

Companion Bird Treat Bread

By Marcy Covault

The following is for companion birds & can be varied in type of seed, flour, pellets, etc. This is only one of several basic bird breads that I make, depending on what I have and what my intent is, i.e., for pet birds or for breeding pairs feeding babies. There are many varied recipes on the internet. Just a caution—be aware of what's good for birds and what's not, and realize there's still controversy over some foods. For example, I've seen discussions on using and not using milk. Although some texts say that birds don't digest lactose, some breeders in the UK regularly use milk-soaked bread for parents feeding babies! I use fruit juices for liquid.

Part of the reason for a bird bread is nutrition as well as a treat, so these ingredients are also healthy. If I'm providing this to breeders and baby birds, I'll double the eggs and add (in powdered form) a teaspoon of each of the following: calcium carbonate (e.g., OsteoForm), spirulina, and wheat grass.

Ingredients:

1. Wet (mix in food processor/blender)

- 3 eggs (blend shell and all)
- 1 cup sweet potato or carrots (or canned pumpkin, or applesauce)
- 1 cup cooked brown rice

2. Dry (mix well together)

- 1-1/2 cup flour (unbleached white or wheat)
- 1 cup self-rising corn meal (or grits)
- 1 cup hulled millet (or other nuts or hulled seeds) [Option: ½ c. hemp seed & ½ c. flax seed]
- 1 cup pellets (Zupreem, Roudybush, etc.)
- 1 tablespoon cayenne pepper (or dried red pepper flakes)
- 1 teaspoon sea salt
- 1 tablespoon each cinnamon powder, ginger powder, and garlic powder (NOT garlic salt)

3. Wet (add to dry ingredients)

- 1 quart+ orange juice (or other fruit juice without sugar added)
- ½ cup corn oil
- ½ cup raisins (or other dried fruit, e.g., papaya or banana)
- [Optional: 1 cup frozen corn/peas]

Instructions:

Add wet to dry ingredients and mix well. It should be moderately thick but not doughy. Add additional juice if necessary. Grease 2 - 10" square pans with olive oil, add mix, bake in 350° oven for about 45 minutes (knife inserted comes out clean). Cool & cut. Can be cut in cubes and frozen in baggies for extended use, and single baggies kept in refrigerator for short-term use.

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