

House of Crests ORGANIC Nestling/Soft Food Mixture **WITHOUT EGGS** ©2017

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

- 12 ounces [Smart Water\(electrolytes water\)](#) OR ANY BOTTLED SPRING 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)
- 1 teaspoon MORINGA powder (found at <http://www.moringasource.com>)
- 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.

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](#))
 - 2 tablespoons of powdered cuttlebone and 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 Anise seed (found in a spice store bulk or [The Whole Foods Market](#))
 - 1 cup Organic Hemp seed lightly ground up or cracked (better) and/or [Cousin Mary Jane Hemp Hearts](#)
- Add oats in the form of Organic Quick Oats or Oat Groats if mix, more if mix is too wet
- 2 tablespoons [Lewis-Labs Brewer's Yeast](#) (also found at [The Whole Foods Market](#))

Mix this up then add:

- 2 cups sprouted or ground Organic Quinoa any color (sprouted is always best) and/or
 - 2 cups of sprouted ORGANIC Dwarf Essex Rape Seed with an inch of growth. (from <http://www.desmoinesfeed.com>)
- One can also add the sprouts of choice, Organic Moringa 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 baby carrots
- 1 lb. bag of thawed organic peas **OR** ½ lb. bunch of organic broccoli (*optional*, but you can throw in with the kale instead and carrots)

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 Organic Dwarf Essex Rape seed, etc.

When it's mixed or fluffed-up well, it is time to add the liquid. Shake the liquid well and pour over the dry and veggie 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 that 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 organic oats, organic ground flax 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** when thawed, add the fresh organic sprouts of choice, 1 teaspoon MORINGA powder (found at <http://www.moringasource.com>) and the [Avi-Culture-2-PLUS Avian Probiotic](#) 5 minutes before serving. This mixture is fed year 'round as per my Annual Detailed Diet Feeding Schedule alternating it with the Condition/Song/Tonic Seed Mixture. To make, use 1 kilo of this seed lightly sprayed with organic coconut oil, mixed well and then add a half teaspoon of MORINGA powder & a sprinkling of [Avi-Culture-2-PLUS Avian Probiotic](#) and mix well. Ask me for more details.

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

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