

## Small Bird “Birdie” Bread

### Dry Ingredients:

1 cup rice, spelt, garbanzo, or oat flour

1 cup cornmeal (*can use all cornmeal instead of above*)

½ cup rolled oats

1 tsp baking powder (*optional, the bread will be denser without it*)

1 T each cinnamon and ginger powders, garlic powder (*optional*), cayenne powder or dried red pepper flakes (*optional*), Italian seasoning (*herb variety w/no salt*)

### Wet Ingredients:

2 or 3 eggs (*can include the shell for extra calcium, if washed thoroughly*)

1 tbsp coconut or olive oil

½ cup unsweetened applesauce or pureed pumpkin

Enough unsweetened bird-safe juice to achieve a thick batter consistency (about ½ cup)

### Mix-ins (*finely chopped, can vary*):

Grated carrots, finely chopped broccoli, peas, or kale

Chopped, unsalted almonds or walnuts

Chia seeds, flax seeds, or ground bird pellets

Unsweetened dried cranberries or blueberries

### Instructions:

Preheat the oven to 350°F (175°C) and prepare a baking pan.

Combine dry ingredients, then mix wet ingredients in a separate bowl.

Combine wet and dry mixtures, adding mix-ins, until a cake batter consistency is reached.

Pour batter into the prepared pan and bake until a toothpick comes out clean (25-30 minutes for a loaf, 15-20 for muffins or shallow baking pan).

Allow to cool completely.

*NOTE: If you don't want to mix your own, the TOPS bird bread mix has excellent ingredients, and you can add a few extras, if you wish.*