



# Birdie Bread

S P R O U T I N G O R G A N I C S . W E E B L Y . C O M

Use all organic ingredients if possible. When I made these for my parrots I made them like little cupcakes since they are small. Plus having little cupcakes is easier to store in the freezer for later.

## Ingredients

- 1 Cup flour (Quinoa flour or Flax meal)
- 1 Cup Yellow cornmeal
- 4 Tsp Baking powder
- 1/2 Cup Frozen mixed veggies (Corn, Carrots, Peas, Green beans)
- 1/2 Cup Chopped broccoli
- 1/2 Cup Dried fruits and/or Nuts (Also could use ripe banana)
- 1/4 Cup Vegetable oil (Try to reduce oil as much as possible)
- 2 Eggs (with shell)
- 1 Cup Applesauce or Apple juice for liquid
- Fresh shreds of Carrots and/or Zucchini

## Directions

- Preheat oven to 350 degrees
- Mix together the dry ingredients.
- Add frozen mixed veggies, chopped broccoli, fruits & mix.
- Add liquid ingredients.
- Mix together until smooth.
- Bake for 20-25 mins (or until the toothpick comes out clean)
- Cool and cut into cubes. or bake in mini cupcake pan.
- Store extras in the fridge or freezer. Put in microwave for 20 seconds to defrost