

# Harrison's Mash Formulas in Recipes

Harrison's **Mash formulas** (such as Adult Lifetime Mash or High Potency Mash) can easily be used in place of **Bird Bread Mix** in most recipes. Both are made from the same high-quality, certified organic ingredients – but Mash offers a bit more flexibility and value.

In fact, Mash is often **more economical**, as you get more volume per bag. For comparison:

- **Bird Bread Original** contains roughly 50% of a bag of Mash.
- **Bird Bread Omega** is about 70% of a bag of Mash.

Another benefit: **Mash does not contain baking powder**, allowing you to control texture and leavening if desired.

## Basic Conversion

- **1 cup Bird Bread Mix = 1 cup Mash**
- You can use Mash in any Bird Bread recipe that calls for the dry mix.
- Here is a link to some yummy recipes - [Our Recipes - Harrison's Bird Foods](#)

## Mixing Instructions

When using Mash:

1. Combine the Mash with the **same wet ingredients** listed in your Bird Bread recipe (usually eggs, water, or vegetable purée).
2. Mix until it reaches a **thick batter** consistency – not too wet, just moist enough to hold together.
3. Bake as usual (typically 350°F / 175°C for 25–35 minutes, depending on pan size).
4. Cool completely before serving or freezing portions.

## Tips

- You can add **mashed fruits or vegetables** (banana, pumpkin, carrot, apple) to enhance flavor and moisture.
- For birds sensitive to eggs, replace them with **unsweetened applesauce, mashed banana, or cooked sweet potato**.
- Store baked portions in the refrigerator (up to 1 week) or freezer (up to 6 months).

## Why It Works

Mash contains the same balanced nutrition as Harrison's nuggets just not cooked (extruded)— so when baked, it remains a wholesome, complete food option for birds.