

Einstein's Breakfast Mash

1 Recipe of cooked Grain Pilaf ([Recipe here](#))

1 large Sweet Potato cooked (baked, or boiled)

12 oz. bag of frozen mixed vegetables (corn, peas, carrots, green beans) Steam or cook in a small amount of water, coarsely chop in a food processor.

Mix together in a large bowl and add:

¼ cup flax seed

1/3 cup [hemp seed](#)

1/8 cup of [Avian Naturals Herb Mix](#)

1/3 cup of any other health seed or nut like pumpkin seed, sesame seed, almonds, walnuts, etc.

Package for the freezer.

Makes about 30 – 2 oz. servings