, please visit my website: <http://www.avi-culture-2-PLUS.com>