

*Feed The
Birds*

PeeWee's Playpen

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Smashwords edition

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Disclaimer

Feed The Birds is not original recipes. We searched all over the internet to find recipes for Feed the Birds. Because many of the recipes we found were posted by several different people, we decided it would be best to not list an author recipes except for the ones we granted permission to use.

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Birdie

Breads &

Muffins

APPLE CINNAMON MUFFINS

2 C. whole-wheat flour

½ tsp. cinnamon

1 C. flour

½ C. butter

¾ C. sugar

1 C. finely chopped apple

1 ½ tsp. cream of tartar

1 C. French vanilla yogurt

¾ tsp. baking soda

2 eggs, beaten

½ tsp. orange peel

Mix all ingredients together. Fill greased muffin cups 2/3's full. Makes approximately 2 dozen muffins. Bake at 350° for 20-25 minutes. Cool and freeze. Serve room temperature.

BEAN BREAD

2 boxes Martha White whole grain cornbread mix

½ C. hulled millet

½ C. shelled sunflower seeds

1 handful dried red peppers, crushed

½ C. grated cheddar cheese

1 15 oz. can of beans including liquid

1 C. dehydrated vegetables

1 egg with finely chopped shell

Mix all ingredients together. Batter should be fairly dry, but moist enough to stick together. Add juice or vegetable broth if additional liquid is needed. Bake at 400° in greased 9 x 13 inch baking pan for 30 minutes. Cool, cut into squares and freeze.

BERRY SEED MUFFINS

¼ C. hulled millet
1 C. milk
2 C. whole-wheat flour
½ C. sugar
3 tsp. baking powder
½ tsp. Salt
½ tsp. nutmeg
grated rind of 1 lemon
1 egg. beaten
3 T. applesauce
1 C. frozen blueberries

Soak millet in milk for 10 minutes. In a separate bowl, combine flour, sugar, baking powder, salt, nutmeg and lemon rind. Stir in millet mixture, egg and applesauce. Fold in blueberries. Pour into greased muffin tins. Bake at 400° for 25 minutes. Cool.

BIRD BREAD FOR ECLECTUS

- 2 C. yellow corn meal
- 1 C. whole-wheat flour
- 1 C. currants or raisins
- 1 C. unsalted nuts
- 1 C. shelled sunflower seeds
- 1 29 oz. can solid pack pumpkin
- 1 32 oz. bottle of papaya nectar
- 1/3 C. oil
- 1 tsp. cinnamon
- 1 T. baking powder

Mix all ingredients. Add additional water or juice to make a pourable batter. Pour into 2 large, greased baking pans. Bake at 425° for 30 minutes or until done. Cool and cut into squares for freezing.

BIRDIE BREAD TOPPING

(For Use with Any Bread)

Colored pellets
sesame seeds
Almonds

Coarsely chop the colored pellets and almonds, leaving it chunky, not finely ground. Place in a plastic bag and add an equal amount of sesame seeds. After any birdie bread recipe is made and poured into its pan, sprinkle this topping over the bread and lightly press in to the top of the batter. Bake as per the recipe directions.

Recipe Note: My birds love this "candy coating" on their bread, it's the first thing they go for.

BISQUICK BIRDIE BREAD

4 eggs with shells
3 6 oz. jars baby fruits & vegetables
2 C. Bisquick Baking Mix
2 C. yellow corn meal
1 C. whole-wheat flour
1 C. dried fruit, chopped
1 C. unsalted nuts, chopped
1 T. shaved cuttle bone, optional
2 T. shelled sunflower seeds
water or juice

In food processor, blend eggs and shells until shells are well crushed. Add in baby food, blend briefly. In a large bowl mix Bisquick, corn meal, flour, dried fruit, nuts, cuttle bone and seeds. Stir in blended egg mixture and add enough water or juice to moisten batter. Spread into 9 x 13 inch pan sprayed with non stick spray. Bake at 400° for 40 minutes or until cake starts to pull away from the sides of the pan. Cool, cut into squares, and freeze. Serve warm.

THE FAMOUS BIRDIE BREAD found all over the internet

- 2 eggs and shells
- 2 boxes Jiffy Corn Muffin Mix
- 3 T. baking powder
- 1 tsp. Earthrise/Bright and Healthy Spirulina
- 2 C. dry baby cereal
- 4 (4 ½ oz) jars baby food
- ¾ C. peanut butter
- 1 ½ C. fresh vegetables, shredded or chopped

Purée eggs and shells in food processor. Stir together in large bowl the muffin mix, baking powder, spirulina and cereal. In a separate bowl or food processor mix together the baby foods, eggs and shells and peanut butter. Choose baby food which have a high vitamin A content. Combine the wet and dry ingredients in the large bowl. Stir in the shredded/ chopped vegetables. Put batter in a 9 x 13 inch pan sprayed with non stick spray. Bake for about 30 minutes in a 400 oven. Cool on rack, cut into squares and freeze in a large plastic bag.

BRAN MUFFINS

½ C. bran
½ C. raw wheat germ
1 ½ C. whole-wheat flour
½ C. dry milk
3 tsp. baking powder
3 T. hulled millet
½ C. chopped dried fruit
½ C. pine nuts, chopped
2 large egg whites
1 ½ C. thawed apple juice concentrate
1 T oil

Combine bran, wheat germ, flour, dry milk, baking powder and millet. Mix in fruit, nuts, egg whites, apple juice and oil. Mix until well moistened. Spoon batter into muffin cups. Bake at 350° for 15-20 minutes. Cool on rack.

CARROT MUFFINS

1 box Jiffy Cornbread Muffin Mix
1/2 C. shredded carrots
1/2 jar of carrot baby food
1 egg, including shell
2 T. crushed red pepper
1/4 C. carrot juice

Blend all ingredients well. Divide into muffin tins. Bake at 325° for 20-30 minutes or until toothpick inserted in center comes out clean. Serve warm, freeze remainder.

CHILI CORNBREAD

3 boxes corn bread mix
1 C. frozen mixed vegetables, thawed
2 eggs with shells
3 C. homemade, no salt added
Chili

Mix all ingredients together. Pour into 9 x 13 inch pan sprayed with non stick spray. Bake at 400° for 35 minutes. Cool, cut into squares and freeze. Serve warm.

CHEESY APPLE MUFFINS

2 C. whole-wheat flour
1 ½ tsp. baking powder
½ tsp. baking soda
1 tsp. salt
1/2 C. shredded cheddar cheese
2 eggs with shells
1/2 C. applesauce
1/3 C. sugar
1/2 C. chopped apple
1/2 C. shredded carrot

Mix flour, baking powder, baking soda, salt and shredded cheddar cheese together. Blenderize eggs until shell is well crushed. Add applesauce, sugar, apple and carrot to the eggs and blend briefly to mix. Stir together with the dry ingredients until just combined. Spoon into greased muffin tins and bake at 350° for 20-25 minutes or until springy to the touch. Cool completely and serve or freeze.

TWEETY's BIRDIE BREAD

2 cups Bisquick

2 cups yellow corn meal 1 cup whole wheat flour,

4 eggs with shells (washed well and blended in a mixer to crush shells)

3 6 oz. jars of pureed fruit and vegetable baby food, any combination (I use 1-sweet potato 1-chicken vegetable 1-banana)

(Optional additions)

1/2 pkg. dried fruit (fruit bits)

chopped nuts (walnuts, almonds, peanuts, etc.)

shaved cuttle bone

shelled sunflower seeds

shelled millet

shelled pumpkin seeds

Preheat oven to 350

Spray a 9x13 pan with cooking spray Mix all dry ingredients together, well. Add eggs and Baby food Stir until all Ingredients are evenly moist. Batter will be very thick and heavy. Bake approximately 40 minutes or until cake tests done.

BIRDIE BREAD (Featuring Harrison's Crumbs)

4 jars baby food
1/4 C. red palm oil
1/2 C. peanut butter
1 sweet potato, cooked and mashed
4 eggs including shells
2 C. Harrison's pellets, ground in food processor
1/2 C. barley
1/2 C. oats
1/2 C. wheat flour
1/4 C. brown sugar
2 T. cinnamon
1 T. spirulina
2 T. baking powder
3/4 C. dried blueberries
3/4 C. dried cherries
1/2 small bag speckled buttered beans
1/2 small bag collard greens, chopped fine
1/2 small bag corn
1 C. mixed raw nuts
1 red pepper, chopped handful of cilantro, chopped

Mix baby foods, palm oil, peanut butter, sweet potato and eggs with shells in food processor until blended. In a large mixing bowl, mix remaining ingredients with processed wet ingredients. The batter will be quite thick. Use non stick spray on a 9 x 13 inch baking pan. Pour batter into prepared pan and smooth out surface. Bake at 400° for 1 hour, adding 15 minutes if not done in 1 hour. Cool, cut into squares and freeze.

EASY BAKE MUFFINS

1 C. flour

1 C. yellow corn meal

$\frac{3}{4}$ tsp. salt

4 tsp. baking powder

$\frac{1}{4}$ C. hulled millet

$\frac{1}{4}$ C. quinoa 1 C. milk

$\frac{1}{4}$ C. vegetable oil

2 eggs with shells

$\frac{1}{2}$ C. mixed frozen vegetables, thawed

$\frac{1}{2}$ C. frozen broccoli, thawed

Mix together flour, corn meal, salt, baking powder. millet and quinoa. Stir in milk, oil, eggs and vegetables. Pour into greased 9 x 13 inch baking pan. Bake at 350° for 20-25 minutes or until toothpick comes out clean. Cool, cut into squares and freeze. Serve warm.

CRAN-PUMPKIN BREAD

2 C. whole-wheat flour

1/3 C. brown sugar

1 tsp. baking soda

1 tsp. baking powder

½ tsp. cinnamon

1 tsp. pumpkin pie spice 1 C. whole berry cranberry sauce

¾ C. cooked mashed pumpkin or canned pumpkin

¼ C. orange or papaya juice

Combine flour, sugar, baking soda, baking powder and spices in a large bowl. Add cranberries, pumpkin and juice. Mix well. Pour into greased loaf pan. Bake at 350° for 50 minutes or until toothpick inserted in center comes out clean. Cool in pan for 10 minutes; and then remove to rack to finish cooling. Slice and freeze remainder.

ELSIE's BIRDBREAD

- 1 C. cornmeal
- 1 C. whole-wheat flour
- ¼ C. applesauce
- ¼ C. mashed sweet potatoes
- 1 C. mini pellets
- 2 jars baby food
- 5 T. baking powder
- 1 C. grated carrots
- 5 eggs with finely ground shells
- 1 C. shredded broccoli or zucchini
- ¼ C. wheat germ oil
- ½ tsp. sea salt, optional
- 5 T. cooked pinto beans

Mix all ingredients together and add enough juice to obtain a cornbread consistency. Bake slowly at 250° to 300° for 1 to 1 1/2 hours. Cool, cut into squares and freeze remainder.

ELVIS' BREAD

1 C. crushed monkey biscuits or pellets

½ C. Linatone

6 eggs

1 small yam

1 C. brown rice

1 box cornbread mix

1 apple, peeled and diced or

1 C. cranberries, in season 1 banana

1 C. mixed vegetables

1 15 oz. can garbanzo beans

1 ½ C. mini colored pellets

1 C. dehydrated fruit

1 T. anise seed

Bake and mash yam. Blend all ingredients together until well mixed. Pour batter into 9 x 13 inch baking pan coated with non stick spray. bake at 350° for 30-35 minutes. Cool, cut into squares and freeze.

FRUIT AND VEGETABLE BREAD

1 can fruit
2 carrots
1 C. chopped kale
¼ C. honey
¼ C. molasses
6 eggs 1 tsp. vanilla
3 C. ground pellets
1 ½ C. cornmeal
1 ½ C. wheat flour
1/8 C. baking powder

Purée all fruits and vegetables. Add honey, molasses, eggs and vanilla. Stir these wet ingredients in a large bowl with the ground pellets, cornmeal, flour, and baking powder. Mix well. Pour into 9 x 13 inch greased baking pan and bake at 375° for 25-30 minutes. Cool, cut into squares and freeze. Serve warm.

FRUITCAKE

1 C. whole-wheat flour
¼ C. light brown sugar
½ tsp. baking powder
¾ C. applesauce
1 egg
2/3 C. dried pineapple chunks
½ C. raisins
2/3 C. dried apricots
2/3 C. dates
½ C. chopped nuts

Combine flour, brown sugar and baking powder. Mix in applesauce and egg. Fold in fruits and nuts. Spray loaf pans with non stick spray and divide mixture evenly between them. Bake at 325° for about 45 minutes or until toothpick comes out clean. Cool 10 minutes in pan, remove and finish cooling on racks. Slice and freeze remainder.

GREEN PINEAPPLE MUFFINS

2 C. whole-wheat flour

¼ C. wheat germ

1 ½ tsp. baking soda

1 T. spirulina

1 tsp. wheat grass

¼ C. thawed apple juice concentrate, unsweetened

¾ C. thawed pineapple juice concentrate, unsweetened

2 egg whites

1 tsp. Vanilla

½ C. fresh crushed pineapple

1 C. finely chopped carrots

Combine flour, wheat germ, baking soda, spirulina and wheat grass. Mix in juice concentrates, egg whites, vanilla, pineapple and carrots. Spoon into greased muffin tins or paper muffin cups. Bake at 400° for 15-20 minutes. Can be frozen.

HAWAIIAN BREAD

1 C. corn flour
1 C. whole-wheat flour
1 C. white flour
1 ½ C. sugar
1 tsp. baking soda
1 tsp. cinnamon
3 eggs 2 C. shredded carrots
1 C. applesauce
1 8 oz. can crushed pineapple. drained
1 C. chopped macadamia nuts
2 tsp. vanilla extract

Combine flours, sugar, baking soda and cinnamon. In another bowl, beat eggs, add carrots, applesauce, pineapple, nuts and vanilla. Stir moist ingredients into the dry ingredients, until just moistened. Pour into 2 greased and floured loaf pans. Bake at 350° for 65-75 minutes or until loaves test done. Cool in pans for 10 minutes in pans before removing to finish cooling on wire racks. Can be frozen.

HIGH PROTEIN BREAD

6 oz. breeder pellets

½ C. whole-wheat flour

½ C. flour

½ C. cornmeal

2 C. cooked beans (kidneys, lentils, garbanzo, etc.)

3 eggs including shells

½ C. carrots, chopped in blender

½ C. vegetable oil

½ C. shelled sunflower seeds

Cover pellets with hot water to soften and mash. Add flours and cornmeal to pellets. Blend well. Purée beans, eggs, carrots and oil in food processor. Stir in seeds and add mixture to dry ingredients to make a thick batter. Add water as needed but it will be thick, not pourable. Bake at 350° for 45-50 minutes. Cool in pans on wire rack. Cut into squares and freeze. Serve warm.

NUTTY APRICOT BREAD

1 C. chopped dry apricots
¾ C. sugar
2 T. butter
1 egg
¾ C. orange juice
2 C flour
1 tsp. Cream of Tartar
¾ tsp. Baking Soda
¾ C chopped unsalted nuts

Soak apricots for 30 minutes in warm water. Cream together sugar, butter and egg. Stir in orange juice. Combine flour, baking soda and cream of tartar. Drain apricots well and add to batter. Stir well. Add nuts. Pour into greased 9 x 5 x 3 inch loaf pan and bake at 350° for 45 minutes. Cool for 10 minutes in pan before removing to wire rack. Finish cooling, cut into squares and freeze. Serve warm or room temperature.

HIGH PROTEIN VEGETABLE BREAD

6 oz. maintenance pellets
2 C. carrots, broccoli, yams, squash

Substitute maintenance pellets for breeder pellets and vegetables for beans. Prepare as for High Protein Bread.

HOT PROTEIN BREAD

2 7 oz. boxes cornmeal mix
1 8 oz. hot salsa
1 7 oz. box whole-wheat muffin mix
1 8 oz. can creamed corn
2 jars strained meat
2 beaten eggs

Beat together eggs, salsa, corn and meat. Mix with muffin mixes. Pour into 9 x 13 inch baking pan sprayed with non stick spray. Bake at 350° for 35 minutes. Cool, cut into squares and freeze.

SAMMIE's MICROWAVE CORN BREAD

- 3 C. whole grain corn meal
- 1 C. frozen black eye peas
- 4 T. baking powder
- 1 C. cooked unhulled oat cracked corn mix
- 3 beaten eggs
- 1 jar baby fruit
- 1 apple, chopped
- 1 C. frozen peas

Mix all ingredients together in a large bowl. Microwave in a glass baking dish for 10 minutes on 70% power until toothpick inserted in center comes out clean. Turn bread over and microwave for 1 minute on high or until bottom is no longer moist. Cool, bottom up, cut into squares and freeze. Serve warm.

MS. SCARLET's BIRDIE BREAD

1 large carrot
1 C. broccoli
2 eggs with shells
1 C. cornmeal
½ C. whole-wheat flour
½ C. rye flour
1 tsp. spirulina
1 C. baby cereal
1 C. puffed brown rice cereal
2 tsp. baking powder
½ C. peanut butter
¼ C. raisins
3 jars baby food
¼ C. grated cheddar cheese
water as needed

Chop carrot and broccoli in food processor for 30 seconds. Process eggs and shells in food processor until shells are crushed. In a large bowl, mix cornmeal, flours, spirulina, cereal and baking powder. Mix in processed ingredients, peanut butter, raisins, baby foods and cheese, adding enough water to make batter spreading consistency. Spread in 9 x 13 inch greased pan. Bake at 400° for 30 minutes. Cool, cut into squares for freezing.

MACAW MUFFINS

- 1 pkg. Jiffy Corn Muffin Mix
- 1 C. ground pellets, optional
- 1 egg including shell
- 1/3 C. apple juice
- ½ apple, seeded and chopped or
- ½ sweet potato, mashed or
- 1 whole banana, mashed
- 2/3 C. fresh or frozen vegetables
- 2 T. peanut butter
- ¼ C. unsalted chopped nuts, optional

Mix all ingredients, pour into muffin cups and bake according to muffin mix directions. Can be frozen.

ZAZU's BREAD

2 eggs, including shells
1 C. milk
1 C. cooked mixed vegetables
 $\frac{1}{4}$ - $\frac{1}{2}$ C. red palm or vegetable oil
Dried or fresh hot chili peppers
1 C. powdered pellets
 $\frac{1}{2}$ C. cornmeal
 $\frac{1}{2}$ C. whole-wheat flour
5 tsp. baking powder

Mix eggs, milk, vegetables, oil and peppers together in food processor. Pour into large mixing bowl and add cornmeal, flour and baking powder. Add water in increments to achieve cornbread consistency. If too moist, add pellet powder. Pour into greased 9 x 9 inch baking dish. Bake at 425° for 35-45 minutes. Cool, cut into squares and freeze. Serve warm.

MAPLE NUT BREAD

1 C. flour
1 C. cornmeal
½ tsp. cream of tartar
1 ¼ tsp. baking soda
3 T. butter
2 T. brown sugar
2 eggs
1/3 C. pure maple syrup
¾ C. buttermilk or sour cream
1 C. chopped pecans

Combine flour, cornmeal, cream of tartar and baking soda. Set aside. In mixing bowl, combine butter, sugar and eggs. Add syrup and buttermilk. Stir in dry ingredients. Fold in pecans. Pour into greased loaf pan. Bake at 350° for 35-40 minutes. Cool for 10 minutes in pan, then transfer to wire rack. Completely cool, slice and freeze. Serve warm.

MUSTARD GREEN MUFFINS

1 box Jiffy Corn Muffin Mix
1 egg with shell
1 carrot
½ cooked sweet potato
2 jars baby food
1 C. washed mustard greens
½ tsp. cinnamon
1 tsp. cayenne pepper

In food processor combine the egg, carrot, sweet potato and baby food. Shred mustard greens very fine or put through food processor with other ingredients. Add spices to mix. Pour all into a large bowl and combine with the muffin mix. If the mix is too liquid, add additional cornmeal; if too dry, add additional unsweetened juice. Pour into muffin cups and bake at 400° for approximately 30 minutes. Cool completely and freeze remainder.

MICROWAVE FRUIT BREAD

- 2 C. whole pellets
- 1 C. fresh whole cranberries
- 4 T. baking powder
- 1 C. frozen green beans
- 3 eggs
- 1 C. fresh or frozen blueberries
- 1 C. cooked dry beans or
- 1 8 oz. can garbanzo beans
- ½ C. hulled oats
- 1 C. wheat germ 1 banana
- 1 C. shelled sunflower seeds

Combine pellets, baking powder, eggs, garbanzo beans, banana, cranberries and green beans in food processor. Process until cranberries and beans are finely chopped. Pour into a large bowl and fold in blueberries, oats, wheat germ and seeds. Pour into an 11 x 7 glass baking dish. Microwave at 70% power for 10 minutes, 50% power for 10 minutes and 30% power for 15 minutes. Turn bread over onto a plate or waxed paper and return to microwave (bottom side up). Microwave at 30% power until bottom of bread is no longer moist. Cool, bottom up, cut into squares and freeze.

NUTRI-BIRDIE BARS

2 eggs, shells optional

¼ C. applesauce

¼ C. walnuts

½ C. defrosted mixed vegetables

¼ C. raisins

1 box Jiffy cornbread mix

½ C. chopped kale leaves or broccoli or shredded carrot

1/3 C. apple juice

Put eggs, walnuts and raisins in blender and blend for a few seconds until egg shells are chopped very fine. Place this mix into bowl with remaining ingredients. Stir until well blended. Put into a greased 8 x 8x 2 inch pan and bake at 400° for 20 minutes. Cool 10 minutes on rack, loosen edges with a knife or spatula and turn out to finish cooling. Freeze leftovers.

EIGHT GRAIN CORN BREAD EASY BAKE MUFFINS

1 C. flour
1 C. yellow corn meal
 $\frac{3}{4}$ tsp. salt
4 tsp. baking powder
 $\frac{1}{4}$ C. Petamine
 $\frac{1}{4}$ C. Bag O' Bugs
1 C. milk
 $\frac{1}{4}$ C. vegetable oil
2 eggs with shells
 $\frac{1}{2}$ C. mix frozen vegetables, thawed
 $\frac{1}{2}$ C. frozen broccoli, thawed

Mix together all dry ingredients.

Stir in milk, eggs, oil, and vegetables. Bake at 350 degrees for 20-25 minutes or until the toothpick comes out clean.

Cool and cut into one inch cubes and store in plastic bags

HIGH PROTEIN CORN BREAD

1 C. cornmeal
1 C. whole wheat flour
 $\frac{3}{4}$ teaspoons of salt
4 teaspoons of baking powder
1 C. milk
 $\frac{1}{4}$ C. vegetable oil
2 eggs with shells
1 can high protein dog food
 $\frac{1}{2}$ C. Gerber baby cereal
1 jar Gerber mixed vegetables.

Mix all dry ingredients in large bowl and add milk, oil, eggs, dog food, and vegetables. Grease baking dish.
Bake at 425 degrees for 20-25 minutes.

BLUEBERRY MILLET SEED MUFFINS

$\frac{1}{4}$ C. hulled millet
1 C. milk
2 C. whole wheat flour
1 Pizza Crust mix, small
 $\frac{1}{2}$ C. shredded cheddar cheese
 $\frac{1}{4}$ C. shredded carrots
1 jar Gerber baby vegetables

Place baby vegetables on the surface of the pizza crust.
Add cheese. Warm until cheese is melted. Cut into easily handled pieces.

COCKATIEL BREAD

2 C cockatiel crumbles
1 banana
1/3 C wheat germ oil*
6 eggs with shell
3T pumpkin, yams or squash
1/3 C vegetable oil
1 ½ T applesauce or 1/2 apple
1 C thawed frozen mixed vegetables
1 C cooked dry beans
1 C cooked brown rice
2 C cornmeal
4 T baking powder

Food process first 8 ingredients. Add beans & rice and blend until pulverized. Add to cornmeal and baking powder. Mix well. Add water if too thick. Bake at 325 degrees for 40 minutes until done.

*You can find wheat germ oil (for horses) at most feed stores.

NUTTY BANANA BREAD

2 C. whole-wheat flour
1 ½ C. flour
2 tsp. cream of tartar
1 ½ tsp. baking powder
2/3 C. applesauce
1 1/3 C. sugar
4 eggs, well beaten
2 C. ripe mashed banana
1 C. chopped carrots
2 C. pecans, chopped
1 jar baby sweet potato

Mix all ingredients together. Bake in greased loaf pans at 350° for 30-35 minutes. Cool, cut into serving size pieces and freeze. Serve room temperature.

PALM FRUIT BREAD

1 C. yellow corn meal
1 C. crushed pellets
½ C. baby cereal
½ C. handfeeding formula
1 ½ T. baking powder
½ tsp. spirulina
1/3 C. peanut butter
½ C. grated vegetable, your choice
½ Cup canned palm fruit
1 egg with shell
3 4 oz. jars baby food
1 C. nonfat yogurt
2 T. chopped almonds
½ C. cranberries or raisins

In a large bowl, combine corn meal, crushed pellets, cereal, formula powder, baking powder and spirulina. In the food processor, blend together peanut butter, vegetables, palm fruit, egg, baby food and yogurt. Stir this mix into the dry ingredients. Mix well. Fold in nuts and fruits. Bake in a greased 9 x 13 inch baking pan at 400° for 30 minutes. Cool, cut into squares and freeze. Serve warm.

SAMMIE's BIRDIE CORNBREAD

Mix the cornbread mix as directed on the package.

Add an extra egg (egg shells also)

1 C. frozen mixed vegetables.

Bake as directed on package. Cool. Cut into serving size pieces.

Freeze in small freezer bags until needed. Defrost and serve.

This is a great recipe for experimenting.

NOTE I add a little water to moisten the batter. Once you start adding the nuts and stuff it tends to be dry. You don't want it too wet or too dry. I add the optional ingredients except I have added pellet. Our birds sometimes start flinging pellets, so I collect them and crush them and add them to the birdie bread. We are at sea level, so cooking times may vary. I would check it after 30 minutes. I have also tried this recipe with fresh fruit. It works but doesn't keep as well as the dried fruit. Some people make the base and add just beans. You can buy a frozen mix. Frozen veggies will work too. Thaw the frozen ingredients before adding to the rest.

PINEAPPLE CARROT BREAD

3 cups flour
2 cups sugar (can use less)
1 t. baking soda
1 t. cinnamon
3 eggs
2 cups shredded carrots
1 cup vegetable oil (or 1 C. applesauce)
1 can (8 oz) crushed pineapple, drained
1 cup chopped pecans or walnuts
2 t. vanilla extract

Combine flour, sugar, baking soda, cinnamon. In another bowl, beat eggs, add carrots, oil, pineapple, nuts & vanilla. Stir moist ingredients into dry ingredients, mixing just until moistened. Spoon into 2 greased & floured loaf pans. Bake at 350 degrees for 65-75 minutes or until loaves test done. Cool 10 minutes in pans before removing to wire racks.

ZOO BREAD

3 eggs with shell

¼ lb. fried hamburger

2 cups cooked beans (see bean mix below)

1 6oz jar baby food

¾ cup honey or course brown sugar

¾ cup peanut butter

¼ cup powdered soy milk

1 cup corn meal

¾ cup shredded carrots

2 cups oatmeal or wheat flakes

½ cup oat or wheat bran

2 tablespoons wheat germ oil

Pre-heat oven to 375 degrees.

Mix everything together and divide into 2 greased loaf pans. Bake for 30 to 45 minutes, or until top of bread is light brown.

MAPLE PECAN CORN BREAD

1 C. flour
1 C. cornmeal
 $\frac{1}{2}$ t. cream of tartar
1 $\frac{1}{4}$ baking soda
3 T. butter, softened
2 T. brown sugar
2 eggs
 $\frac{1}{3}$ C. maple syrup
 $\frac{3}{4}$ buttermilk (can use sour cream)
1 C. chopped pecans

Combine dry ingredients. Set aside. In mixing bowl, combine butter, sugar & eggs; mix well. Add syrup & buttermilk. Stir in dry ingredients until moistened. Stir in pecans.

Pour into a greased loaf pan. Bake at 350 degrees for 35-40 minutes or until bread tests done. Cool for 10 minutes in pan.

PARROT BREAD

1 pkg. Jiffy Corn Muffin Mix
1 egg, including shell
1/3 C. apple juice
1 apple, peeled and diced
1/3 C. frozen peas
1/3 C. frozen corn
2 T. pine nuts
1 T. finely shredded orange peel
½ tsp. ginger

Blend egg with apple juice until shells are crushed. Pour into large bowl and add all other ingredients. Mix well and bake according to muffin mix package directions. Cool, cut into squares and freeze. Serve warm.

PUMPKIN BANANA BREAD

1 can pumpkin
½ C. oil
½ C. honey
2 bananas
2 eggs. including shells
¾ C. wheat germ
1 C. wheat bran
1 tsp. baking soda
1 C. cornmeal
4 oz. chopped greens
2 C. whole-wheat flour
2 C. white flour

Process eggs and shells until shells are finely chopped. In a large mixing bowl, beat in all ingredients. Pour batter into 2 greased loaf pans. Bake at 400° for 1 hour. Cool 10 minutes in pans, then remove and finish cooling on racks.

PAPAYA MUFFINS

½ C. chopped papaya
¾ C. papaya juice
2 eggs, including shells
2 T. red palm or olive oil
2 T. molasses
1 T. honey
2 T. wheat bran
1 C. sifted whole-wheat pastry flour
2 T. wheat germ
½ tsp. baking soda
1 tsp. baking powder
1 tsp. cinnamon
¼ tsp. nutmeg
pinch of ginger
1/3 C. pumpkin seeds

In a medium bowl, blend juice, eggs, shells, oil, molasses, honey and wheat bran. In a large bowl combine flour, wheat germ, baking powder, baking soda and spices. Pour wet ingredients into the dry. Mix until just combined. Fold in papaya and pumpkin seeds. Pour into muffin tins lined with paper liners or sprayed with non stick spray and bake at 400° for 12 - 15 minutes. Freeze remainder.

SALSA BREAD

3 boxes whole grain cornbread mix

1 C. mixed vegetables

1 egg

1 8 oz. jar hot salsa

1 15.5 oz. can beans, including liquid

Mix all ingredients. Add additional liquid if necessary to make a consistency of cake batter. Pour into 9 x 13 inch baking pan sprayed with non stick spray. Bake at 400° for 30 minutes. Cool, cut into squares and freeze. Serve warm.

PELLET PUMPKIN BREAD

- 2 C. finely ground pellets
- 1 C. mixed vegetables
- 1 ripe banana
- 1 C. cooked pinto beans or prepared bean mix
- 1/3 C. wheat germ oil
- 1/3 C. vegetable or red palm oil
- 1 C. cooked brown rice
- 6 large eggs
- 2 C. cornmeal
- 3 T. canned pumpkin
- 4 T. baking powder
- 1 ½ T. applesauce
- 1 tsp. Spirulina

Mix pellets, banana, oils and eggs in the food processor until blended. Add pumpkin and applesauce and continue blending. Pour mixture into large bowl and mix in vegetables, beans, rice, cornmeal, baking powder and spirulina. If additional liquid is needed, add unsweetened fruit juice. Pour batter into a sprayed 9 x 13 inch baking pan. Bake at 325° for 40 minutes or until toothpick inserted in the center comes out clean. Cool, cut into squares and freeze. Serve room temperature or warm.

PUMPKIN WONDER

3 C. sugar
1 tsp. molasses
1 C. vegetable oil
4 eggs, beaten
16 oz. canned pumpkin
2 C. whole-wheat flour
1 ½ C. flour 2 tsp. baking soda
½ tsp. ground cloves
1 tsp. cinnamon
1 tsp. allspice
1 tsp. nutmeg
2/3 C. water
2 C. unsalted nuts, chopped

Mix sugar, molasses, oil and eggs together. Add pumpkin. Stir in flours. baking soda and spices. Stir in water until batter is just moistened. Pour into 2 greased and floured loaf pans. Bake at 350° for 1 hour. Cool, cut into serving size pieces and freeze remainder.

PAULY's BIRDIE MUFFINS

4 C. canned pumpkin or
4 C. boiled and mashed fresh pumpkin
2 C. Cream of Wheat, uncooked
2 C. grits, uncooked
1 C. oatmeal, uncooked
½ C. applesauce
1 egg, including shell
2 T. baking powder
2 T. cinnamon
½ C. raisins
½ C. sugar
1 T. vegetable oil
sesame seed

Mix all ingredients together in a large bowl. Adjust consistency with applesauce, water or grits. Spoon into cupcake paper lined muffin tins. Sprinkle with sesame seeds. Bake at 400° for 20-35 minutes. Cool and freeze. Serve warm.

SPINACH BAKE

1 8 ½ oz. box cornbread mix

2 C. spinach, shredded

2 eggs including shells

water

1 C. dried fruit bits

4 scoops soy based baby formula

Mix eggs and shells, making sure shells are crushed. Mix all ingredients together, adding enough water to make a cake like consistency. Pour into greased baking dish and bake at 350° about 35-40 minutes. Cool, cut into squares and freeze. Serve warm.

COCKY TIEL BIRD BREAD

2 C. cockatiel pellets
1 banana
1/3 C. wheat germ oil
1/3 C. vegetable oil
6 eggs, including shells
3 T. pumpkin, yam or squash
1 ½ T. applesauce
1 C. frozen mixed vegetables, thawed
1 C. cooked dry beans
1 C. cooked brown rice
2 C. corn meal
4 T. baking powder

Blend pellets, banana, oils, eggs, pumpkin, applesauce and vegetables. Add in beans and rice, mix well. Pour into cornmeal and baking powder. Mix well. Use water if additional liquid is needed. Bake in 9 x 13 inch greased baking pan at 325° for 40 minutes. Cool, crumble into small pieces and freeze. Serve slightly warm.

SPROUTED HOT CORNBREAD

¾ C. sprouting mix
1 sweet potato. cooked
2 T. crushed red pepper
1 5.5 oz. spicy V8 juice
1 egg
1 ½ C. cornmeal

Sprout the seeds in advance, so that they are sprouted and ready for use. Peel and cut the sweet potato into a large bowl and mash. Add sprouts and red peppers and mix thoroughly. Add V8 and egg and combine well. Slowly add cornmeal until a thick, soft even texture is achieved. Place mixture into a greased 8 or 9 inch baking dish. Bake at 350° for 45-60 minutes, depending on moisture content of the sprouts. Cool completely and freeze remainder.

VEGETABLE BREAD

1 egg with shell

1/2 C. shredded cheddar cheese

1 8 oz. can creamed corn

1/2 C. crushed dried red peppers

1 C. frozen mixed vegetables

1 7 ½ oz. pkg. Complete Corn Muffin mix

Mix egg and shell, corn and vegetables together, making sure shell is crushed. Add corn muffin mix, cheese and peppers. Mix well and pour into 9 inch greased baking pan. Bake at 400° for 25 minutes. Cool, cut into squares and freeze. Serve warm.

YOGURT BREAD

1 egg
8 oz. fat free acidophilus yogurt
1 C. mixed vegetables
½ sweet potato, cooked and mashed
unsweetened juice
2 carrots
2/3 C broccoli
2/3 C cauliflower
2 boxes Jiffy Corn Muffin Mix

Put egg, yogurt, mixed vegetables, sweet potato and 1/2 C. juice in food processor and process until smooth. Slice and steam the carrots, broccoli and cauliflower. Chop fine. Mix processed wet ingredients, vegetables and corn muffin mix. Add juice 1/2 C. at a time until batter is pourable. Pour into a 9 x 13 inch baking pan sprayed with non stick spray. Bake at 400° for 30 minutes. Cool, cut into squares and freeze. Serve warm.

SWEET POTATO WEANING BREAD

4 large sweet potatoes
1 T. baking powder
1 C. whole-wheat flour
4 beaten eggs, may include crushed shells
1 C. cornbread mix
1 C. regular uncooked oatmeal
1 C. unsweetened applesauce
1 C. unsalted chopped nuts
1/3 C. oil
1 C. chopped fruit
2 T. nut butter (almond, cashew, or peanut)
1/4 C. wheat germ
1 T. wheat grass powder, optional
about 2 C. juice. Unsweetened papaya or apple
1 tsp. cinnamon
sesame seeds
1/2 tsp. ground cloves

Cook, peel and mash the sweet potatoes. In a large bowl combine sweet potatoes with all other ingredients. Use enough juice to moisten the batter to a cake batter consistency. Pour the batter into 2 well buttered glass baking dishes. Sprinkle the top with sesame seeds. Bake at 400° for 30 minutes. Cool and cut into squares to freeze. Serve warm.

Beans &

Grain

Mixes

15 BEAN SOUP

- 1 pkg. 15 bean soup mix
- 1 pkg. frozen corn
- 1 C. raw brown rice

Soak beans overnight. Drain soaking water and refill with fresh water. Add rice and cook over medium heat for 1 hour. Add corn and cook for 10 minutes more. Drain liquid off. Pack in serving size bags and freeze for later use. Thaw in microwave, checking for hot spots before serving.

AVIAN 8 GRAINS

- 1 part oats
- 1 part hulled millet
- 1 part brown rice
- 1 part barley
- 1 part cracked corn
- 1 part sunflower
- 1 part soybeans
- 1 part flaxseed

Combine all grains together in large plastic bag or container and shake well to mix. Store in tightly covered container, preferably in the refrigerator. To cook: heat 3 cups boiling water and add 1 cup of dry mix. Cook until the consistency of oatmeal.

BEANS AND GRAINS MIX

Beans

15 bean soup mix
fresh hot peppers
garlic.

Chop hot peppers and garlic and add to bean mix and cook as directed on the package.

Grains

2 lb brown rice
4 pkg grain products, i.e. Roasted Garlic, Roasted Pecan & Garlic, Almond Pilaf, Rice Pilaf, Couscous
Toasted Pine Nut.
Mix together with the flavor packet into the brown rice.

This is a big batch and can be stored in a baggie in the refrigerator to use as needed.

Pasta

1 16oz package vegetable pasta shapes, like rotini
Hot peppers
Chop peppers and put in water that you're going to cook the pasta in. Cook pasta as directed

Combine

When you're ready to cook, mix 1 cup of rice mix with 2 cups of water. Cook in a rice cooker if you have one, otherwise, cook covered on low/med heat for twenty minutes without stirring.

After it's cooked, you may add whole grain pasta, quinoa or other grains along with the cooked bean mixture. For crunch, you may add chopped nuts, toasted sunflower seeds, pine nuts, roasted pumpkin seeds or pepitos, roasted Corn nuts or boiled popcorn kernels.

At PeeWee's we love to add frozen veggies to everything. You may add vegetables like collard, turnip, or mustard greens to the mix during the last 4 minutes of cooking or even toss them in after you've finished cooking the mix to help cool it.

TAILS UP BIRDIE BREAD

2 Boxes Jiffy Corn Muffin Mix

2 eggs (shells have bacteria, I toss them)

2/3-cup fruit juice (I use apple, 100% juice, no additives or preservatives)

24 oz can of sweet potatoes (Rinse well and mash)

1 apple cut into small chunks (scrubbed well to get preservatives off of it)

1-2 bananas

2 boxes snack size raisins (about 1/2 cup)

Big Scoop of Peanut Butter (about 1/3 cup)

1 teaspoon Cinnamon

1/3 heaping cup of Avian Naturals herb mix

1 Cup of Beak Appetit food (Any flavor), prepared

Grease a 9x13 pan (I use olive oil) and spread evenly in pan. Place on middle rack of 450-degree oven for about 45 min to an Hour. You may need a bit more or less depending on your oven. I test mine in the middle and it's done when toothpick stuck in it comes out clean, and the sides have started to pull away from the pan. I then cut mine into manageable squares and store in Baggies in the freezer. I reheat in the Microwave for about 30 seconds and then crumble into food dishes. Make sure you don't burn anyone! Always test temp before serving to your birds.

BEAN/GRAIN/PASTA MIX

2 C. unpopped popcorn

½ C. red beans

½ C. white beans

½ C. garbanzo beans

½ C. dried peas

½ C. brown rice

½ C. pearl barley, optional

½ C. pasta

1 C. carrot, diced

Soak popcorn for 2 days and beans and peas for 1 day, changing soak water and rinsing at least every 8 hours. Cook popcorn in large covered kettle for 1 hour. Add beans and peas and cook for 15 minutes. Add rice and barley and cook for 10 minutes. Add pasta and carrots and cook for 5 minutes. Drain, cool and serve slightly warm. Freeze remainder.

Recipe Note: This mix stays rather hard, not the consistency of canned beans. Feel free to add things such as hot peppers or spices to change the flavor.

BEANS & RICE

- ¼ C. pinto beans
- ¼ C. kidney beans
- ¼ C. split peas
- ¼ C. lentils
- ¼ C. navy beans
- ¼ C. garbanzo beans
- 1 C. cooked brown rice
- 1 C. cooked white rice
- 1 carrot, chopped
- 1 C. fresh or frozen corn

Soak beans overnight. Drain soak water and refill with fresh water. Add carrots and cook for 1 hour. Add rice and corn and cook 10 minutes more. Cool and serve. Freeze excess in serving size containers and warm in microwave before use.

BIRDIE LUNCH

1 C. long-grain brown rice
1 T. dried oregano
½ C. quinoa
1 T. dried basil
½ C. hulled millet
3 C. water
½ C. almonds, slivered, chopped or whole
1 teaspoon low sodium chicken bouillon

Place all ingredients in 8 x 8 x 2 inch oven proof glass dish or 1 1/2 quart glass bowl and stir to mix. Cover with waxed paper and cook in microwave on high for 25 minutes. Add to this fresh, cut up vegetables such as tomato, celery, bell pepper, peas, beans, squash or Brussels sprouts or defrosted mixed vegetables. Serve warm. Freeze leftovers.

Recipe Note: This recipe is also enjoyed by smaller birds

BIRDIE BEAN MIX

1 16 oz. pkg. bean soup mix
2 C. pasta
1 C. kasha
½ C. peanut butter
1 C. brown rice
Chopped dried fruit, optional
1 C. barley
Variety of frozen vegetables, optional
1 C. lentils

In a large kettle, cover bean soup mix with water. Bring to a boil and allow to boil for 2 minutes. Remove from heat, cover and let stand for 1 hour. Drain and refill with fresh water. Add kasha, brown rice, barley and lentils. Bring to a boil, turn heat to simmer, simmer for 30 minutes adding more water as necessary. Add pasta and peanut butter, mixture should be soupy at this point and the pasta will soak up the liquid. Add any dried fruit at this point for a sweet version or any frozen vegetables if a savory version is desired. Simmer another 15 minutes. Serve warm. Can be frozen.

CLASSIC RICE/CORN/BEANS FOR BIRDS

1 cup cooked white rice
1 cup cooked brown rice
1 cup thawed frozen corn
¼ cup dry kidney beans
¼ cup dry split peas
¼ cup dry navy beans
¼ cup dry garbanzo beans
¼ cup dry pinto beans
¼ cup dry lentils
2 chopped carrots
1 teaspoon garlic, onion or chili powder
1 part cup brown rice, cooked
1 part cup cooked hulled millet
1 part cup white rice, cooked

Soak millet in water for 20 minutes prior to cooking.
Mix together with rice and serve warmed.

PASTA BEAN COUSCOUS

Rinse beans well and soak overnight in a large pot of water. Drain, rinse, drain and rinse again. Refill pot with water. Add chopped carrots and cook with beans for 1 hour. Add corn, rice and flavor powders. Heat thoroughly but don't let it get hot or colors will fade. Cool and serve. Freeze in ice cube trays for smaller birds, or plastic margarine tubs for larger ones.

CEREAL MIX

- 2 C. 9 grain cereal
- 1 C. basmati rice
- 2 C. rolled oats
- 1 C. pearl barley
- 1 C. yellow split peas
- 1 C. couscous
- 1 C. cracked wheat
- 2 C. Farina
- ½ C. coconut 1/2 C. raisins
- ½ C. chopped dried apple
- 1 tsp. fenugreek seed
- 1 tsp. lemon peel
- 1 T. cinnamon
- 1 tsp. ginger
- 1 tsp. cloves
- 1 tsp. nutmeg

Mix all ingredients together in a large container or large bag. Shake well. To cook, add 1 part cereal to 2 parts boiling water. Boil for 15 minutes. Can freeze in individual servings. Store uncooked cereal mix in airtight container or bag in the refrigerator.

GRAINS, PASTA AND VEGGIE MIX

1 C. each of several different grains

1 C. each of a variety of beans

6-7 red or green hot peppers several cloves garlic

1 C. cooked pasta

1 C. brown rice

1 T. cinnamon

1-2 chopped onions

Additions:

Broccoli; frozen sweet peas; frozen sweet corn;
toasted sunflower kernels; unsalted nuts, chopped;
dried cranberries; dried blueberries; dried cherries;
dried tropical fruits, chopped.

Cook grains separately according to package directions. Soak overnight and cook beans separately adding garlic to some and hot green or red peppers to others. Cook pasta adding chopped hot peppers to the cooking water. Cook brown rice adding cinnamon to cooking water. Chop onions and boil for 5 minutes, drain liquid. Mix grains, beans, pasta, onions and rice together and add several of the additions, according to your birds tastes. Vary the additions with each batch. Freeze in 3 day packages. Serve warm.

OATMEAL RAISIN TRUFFLES

1 Large sweet potato, baked until soft

½ cup raisins

1 banana

1 cup shredded carrots

1 cup diced peaches

1 ½ cup quick cooking oats

In food processor, puree sweet potato, banana, peaches and carrots until smooth. When smooth, add quick cooking oats and puree until smooth again. Stir in raisins with wooden spoon. Roll into small balls and freeze. They will keep for about 6 months in the freezer.

RAZZLE DAZZLE GRAIN PUDDING

3 C. apple juice

¼ C. oat groats

½ C. quinoa

½ C. millet

¼ C. Raisins (optional)

¼ C. almonds, chopped

¼ teas. cinnamon

1/8 teas. sea salt

Place all the ingredients in a pot. Cover and bring to a boil. Reduce heat and simmer for 30 minutes or until the cereal is creamy. Toward the end of the cooking time, stir occasionally to prevent scorching. This makes up enough for several days, depending on your appetite and the fids, so you can make it ahead and then just heat it up on work days, or if just for the birds, freeze in portion cups. This is the original recipe, as I got it. However, I find it a little sweet for me, so instead of all apple juice, I usually make it half juice and half water. You can vary the proportion according to your taste buds. I also don't think the small amount of salt in it is harmful, but you can always leave it out if you're worried.

CARROT & APPLE CASSEROLE

2 C. sliced carrots

5 apples, cut into 1/4 inch slices

2 tablespoons of whole wheat flour

4 tablespoons of honey

4 tablespoons of butter

3/4 C. orange juice

Preheat oven at 350 degrees.

Put half the apples in a shallow 1-quart baking dish and cover them with half the carrots.

Sprinkle with one tablespoon flour and one tablespoon avian vitamins.

Drizzle two tablespoonfuls of honey over flour.

Dot with two tablespoons of butter.

Repeat the layers. Pour orange juice over entire mixture and bake for 40-45 minutes. Dish out into one inch squares.

Let cool and place in plastic bags to freeze.

CARROT SALAD

½ C. pine nuts, chopped
½ pound carrots cut into chunks
½ C. raisins

MACACARONI AND VEGGIES

1 ½ C. macaroni
3 T. grated cheddar cheese
2 ½ C. frozen mixed vegetables
Parmesan cheese

Boil macaroni according to package directions. Add frozen vegetables when macaroni is almost done. Cook all together for 5 minutes. Drain water. Add cheddar cheese, and mix in. Shake some Parmesan cheese on top for garnish. Serve warm.

CHILI

¼ C. adzuki beans

½ C. long grain brown rice

¼ C. quinoa

2 ¾ C. water

3 whole green chilies

1 bay leaf

Pinch of dried oregano

Place all ingredients in a 1½ quart microwave casserole (or 11 x 7 x 2 inch oven proof - glass dish) and stir to distribute evenly. Cover with wax paper and cook in microwave for 35 minutes on high. Let cool before serving. Freeze leftovers.

Recipe Note: This is a very good recipe for small birds.

SOFT FOOD DIET FOR ALL BIRDS

- 1 C. 10 or more bean mix
- 1 C. frozen mixed vegetables
- 1 C. brown rice
- 1 C. crushed red peppers
- 1 C. 9 or more grain cereal
- 1 C. raisins
- 1 C. quick cook oatmeal
- 1 C. unsalted nuts, optional
- 1 C. pasta
- 4 medium apples, cored, peeled & diced
- 1 C. fresh or frozen corn

Soak and cook the bean mix according to package directions until tender firm. Cook rice, cereals, and pasta per package directions. Mix beans, grains, pasta together with the vegetables, peppers, raisins, nuts and apples. Can be frozen for future use.

VEGETABLE STEW

¼ C. paddy rice. or long grain brown rice

¼ C. hulled millet

¼ C. red lentils

¼ C. small type pasta, optional

1 ¼ C. water

1 C. frozen mixed vegetables

Combine rice, millet, lentils and pasta, if using. with water and cook in microwave on high for 15 minutes, or until soft. Drain off any excess water and mix in vegetables. Stir to thaw vegetables and cool rice mixture. Freeze leftovers.

Recipe Note: This recipe is also good for softbills by adding chunks of apple, banana, papaya or other fruit.

Co*oked*

Go*odies*

CORN & YAM SOUFFLE

Medium Garnet or Jewel Yam baked until mushy

½ to 1 Cup corn off the cob

½ Cup Masa Harina (Corn Flour)

1 or 2 eggs (use shell if you want to)

½ Cup water

¼ Cup chopped hot peppers

(or any healthy veggie or greens if desired)

1 small jar organic sweet potato baby food

Place mashed yam, corn, peppers, water and corn flour into microwave safe bowl and stir until mixed and flour is all moist. Add eggs and mix thoroughly until the consistency of chunky batter. Cook in microwave for 3 1/2 to 4 1/2 minutes until knife comes out clean. Should break into chunks. Cool until middle is warm but not hot. Place in food bowls and add a drizzle of baby food. Drizzle a little of the Essential Fatty Acids which can be bought at the health food store on with the baby food. Serves five parrots one meal or refrigerate leftovers and feed next day.

BEAN STEW

- 1 ½ C. low sodium chicken broth
- 1 C. uncooked instant brown rice
- ¼ C. sliced green onion
- ½ C. green and red bell peppers. sliced
- 1 clove garlic, minced
- 1 T. chili powder
- 1 C. chopped green chilies
- 1 can kidney beans, drained and rinsed
- 1 can black beans. drained and rinsed
- 1 can garbanzo beans, drained and rinsed
- 1 C. fresh or frozen corn
- ½ lb. thoroughly cooked chicken, optional

Bring chicken broth and rice to a boil in a large saucepan and simmer for 5 minutes. Add all other ingredients. Bring to a rolling boil and reduce to a simmer. Simmer for 10 minutes. Let cool, serve warm. Freeze leftovers.

BIRDIE POT PIE

1 C. mixed vegetables
1 C. milk
1 can cream of potato soup
2 eggs
½ C. Bisquick Mix

Preheat oven to 400°. Mix vegetables and soup together. Pour mixture into a greased 9 1/2 inch pie pan. Mix Bisquick, milk and eggs with a fork until well mixed. Pour over vegetable mixture. Bake at 400° for 20 minutes or until top is golden brown. Let cool before serving.

ACORN SQUASH

1 acorn squash
prepared beans and grains mix

Slice squash in half and place flesh side down in casserole dish with 1/2 cup water and microwave for about 15 minutes. Using a fork, mix the flesh and the seeds slightly and spoon in the prepared bean mix. Serve immediately.

COCKATIEL MUSH

1 C. mixed dried beans
1 cup polenta
1 yam
1 cup steamed broccoli
1 C. wild rice

Soak dried beans overnight, drain soaking liquid. Refill with fresh water and boil until tender. Bake or boil the yam. Cook wild rice and polenta according to package directions. When all ingredients have been cooked, mix together and press into meal size balls and serve. Remainder can be frozen and defrosted in the microwave.

CORNMEAL DELITE (An Eclectus Favorite)

fine ground corn flour
boiling water
pumpkin purée, optional applesauce, optional
baby foods, optional

Stir boiling water into the corn flour until it starts to thicken, continue stirring for 2 more minutes. At this soft pudding stage, you can add the pumpkin, applesauce or baby foods if you desire. Can be frozen in ice cube trays for later use.

COCKATOO VEGGIE STEW

½ C. corn

Dash of kelp granules

½ C. peas

Dash of spirulina, optional

½ C. green beans

Dash of Kyolic garlic extract

½ C. sliced carrot

½ C. broccoli

¼ C. diced apple, optional

½ C. diced yams

Cook corn, peas, beans, carrots, broccoli, and yams in microwave until tender. Drain water, place in food processor. Add kelp, garlic extract, spirulina and apple to processor and purée until a baby food consistency is achieved. Serve warm.

KASHA

1½ C. Buckwheat Groats, also known as Kasha or Kashi

2 eggs, beaten

2 C. water

Bow tie pasta

2 onions, chopped

1 chopped red pepper

1 chopped green pepper

1 C. chopped carrots

½ C. corn

pepper

In a sauce pan coated with non stick spray, stir together kasha and beaten eggs until dry. Add water and cook on low heat until mixture softens. Cook bowtie pasta according to package directions until al dente. Sauté onions, peppers, carrots and corn in a sauté pan, using a small amount of oil. Add cooked vegetables to the kasha saucepan and mix in pasta. Serve warm or freeze for later use.

LUV THAT STUFFING

¼ C. commercial stuffing mix

1 T. shredded mozzarella cheese

¼ C. defrosted mixed

¼ C. cooked pasta, optional vegetables

1 T. almonds, slivered, chopped or whole

Place all ingredients in microwave dish. Add just enough water to make it slightly moist and stir. Heat in microwave on high until warm, about 30 seconds. Be sure cheese is not too hot before serving. Freeze leftovers.

PARROT TATER MELT

½ baked potato or yam

2 T. shredded mozzarella cheese

3 T. chopped raw broccoli

Scoop out potato and mix with broccoli and cheese in microwave dish. Cook in microwave on high until broccoli is bright green and cheese has melted, about 1 minute. Place mixture back into potato skin. Cool before serving, as is or cut up into pieces. Be sure cheese is not too hot before serving. Freeze leftovers.

SUMMER SQUASH RISOTTO

1 medium zucchini, sliced
1 medium summer yellow squash, sliced
1 T. olive oil
1 medium onion, chopped
3 cloves garlic, minced
8 Italian plum tomatoes, cut in quarters
1 ½ tsp. dried oregano
1 ½ C. Arborio rice
1 ½ qt. reduced sodium vegetable broth
¼ C. grated Romano cheese
Pepper

Sauté zucchini and yellow squash in olive oil in large saucepan until tender, about 5-7 minutes. Remove from saucepan and reserve. Add onion and garlic to pan and sauté until tender, about 5 minutes. Add tomatoes and oregano, cook an additional 3 minutes. Add rice and cook over medium heat until rice begins to brown, about 3 minutes. Heat broth to boiling in small saucepan and reduce heat to medium low. Add broth to the rice mixture 1/2 C. at a time, stirring constantly until broth is absorbed. Continue this process until the rice is al dente and the mixture is creamy, 20-25 minutes. Add the reserved vegetables during the last few minutes of cooking time, stir in cheese and season with pepper.

Recipe Note: This one is good for the whole family.

SWEET POTATO BURRITO

Cook a sweet potato, peel, and mash the innards with a teensy bit of unsweetened fruit juice to make a paste.

Flatten a piece of 12-grain (or other whole grain) bread with a rolling pin, then cut into strips about 1 1/2" wide.

Put a dollop of sweet potato paste on a strip and roll tightly like a burrito, serve, making sure your fingers are out of the way!

SWEET POTATO BALLS

1 large sweet potato or yam

¼ C. peanut butter

1/3 banana

1 C. frozen peas or corn

1 jar baby food fruit

1 C. Grape Nuts cereal

1 jar baby food vegetable

¼ – ½ tsp. cinnamon

Cook the sweet potato in the microwave for 8-10 minutes on high. Peel, mash and add banana. Mix in the baby foods, cinnamon and peanut butter. Gently mix in the peas or corn. Roll into individual balls using a melon bailer or by hand. Put Grape Nuts in a shallow bowl or plate and roll balls in it to cover. Place completed balls in a container and then freeze. Defrost individual servings in the microwave for 20-45 seconds, depending on the microwave.

SWEET POTATO MUSH

1-2 yams
2 T. pine nuts
½ apple, cored and diced
½ C. cooked pasta
2 T. Harrison's pellets

Slice the yams 1 inch thick and cover with water in a casserole dish. Cook in microwave on high for 9-10 minutes. Drain hot water and run slices under cool water, until cool enough to handle. Remove peels and mash. Add apple, pellets, pine nuts and pasta. Serve warm.

SWEET POTATO POLENTA (Another Eclectus Favorite)

fine ground corn flour
sweet potato
boiling water

Cook sweet potato and mash, but do not purée. Add boiling water to corn flour and stir until it starts to thicken, then continue stirring for 2 more minutes. At the soft pudding stage, add the mashed sweet potato. Pour into a shallow pan and allow to cool. After cooling it can be cut into shapes for freezing.

SWEET POTATO PUFFS I

1 large sweet potato
unsweetened apple juice
1 C. chopped nuts, unsalted
sesame seeds
1 banana
raw wheat germ
1 C. Grape Nuts cereal
unsweetened coconut flakes

Bake or boil the sweet potato until tender. Peel and mash with the nuts, banana and cereal. Add unsweetened apple juice to make mixture moist, but able to hold together. Using a melon bailer or by hand, roll into balls. Combine 1 part sesame seeds, 1 part coconut flakes and 1/2 part wheat germ in a Ziploc bag. Shake the balls in the mixture to coat. Serve or freeze for later use.

SWEET POTATO PUFFS II

Cook one large sweet potato in the microwave on high for 8 to 10 minutes or until very soft. Split the skin, and scoop out the flesh. Mash it up well in a large bowl.

Add 1/3 of a very soft, ripe banana, being sure not to use any part of the banana that has brown spots.

Add one jar of any baby fruit and one jar of any baby vegetable. I like to use the ones that are a mixture, like sweet potato and applesauce, etc. Just seems like more flavor than a straight vegetable.

Add one cup of frozen peas or corn.

Add 1/3 or 1/4 cup of a natural peanut butter.

Add a little cinnamon. Since I never measure spices in my own cooking, I can't suggest how much to use.

Mix it up well. It will be a sticky mess at this point, but it will roll up into balls, or you can also use an ice cream scoop.

I put three at a time in my microwave, set it on defrost for about 45 seconds to one minute. The time will depend upon how many you defrost at a time, and how "hot" your microwave is. Be sure that they are warm clear through, as sweet potatoes are heavy and take longer to get warm. Also, be VERY sure not to burn your fingers when you are breaking them up into the birds' dishes.

The beauty of this recipe is that you can change it around, add anything that your birds really like. I have at times put in the crumbs of NutriBerries or the small remains of pellets. You can add fresh, finely chopped veggie, or any kind of baby food, or chopped up nuts.

Just use your imagination and your birds' favorite treats and they will really go for it!

OATMEAL BALLS

3/4 cups whole wheat flour

1 ½ cups Quaker oats

½ cup combined chopped holiday fruit and nuts and coconut mixture, make your own or you could use Hagen's Gourmet mix.

½ cup unsweetened natural applesauce

1/3 cup dark molasses

1 teasp cinnamon

½ teasp cloves

1 teasp vanilla

1 egg

Mix it all up and roll into balls....bake at 325 degrees for 15 to 20 minutes....or as long as it takes. Pam the cookie sheet first.

Add more oats if needed another egg or more applesauce if wanted wetter. You really want this fairly stiff. Make to about the size of large Walnuts. Just before serving, dust with Hagen's Prime Vitamins....they taste lovely and you may then feel entirely virtuous about cookies for your feathers. They have now become highly nutritious.

FRUIT AND NUT BAR

2 Large eggs

¼ cup walnuts

¼ cup raisins

18 oz Box corn bread

1/3 cup cranberry juice

¼ cup applesauce

½ cup mixed vegetables, defrosted, and chopped fine

½ cup chopped broccoli

Preheat oven to 400* In a large bowl, stir together, eggs, applesauce, cranberry juice, mixed vegetables and broccoli.

Add corn bread mix a little at a time. Stir until well combined.

Stir in raisins and walnuts. Pour batter into well greased 8x8" pan.

Bake for 20 minutes. 7. When cool, cut into squares and store in an airtight container in the refrigerator.

Breakfast

BIRDIE BISCUITS

1 C. flour
1 ½ tsp. baking powder
½ tsp. nutmeg
½ C. sweet potatoes, cooked and mashed
1/3 C. milk
2 T. vegetable oil

Combine flour, baking powder and nutmeg. In another bowl, combine sweet potatoes, milk and oil. Pour over flour mixture and stir until combined. Turn dough out onto a floured surface and knead for 5 minutes, adding more flour as necessary to make dough manageable. Roll dough to 1/2 inch thickness and cut with biscuit cutter. Place biscuits on a lightly greased cookie sheet. Bake at 425° for 15 minutes or until light brown.

KEELY's BIRDIE BRUNCH

3 eggs
1 bag instant brown rice
1 C. frozen mixed vegetables
1 ½ C. noodles

Hard boil eggs. Cook brown rice according to package directions. Boil noodles till soft. Chop eggs. mix with rice, noodles and mixed vegetables. Serve warm and freeze remainder.

OSCAR's EGGS

1 egg with shell
1 tsp. red palm oil
½ C. mixed frozen vegetables

Scramble egg, shell and vegetables in fry pan using palm oil.

Recipe Note: African grey parrots love the flavor of red palm oil and this way they get the flavor without too much fat.

SASSY's PANCAKE BREAKFAST

1 box pancake mix
various fruits
unsweetened fruit juice
mixed unsalted nuts, optional

Prepare pancakes as directed, substituting fruit juice for water. Add your choice of fruits and nuts if desired. Cook according to package directions.

GINNY's PB AND BANANA TOAST

1 heaping T. peanut butter
2 slices whole-wheat bread
mashed banana

Warm peanut butter and banana for 15-20 seconds in the microwave. Mix together well. Spread onto toast and press together firmly. Cut into 1 x 1 inch cubes and serve.

SUNDAY'S SWEET EGGS

1 egg with shell
¼ tsp. cloves
¼ tsp. cinnamon
dash vanilla

Mix egg with spices, grinding shell up. Scramble as usual.

FRODO & MAGENTA's SWEET POTATO FRENCH TOAST

4 slices whole grain bread sliced almonds
2 eggs
½ jar sweet potato baby food

Mix the eggs and sweet potatoes together. Dip bread in mixture and cook in fry pan on both sides until golden brown. Top with sliced almonds.

SWEET POTATO FRITTERS

1 sweet potato
2 tsp. fresh ginger root
1 tsp. dried hot red pepper flakes 1 large egg
5 T. flour
oil for frying

Peel and coarsely grate the sweet potato. In a food processor, finely chop the sweet potato and grated ginger root. Add the hot pepper flakes, egg and flour. Blend well. Fry in oil in small batches over high heat, turning every 2 minutes until golden brown. Transfer to paper towels to cool.

VEGGIE AND EGG MIX

1 large egg
2 T. low fat ricotta cheese
½ - 1 C. prepared bean mix
¼ C. diced yellow squash
¼ C. diced cooked sweet potato
¼ C. corn
¼ C. green pepper
1 jalapeno pepper
1-2 T. grated cheese

Mix all ingredients in a medium size bowl. Spread on large plate, cover and microwave for 7-8 minutes. When cooked, add small amount of grated cheese on top. Serve warm.

BREAKFAST TORTILLA

1 egg
1 corn tortilla
¼ C. cooked brown rice
kale or mustard greens
½ C. fresh or frozen corn

Scramble egg with the rice and corn. Heat tortilla for 15 seconds in the microwave. Place egg mixture in center of tortilla and top with shredded kale. Roll burrito style and serve.

ZUCCHINI PANCAKES

$\frac{3}{4}$ C. flour
2 $\frac{1}{2}$ tsp. baking powder
1 T. sugar
1 $\frac{1}{4}$ C. yellow cornmeal
 $\frac{3}{4}$ tsp. salt
1 egg with shell
1 C. milk
2 T. oil
1 C. grated zucchini
 $\frac{1}{4}$ C. grated carrots

Combine flour, baking powder, sugar, cornmeal and salt. Mix in egg and shell, milk, oil, zucchini, carrots. Stir just until smooth. Brown in hot skillet until golden brown

♥♥Fruity
♥♥Favorites

AMBROSIA

1 small banana
2 medium oranges, peeled
1 C. strawberries
20-30 seedless grapes
1 small apple

Peel and slice banana. Slice strawberries in half. Cut apple into bite size pieces. Combine all ingredients and toss together.

APPLE DELIGHT

4 small apples
¼ C. chopped pine nuts
2 T. wheat germ
1 C. thawed apple juice concentrate
2 T. raisin
¼ tsp. cinnamon

Core apples and place in a baking dish which has been sprayed with non stick spray. Combine wheat germ, raisins, cinnamon and pine nuts. Stuff mixture into center of apples. Drizzle juice over apples. Bake at 350° for about 45 minutes.

CARROT AND APPLE BAKE

5 apples
2 C. chopped carrots
2 T. whole-wheat flour
4 T. honey
 $\frac{3}{4}$ C. orange juice

Cut apples into slices and place in a 1 quart casserole dish. Cover with carrots. Sprinkle flour over the apples and carrots. Drizzle with honey. Pour orange juice over entire dish. Bake at 350° for 40-45 minutes.

CARROT SALAD

$\frac{1}{2}$ lb. carrots
 $\frac{1}{2}$ C. pine nuts or almonds, chopped
 $\frac{1}{2}$ C. raisins

Cut carrots into bird appropriate size chunks. Mix carrots, nuts and raisins together. Serve immediately or store in refrigerator.

CLEANING FRUIT THE ORGANIC WAY

3 parts tap water
1 part vinegar

Spray on fresh fruits and vegetables. Let sit for 5 minutes, then rinse.

DRIED APPLES

3-5 small apples, cored, but not peeled

2 C. water

¼ tsp. salt

3 T. lemon juice

Slice apples to 1/8 inch thick pieces. Combine lemon juice and water. Pour over apple slices, stir to coat all slices. Drain the apples. Lightly sprinkle salt on both sides of apple slices. Place apples on wire racks placed on cookie sheets or baking pans. Bake at 200° for 3 1/2 - 4 hours. Cook until leathery, not crispy. Leave apples in the oven, turned off oven and leave overnight or at least 8 hours.

FRUIT SMOOTHIES

Any combination of your bird's favorite fruits

Dice fruits into small pieces. Purée fruits in blender or food processor, leaving some small chunks. Pour into ice cube trays and freeze until solid.

Recipe Note: An especially fun treat for those hot summer months.

JELLO SURPRISE

1 box any flavor, sugar free
small shelled seeds
Jell-O
mini colored pellets
assorted fruits, dried or fresh

Follow box directions for Jell-O, refrigerate approximately 1 hour. Cube all fruits. Add fruit, seeds and pellets to Jell-O and stir. Return to refrigerator and allow to set.

JUICY FRUIT

½ cantaloupe
1 large orange
1 bunch seedless grapes

Cut cantaloupe to bird appropriate pieces. Peel and cut orange. Mix both with grapes. Can be frozen and served fresh daily.

SUMMER TREAT

3 C. unsweetened fruit juice

1 pear

1 small apple

1 carrot, optional

1 mango

other fruits, optional

Freeze the fruit juice until 75% frozen. Cut fruit and carrot into small pieces. Mix fruits in the partially frozen juice and serve.

Recipe Note: Fruit eating birds such as Lories really like this mixture.

*Special
Treats*

BIRD CHIPS

variety of fresh vegetables
hot pepper flakes, optional
cinnamon, optional

Scrub all vegetables. Slice thinly and place in a single layer in a shallow baking dish. Sprinkle with cinnamon or hot pepper flakes, if desired. Bake in a 300° oven until browned and crisp. Times will vary depending on vegetables used, start checking after 30 minutes. It is best to separate vegetables by type onto different sheets to better be able to tell when to remove certain ones.

Recipe Note: Turnips, sweet potatoes, yams and beets work well, but all vegetables may be "chipped".

BIRD TREAT

½ sunflower bagel
2 T. seed
1 T. peanut butter
2 T. pellets
2 T. raisins

Spread peanut butter on bagel half. Sprinkle with raisins, seeds and pellets and press in gently. Cut into fourths and serve.

BIRDIE BURRITOS

½ whole-wheat or corn tortilla

1 small carrot

2 T. baby food sweet potato

kale

jalapeno pepper

2 T. shredded cheddar cheese

1 T. corn

Spread sweet potato on tortilla. Top with diced jalapeno, shredded carrot and corn. Tear kale into small pieces and place on top. Sprinkle with cheese. Roll burrito style. Can be served as is or warmed in the microwave for 20 seconds on high.

BIRDIE BIRTHDAY CAKE

1 box carrot cake mix
4 eggs
1 can fruit cocktail, reserve juice
1 can cut sweet potatoes.
reserve juice
1/3 scraped cuttle bone
peanut butter
crushed colored pellets, optional
½ C. flaked coconut
½ C. raisins

Measure the reserved juice to equal water called for on cake mix package. Add additional juice if necessary. Mix in 4 slightly beaten eggs. In large bowl, stir together cake mix and cuttle bone shavings. Add reserved juice mixture and sweet potatoes. Mix by hand or with mixer to chop sweet potatoes well. Stir in coconut, raisins and fruit cocktail. Pour batter into a 9 x 13 inch baking pan coated with non stick spray. Cook according to package directions or until done. While warm, spread a thin layer of peanut butter on top for the frosting and sprinkle with additional coconut or crushed colored pellets. Can be frozen.

JULIUS CHEESER PIZZA

1 small ready-made pizza crust

½ C. shredded carrots

3 T. pizza sauce or

¼ C. chopped broccoli

1 jar baby food vegetables

½ C. shredded mozzarella or cheddar cheese

1 T. wheat germ

Spread pizza crust with pizza sauce or baby food. Sprinkle with wheat germ. Top with carrots, broccoli and cheese. Place on a lightly greased cookie sheet and bake according to crust package directions.

BOILED POPCORN (2 Cooking Methods)

1 lb. human grade popcorn
water
Kernels

Place popcorn kernels in large microwave proof bowl. Fill with water. Cook in microwave on high in half hour increments for 1 1/2 hours. Refill water after each half hour. Drain, cool and pack in small bags to freeze. Defrost in hot water and serve.

Optional cooking method: Soak corn in water overnight in a large stockpot. In the morning, cook for 2 hours or until kernels have swelled and tripled in volume. Add water as the water level falls. Drain, cool and pack in small bags to freeze.

DAVE'S SEED STICKS

pancake batter (leftover batter is fine)
mini pellets
mixed seed
water
1 T. olive oil
sterilized eggshells

Dilute leftover pancake batter with water to make a thinner consistency. Mix in eggshells, and pellets. Stir to coat evenly. Add seed- about twice as much as there is batter. Cook like a large pancake with olive oil over low heat until it is set enough to handle. Remove from fry pan onto cookie sheet. Cut into strips while warm. Bake the sticks in a 200° oven until toasted.

GREEN POPCORN

3-6 cups popped popcorn
1 tsp. spirulina powder
1 tsp. wheatgrass powder
dried fruits, optional

Put popcorn in a plastic bag and shake with the powders and dried fruits until coated. If it won't stick, spray the popcorn lightly with non stick butter flavored spray, then shake.

HOMEMADE AVI-CAKES

mixed seeds
dried fruits
crushed Cheerios cereal
dried vegetables, optional
crushed pellets
honey

Mix seeds, cereal, pellets, fruits and vegetables together in a bowl. Add enough honey to make the mixture stick. Put into mini muffin trays and bake at 225° for 45 minutes. Let cool before serving.

PARAKEET TREAT

2 hard-boiled eggs
1 C. brown rice
½ C. shelled sunflower seeds
4 oz. quartered grapes
½ C. sesame seeds

Chop hardboiled eggs into small pieces. Mix seeds, rice, eggs and grapes together. Freeze in appropriate size portions. Thaw to serve.

PARROT CAR

2 large carrots
peanut butter
several raisins
toothpicks
5 celery sticks

Cut 1 carrot into "wheels". Spread the other carrot with peanut butter. Stick the celery stalk to the carrot. Spread celery stalk with another thin layer of peanut butter and sprinkle raisins on it. Use toothpicks to attach the "wheels" to the car.

Recipe Note: This one works for human kids too!

PARROT PIZZA

1 English muffin
1 jar baby food vegetables
 $\frac{1}{2}$ C. shredded carrots
 $\frac{1}{4}$ C. cooked pasta

Split muffin in half, spread with baby vegetables. Top with carrots and pasta. Toast in toaster oven or heat in microwave.

POPCORN PIZZA

popcorn cakes
peanut butter
thin sliced apples raisins
grated carrots fresh peas
grated cheese

Spread the popcorn cakes with a thin layer of peanut butter. Top with your birds favorites, for example, apples, raisins, carrots, broccoli, peas, cheese, etc.

SEED AND CORN TREAT

½ T. millet
2 ½ T. rough ground corn
½ tsp. sunflower seeds

Roast millet and sunflower seeds. Mix with corn and serve. Corn can be ground finer if the birds don't eat it readily.

YAMMY PIZZA

1 sweet potato
Low salt mozzarella cheese
Rice cakes

Cook, peel and mash the sweet potato. Spread over rice cakes. Top with cheese. Toast to melt cheese.

APRICOT COOKIES

½ C. flour
½ C. oatmeal
3 T. millet
1 tsp. baking powder
1 tsp. cinnamon
½ tsp. cardamom
¼ C. chopped apricots
4 T. applesauce or baby food prunes
1/3 C. brown sugar
1 egg
1 tsp. vanilla extract

In a medium size bowl combine flour, oats, millet, baking powder, cinnamon, cardamom and apricots. In another bowl, mix together applesauce and brown sugar. Add egg and vanilla and mix well. Combine with the dry ingredient mixture until just combined. Drop the batter by heaping teaspoons onto a cookie sheet sprayed with non stick spray. Bake at 350° for 9-11 minutes or until golden brown and slightly springy to the touch. Remove from pan and let cool on wire rack. Can freeze leftovers.

PEE WEE'S COOKIES

1 C. dried fruit
1 T. peanut butter
½ C. uncooked oatmeal
2 T. honey
½ C. raisins
¼ C. hulled seeds or crushed
Nuts

In the food processor, process the dried fruit, oatmeal, raisins and nuts. Put mixture into a medium size bowl. Stir in the peanut butter and honey. Knead to a rollable consistency. Roll into ½ inch balls and place on a cookie sheet. Bake at 350° for 20 minutes. Cool and serve.

BIRDIE BARS

3 oz. uncooked quick oats
1 ½ oz. crumbled Shredded Wheat cereal
1 ½ oz. Grape Nuts cereal
1 C. evaporated skim milk
1 C. no sugar added applesauce
½ C. melted margarine
¼ C. unsalted chopped nuts
¼ C. raisins
¼ C. dates
¼ C. dried fruit
¼ C. firmly packed brown sugar
1 tsp. cinnamon
1 tsp. baking soda

Preheat oven to 350°. In a large bowl, combine all ingredients and mix well. Spray a 13 x 9 x 2 inch baking pan with non stick spray. Bake at 350° for 30 minutes or until toothpick inserted in the center comes out clean. Remove from pan and cool on rack. Cut into 16 bars. wrap individually and serve or freeze.

BIRDIE BISCOTTI

1 C. ground bird pellets

½ C. corn meal

½ C. whole-wheat flour

1 C. ground almonds

1-2 T. powdered wheat grass

4 eggs with crushed shells

1 jar baby food carrots unsweetened fruit juice

Mix all ingredients adding enough unsweetened fruit juice to make a firm dough. Scoop by the spoonful and roll into balls of about 1/2 to 3/4 inches in diameter. Flatten with a fork or leave as balls. Place on a lightly greased cookie sheet. Bake at 325' for 20 - 30 minutes. Cool on a rack and refrigerate or freeze.

GOLDEN HONEY NUGGETS

- 5 C. crushed pellets
- 1 C. oat bran
- 2 C. dried molasses or brown sugar
- 1 C. Kellogg's Petamine
- 1 C. crushed unsalted mixed nuts
- 1 C. crushed dehydrated mixed vegetables
- 1 C. chopped dehydrated mixed fruit
- 2 C. mini colored pellets
- 1 C. mini plain pellets
- 6 - 7 eggs - separated
- 16 oz. honey

Mix crushed pellets, oat bran, molasses, Petamine, nuts, vegetables, fruit, mini colored pellets, and mini plain pellets together. Beat egg yolks together with honey and pour into dry mix. Mix well by hand until it sticks together well. Beat egg whites until very stiff and peaks form. Thoroughly fold egg whites into mix. Spray 2 large cookie sheets with non stick spray. Spoon mix onto sheets and flatten with the back of a large spoon until even. Bake at 375° for 10 minutes, switching racks half way through. Remove from oven, turn oven off and close oven door. Score with spatula into squares. Return to oven, leaving oven door open. Leave overnight. Remove from oven and break apart.

GREEN COOKIES

4 eggs, including shells
½ C broccoli finely chopped
½ C shredded carrots
1 C powdered Milk
2 boxes Jiffy Corn Bread Mix
2 bananas, mashed
1 green pepper, diced
2 C. cheddar cheese, shredded
3 C. finely chopped kale or mustard greens

Mix all ingredients together until finely blended. Pour into a 9 x 13 inch baking pan sprayed with non stick spray. Bake at 350° for approximately 90 minutes or until a knife inserted in the center comes out clean. Allow to completely cool. Crumble into chunks and arrange one layer deep on cookie sheets. Dry in a 200° oven until completely dry and crunchy. Can be frozen.

HOT PELLETS

1 C. multi-grain rolled cereal
½ tsp. garlic powder
1 egg
1 C. fresh vegetables
½ C. beef or vegetable stock
1/8 C. Linatone or wheat germ oil
1 2.5 oz. jar strained carrots
½ C. dehydrated red peppers
¼ C. fresh kale or mustard greens
2 C. whole-wheat flour

Combine cereal, egg, stock, strained carrots, kale, garlic powder, vegetables, oil, and peppers in food processor and process until finely chopped. Add flour a little at a time and knead until a bread dough consistency is reached. Roll out the dough in cornmeal or flour. Place on cookie sheet and score with a pizza cutter. Bake at 350° for approximately 30-45 minutes or until hard. When baking is complete, break pellets apart and return to the cookie sheet. Place cookie sheet in oven, turn oven off, and leave in overnight.

OATMEAL BALLS

$\frac{3}{4}$ C. whole-wheat flour

$\frac{1}{3}$ C. dark molasses

$1 \frac{1}{2}$ C. Quaker oats

1 tsp. cinnamon

$\frac{1}{2}$ C. dried fruit and nuts mixture

$\frac{1}{2}$ tsp. cloves

1 tsp. vanilla

$\frac{1}{2}$ C. unsweetened natural

1 egg

applesauce

Mix all ingredients together. Roll into walnut size balls. Spray cookie sheet with non stick spray and place balls on sheet. Bake at 325° for 15 to 20 minutes.

SWEET POTATO COOKIES

1 C. shredded sweet potatoes
1 C. shredded zucchini
1 C. shredded cheddar cheese
1 T. minced garlic
¼ C. oil
2 C. uncooked Quaker Multi Grain Cereal
1 C. whole-wheat flour
1 C. whole grain corn meal
vegetable juice

Mix sweet potatoes, zucchini, cheddar cheese, garlic, oil, cereal, and whole wheat flour in food processor. Add enough cornmeal to make a fairly dry mix, similar to pie dough. If the mix is too dry add the vegetable juice. Roll out dough on a surface lightly sprinkled with corn meal to 1/4 inch thick. Cut with cookie cutters, dip in cornmeal and place on a cookie sheet which has been coated with non stick spray. Or roll 1 inch pieces of dough into balls and flatten, dip in cornmeal and place on cookie sheet. Bake in 350° oven for 20 minutes. Turn oven off and leave cookies in the oven overnight to harden.

Recipe Note: These can be frozen. Dogs like them too!

SWEETIE's TREAT COOKIES

3 T. oil
3 large egg whites
 $\frac{3}{4}$ C. thawed frozen apple juice concentrate
 $\frac{1}{4}$ C. thawed pineapple or orange juice concentrate
2 C. whole-wheat flour
1 $\frac{1}{2}$ C. instant oats
1 tsp. baking soda
1 $\frac{1}{2}$ tsp. cinnamon
1 T. spirulina
 $\frac{1}{2}$ C. unsalted nuts, chopped
1 C. dried chopped fruit

Beat egg whites and oil until frothy. Beat in juice concentrates. Mix in flour, oats, baking soda, cinnamon and spirulina and blend well. Stir in nuts and dried fruit. Place by teaspoonfuls on greased cookie sheets and bake at 350° for 10 minutes. Cool completely on racks. In the food processor, process the dried fruit, oatmeal, raisins, and nuts. Put mixture into a medium size bowl. Stir in the peanut butter and honey. Knead to a rollable consistency. Roll into 1/2 inch balls and place on a cookie sheet. Bake at 350° for 20 minutes. Cool and serve.

PT's TREAT STICKS

lollipop sticks

1 egg

2 C. mixture of seeds

dried fruit

honey

Nuts

Preheat the sticks in a 150° oven. Mix the seeds, fruit and nuts together. Add egg and mix. Press the mixture onto the sticks. Bake at 200° for 20-30 minutes until toasted. Brush honey over the sticks and return to the oven for another 5 minutes. Allow to cool before serving.

SWEET PELLETS

1 C. multi grain rolled cereal

1 egg

½ C. unsweetened fruit juice

½ C. apple

½ C. banana 1 tsp. cinnamon

1/8 C. Linatone or wheat germ oil

¼ to ½ C. wheat berries

2 C. whole-wheat flour

Combine cereal, egg, juice, apple, banana, cinnamon and oil and process in food processor until finely blended. Add wheat berries and flour in small amounts and knead until a bread dough consistency is reached.

Roll out in wheat flour or cornmeal. Put dough on cookie sheet and score with a pizza cutter. Bake in a 350° for 30-45 minutes or until hard. When baking is complete, break the pellets apart and return to the cookie sheet. Place back in oven, turn oven off and leave in overnight.

CHALKY MINERAL BLOCKS

2 parts FOOD GRADE calcium
1 part avian mineral supplement
carbonate
water
5 parts garden lime
food coloring, optional
4 parts bone meal

Mix all ingredients with enough water to make a smooth gravy consistency. Add food coloring if desired. Pour into various size paper cups or molds. Insert a u-shaped wire or a bolt and washer for attachment to the side of a cage. Let cure for several days, depending on the size of the mold.

BIRD SHELLS

1 scoop seeds
2 eggs with shells
cooked large pasta shells

BIRDY BRUNCH

1 cup frozen veggies
bag of minute rice
1 cups of noodles
2-3 eggs
Boil eggs boil for at least 30 min. Boil rice as instructed on box.
Let noodles boil till soft. Then cut up eggs, and put them in a bowl with rice, and noodles.
Then add veggies and stir. Serve to birds and freeze remainder.

CUTTLE BONE TREAT

cuttle bone
1 C. seeds
honey or peanut butter

On a paper plate mix the seeds with some honey or peanut butter. Spread honey on the cuttle bone. Press the seed mix on the cuttle bone. Freeze for 1/2 hour. Return to room temperature to serve.

LORY FOOD

2 C. cooked rice

4 C. cooked mixed vegetables

1 C. high protein baby cereal

1 T. Vitapreen or other avian vitamin

1 C. raisins

1 16 oz. can fruit cocktail

16 oz. applesauce

Mix all ingredients well. Freeze in small freezer bags.

Break off portions as needed, warm and serve.

OATMEAL SPOONFEEDING FORMULA

½ C. instant oatmeal

½ banana

1 hard-boiled egg

1 jar baby mixed vegetables

½ C. monkey biscuits

warm water

Blend in food processor the oatmeal, egg, monkey biscuits, banana and mixed vegetables. Add enough warm water to reach desired consistency.

PINE CONE TREATS

pine cones
seeds, optional
peanut butter, optional

Choose pine cones which have recently fell to the ground. Do not choose pine cones which are old, damp, moldy or growing moss. Heat pine cones for 20 minutes at 225°, then turn off oven and leave the cones in the oven for an additional 2 hours. Optional: When pine cones are finished, coat with a small amount of peanut butter and sprinkle with seeds.

QUICK RETREAT SPOONFEEDING FORMULA

1 jar baby vegetables
¼ C. high protein baby cereal
¼ C. monkey chow
1 T. peanut butter

Mix all ingredients in food processor. Add warm water until desired consistency is reached.

SCENIC SPOONFEEDING FORMULA

1/8 C. Scenic Paradise Pellets

warm water

1 T. apricot baby food

Chop pellets in food processor or coffee grinder. Mix together with apricots and enough warm water to achieve desired consistency.

SEED STICKS

Seeds

honey

Mix honey and seeds in large mixing bowl. Wrap individual balls in foil, leaving the tops uncovered. Bake at 225° for 1 hour.

SWEET PELLETS

1 C. multi grain rolled cereal

1 egg

½ C. unsweetened fruit juice

½ C. apple

½ C. banana

1 tsp. cinnamon

1/8 C. Linatone or wheat germ oil

¼ to ½ C. wheat berries

2 C. whole-wheat flour

Combine cereal, egg, juice, apple, banana, cinnamon and oil and process in food processor until finely blended. Add wheat berries and flour in small amounts and knead until a bread dough consistency is reached. Roll out in wheat flour or cornmeal. Put dough on cookie sheet and score with a pizza cutter. Bake in a 350° for 30-45 minutes or until hard. When baking is complete, break the pellets apart and return to the cookie sheet. Place back in oven, turn oven off and leave in overnight.

SWEET PELLETS

1 C. multi grain rolled cereal

1 egg

½ C. unsweetened fruit juice

½ C. apple

½ C. banana

1 tsp. cinnamon

1/8 C. Linatone or wheat germ oil

¼ to ½ C. wheat berries

2 C. whole-wheat flour

Combine cereal, egg, juice, apple, banana, cinnamon and oil and process in food processor until finely blended. Add wheat berries and flour in small amounts and knead until a bread dough consistency is reached. Roll out in wheat flour or cornmeal. Put dough on cookie sheet and score with a pizza cutter. Bake in a 350° for 30-45 minutes or until hard. When baking is complete, break the pellets apart and return to the cookie sheet. Place back in over, turn oven off and leave in overnight.

SEED BELLS

small terra cotta pots

microwave safe plastic wrap or plastic oven bag

length of firm, non-zinc wire seed of your choice

mini pellets

2 egg whites per cup of seed used

Fill pots with seed and mini pellets to get an approximate amount of seed/ pellet mix which will be needed. Measure how much seed/pellet mix will be used to determine amount of egg whites needed. Beat egg whites until white and fluffy, but still liquid. Prepare pots by lining them with plastic wrap. Bend wires so there is a closed loop. Mix beaten egg whites and seed/pellet mixture in a large bowl until well coated. Spoon mix into lined pots and press down firmly to eliminate air pockets. Push wire through the center of the mix and out the drainage hole leaving the looped end on top of the mixture. Push twisted part of the loop into the mixture as well. Bake in a 200° to 250° oven (check directions from plastic wrap or oven bags, do not go higher than they recommend) for 60 to 90 minutes or longer if the pots are a larger size. Do not burn the mixture. Cooked bells will slip easily from the pots. Remove plastic wrap while seed is still warm. With pliers, twist the exposed wire to form a hook for hanging from cage tops or aviaries. Do not leave loops exposed, twist so there is no chance of birds catching body parts or leg rings on them.

SPOONFEEDING FORMULA

5 C. water
1 C. quick cooking oatmeal
 $\frac{1}{2}$ C. raw wheat germ
1 T. corn oil
 $\frac{1}{2}$ tsp. salt
1 4 oz. jar baby vegetables
1 C. powdered milk
2 C. sunflower meal

Mix and cook the water, oatmeal, wheat germ, corn oil and salt for 5 minutes. Remove from stove and stir in the baby vegetables, milk, and sunflower meal. Use for spoon feeding weaned birds.

*Layered
Salad*

LAYERED SALAD – by Pamela Clark, with permission

We have this as a web page on our site at all times!! We LoooOOOooove this method and it really does save time & money!!! We hope you give it a try!

The following instructions will allow you to feed a fresh diet with minimal effort. This diet has several advantages, not the least of which is that I can feed fresh foods to over 40 birds on a daily basis, while only chopping fruits and vegetables once a week. Once a week, I layer in plastic storage containers (I use seven 2-gallon containers since I'm feeding so many birds) the following:

LAYER 1 (BOTTOM LAYER) — chopped greens, which are varied each week. One week, I'll use collard greens and parsley and mustard greens, and the next I might use Swiss chard, kale and dandelion greens

LAYER 2 — chopped (1/4 to 1/2 inch cubes) green vegetables, including any of the following: Brussels sprouts, zucchini and other summer squash, jicama, red or green peppers, fresh hot peppers, chayote squash, green beans, fresh peas, cucumber, celery, anise root, etc.

LAYER 3— chopped broccoli and shredded carrots

LAYER 4 — dry, uncooked pasta. This will absorb some of the moisture from the mix and soften nicely.

LAYER 5 — cooked beans. I usually buy one of the 13 or 17 bean soup mixes, which I soak overnight, rinse, and then bring to a boil and cook for about 25 minutes, then drain.

LAYER 6 — a mixture of chopped apples, oranges and whole grapes.

LAYER 7 — frozen mixed vegetables.

The containers are then placed in the refrigerator (don't freeze).

This mix stays fresh in these tubs for up to seven days for three reasons. First, layered salads stay fresher longer. Second, the orange juice filters down and slightly acidifies that mix. The frozen mixed vegetables placed on top super-cool the mix immediately (cold air sinks/warm air rises). I do also wash all the fruits, vegetables and greens with Oxyfresh Cleansing Gele, which not only gets them clean but also has some anti-bacterial action.

USE: each morning, I empty out one container into a large mixing bowl. At that point, I usually add other foods that might not either hold up, or stay fresh in the layered mix, such as: soft fruits (blueberries, peaches, plums, kiwi fruits, melon, etc.), sprouts, or cooked grains (amaranth, quinoa, brown rice, barley, etc). Sometimes, in order to generate a little excitement, I'll sneak in a package of pine nuts or walnut pieces. Usually, I feed nuts separately, but I like to use this fresh mix to surprise the parrots as well.

This recipe can be adapted for any number of birds with a little creativity, by reducing either the number or size of the containers used or both. For just one bird, you can create two small containers. One container will keep for about three days, even after being opened and mixed up.