



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



Sprouted beans + grains

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Use all organic ingredients if possible. This is a very healthy and beneficial recipe for your parrot, but should not replace pellets and fresh foods. Can be offered once a week since it doesn't stay fresh long and takes a bit of planning to make.

Ingredients

- 1 Tbsp Millet
- 1 Tbsp Flaxseed
- 1 Tbsp Lentils
- 1 Tbsp Kamut
- 1 Tbsp Sunflower seeds
- 1 Tbsp dried peas
- 1 Tbsp Brown rice
- 1 Tbsp Canary seed
- 1 Tbsp Barley
- 1 Tbsp Quinoa
- 1 Tbsp Mung beans
- 1 Tbsp Safflower seed

Directions

- Place mixed ingredients (any from above) into a sterilized, clean glass jar.
- Using cold water rinse until water runs clear.
- Soak the mix overnight (8-12 hours) at room temperature.
- The next morning, rinse several times and drain well. You can either feed it to your birds right away, OR you can place the jar on its side, rotate it to spread the seeds and allow air circulation, and let the sprouting progress for 8-12 hours.
- Add Organic Apple cider vinegar to your final rinse (about 1 tablespoon) and let the sprouts soak in it for 15 minutes..
- After the 15 minute apple cider vinegar soak, rinse until no longer smells like vinegar and drain well again and serve the food immediately.
- Refrigerate any leftovers and rinse with apple cider vinegar and water daily.
- Use each batch within 48 hours.



Quinoa Chop

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Ingredients

- 1/2 Cup Quinoa
- 1 1/2 Water
- 1/2 Cup organic fresh or frozen veggies (any kind your parrot likes, I use carrots, peas, green beans and corn)

Directions

- Bring the water to a boil over medium high heat.
- Add quinoa to boiling water and reduce heat to low.
- Simmer for 12 to 15 minutes or when water is absorbed and quinoa is fluffy.
- While quinoa is cooking start cooking the veggies be sure not to use oil or salt. I like to steam them on the stove or in a slow cooker.
- Once the quinoa and veggies are done cooking mix them together and wait for them to cool then serve.