

BIRDIE BREAD

This is a recipe I use to tempt my birds to eat their pellets and other things that are good for them. As long as you keep the base ingredients, you can add or subtract items. For instance, if your bird needs added calcium, add it to the recipe. If your bird loves raisins and nuts, add to the recipe. NO SALT OR SUGAR. If you want to use a sweetener, use Stevia extract. I use Harrison's pellets but you can use other pellets if you prefer.

The recipe can be easily halved or doubled and the loaves do freeze well. Be sure to cut into slices before you freeze them for ease of use. I put each slice into a small fold lock top sandwich bag so they won't all stick together when they freeze. You can then store all the small bags in one or more big freezer bags.

Preheat oven to 350 degrees. Prepare 2-3 loaf pans (approx. 8 x 4 x 3). Spray with fat free vegetable or canola oil.

1-1/2 cups Harrison's High Potency Pellets - Fine Grind
1-1/2 cups Harrison's Regular Find Grind
2 cups organic whole wheat flour
1/2 cup organic ground flax seed
1/2 cup hulled organic hemp seed
1/2 cup organic corn meal or ground pumpkin seed (or both)
1/2 cup organic wheat germ
1/2 cup large flake oats

Grind the pellets into powder and thoroughly mix dry ingredients.

In a fresh bowl, prepare wet ingredients as follows:

1 cup skinned mashed cooked yam (approx. 1 medium yam)
1 cup grated carrots, well washed and peeled
1 medium size zucchini, well washed and grated with peel
1/2 cup pasteurized honey
8 organic eggs washed and blended with shell
6 jars organic baby food, you can mix veggies and fruit

Mix wet ingredients thoroughly then add to the dry ingredients. Stir until all dry ingredients are moist. You will need to add some fruit juice at this point. The batter should not be too wet or the loaves will be soggy in the middle.

Spoon the batter equally into the prepared loaf pans and bake for 1 hour/20 minutes. Watch carefully during the last 20 minutes as ovens vary and changes in the recipe may result in the loaf taking less or more time to cook through. The wetter the batter, the longer the cooking time. However, do not let it burn on top. Check for doneness by inserting a toothpick in the centre.