

## Einstein's Grain Pilaf

Combine the following grains to equal 1 1/2 cups. I've provided Amazon links, but many of these can be found in grocery stores and specialty food stores like Whole Foods. It's not necessary to include all of them, but try to include at least 5 or 6 different grains. You can also change the mixture from time to time.

**Shortcut:** Avian Organics now sells pre-packaged grain bakes. Saving you from sourcing and mixing your own ingredients. They also have a variety of other added ingredients. Einstein loves their bird breads, treats, and freeze-dried product too!

- Oat Groats (whole grain, not the oatmeal kind)
- Brown Rice
- Quinoa
- Amaranth
- Buckwheat
- Spelt
- Hard red winter wheat
- Triticale
- Rye
- Barley

Lightly oil an 8" by 8" Pyrex glass pan with coconut oil.

In the prepared pan, combine 1/2 cup organic brown rice and 1 cup (If you can't find these products, combine an assortment of grains to equal 1 1/2 cups\*)

Pour in 2 1/2 cups boiling water.

Drizzle with 1 Tablespoon coconut oil.

Cover tightly with aluminum foil and bake in a 375 degree oven for 1 hour.