



Bird Bread

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Ingredients 1 cup flour 1 cup yellow cornmeal $\frac{3}{4}$ tsp. salt 4 tsp. baking powder $\frac{1}{2}$ cup frozen mixed veggies $\frac{1}{2}$ cup chopped broccoli $\frac{1}{2}$ cup dried fruits and nuts (We used cranberries, mangoes pineapples, cashews and coconut flakes.) $\frac{1}{4}$ cup vegetable oil 2 eggs (with shell) 1 cup milk

Directions

Pre-heat oven to 350 degrees. Mix together the dry ingredients (flour, yellow cornmeal, salt and baking powder). Add the frozen mixed veggies, chopped broccoli, dried fruits and nuts. Add liquid ingredients (eggs with shells, vegetable oil and milk). Mix together until smooth. Make sure to scrape the sides and the bottom of the bowl to ensure that all of the ingredients have been mixed together. Bake for 20-25 minutes or until the toothpick comes out clean from the center of the bread. Cool and cut into $\frac{1}{2}$ inch cubes to eat and store the extra for later.