

ADULT LIFETIME MASH INTO A BIRD BREAD



If you wish to bake it like bird bread, please use the following instructions:

- Add 1 Tsp Baking Powder
- 2 Organic Eggs
- 1 Tbsp Organic Coconut Oil
(or any other high quality organic oil)
- Add 1 Cup Water and adjust as needed

Mix and pour into a bread pan or muffin tin and bake at 350 degrees for 25-35 minutes.

PLEASE NOTE: Do not use any non-stick cookware for the baking process. The key concern is that those non-stick coatings, such as Teflon (PTFE), can be fatal to birds even at low temperatures. This goes for all cookware- even skillet used for your own meals.