

Become a birdie gourmet!! These recipes are breeder approved and loved by birdies everywhere!

Birdie Bread(cookies) 1 cup whole wheat flour
1 cup cornmeal
1 cup oatmeal (ground up in the processor)
1 cup plain nonfat yogurt
3 eggs
1 cup frozen (or fresh) broccoli florets (ground in processor)
1 cup grated fresh carrot.
3 cups Motts unsweetened, preservative-free apple sauce.
1 cup natural skinless ground almonds or seedless raisons.
1/2 stick (4 oz) unsalted butter
1 mashed banana or mash up peach or any mashable fruit.

Mix it all up until all the dried ingredients are absorbed. Use a parchment paper lined cookie sheet, and spoon a heaping tablespoons of the mixture on the parchment (about 12 - 15 cookies on one cookie sheet). Bake at 425 degrees in the middle of the oven for 25 to 40 minutes. Stick a toothpick in the middle to test if it is cooked (if it comes out dry then it's ready. The cookies should be a golden brown color. This recipe will make about 3 - 4 dozen cookies.

Let the cookies cool completely face down (this is because these cookies are very moist so letting the cool face down allows some of the moisture to evaporate). You should have enough for a couple of months. store them in a freezer zip lock bag. Take a couple of cookies out of the freezer and let defrost in the refrigerator for the next couple of days servings. Crumble thawed cookies for your bird.

This recipe will make about 3 - 4 dozen cookies.

Easy Birdie Bread

2 cups oatmeal
2 cups flour
8 tsp baking powder
4 eggs
1 & 1/2 cups applesauce
4 tbs. peanut butter
2 cups seeds or pellets
2 cups mixed veggies
1 can "no sugar-added" fruit cocktail

Mix well. Pour in 9 x 12 greased pan. Bake in 350 degree oven for 40-45 minutes.

Cut into squares and keep in fridge what can be used in a weeks time. The rest can be frozen till needed.

Birdie Bread with Corn Meal

1 cup plain corn meal
1 tsp baking powder
1 egg
1/2 cup "no sugar-added" applesauce
1/2 pasteurized apple juice
1/3 cup frozen peas, thawed
1/3 cup grated carrots
1/3 cup cooked white or brown rice
1/3 cup pellets or seed

Preheat oven to 350. Mix all ingredients well and pour in 8 by 8 greased pan. Bake for 30-35 minutes.

Cut into squares and keep in fridge. Can be frozen as well.

Cockatiel Cookies

1 egg (shell optional)
1/2 cup oatmeal (regular with NO sugar)
1/2 cup whole wheat flour
1/4 cup seed or pellets

1. Add water until a thick dough forms.
2. Spoon by 1 oz sized lumps onto parchment papered cookie sheet.
3. Cook at 350°F for 10 minutes or until tooth pick comes out clean.

DO NOT STORE IN ANY WARM AREAS IN A PLASTIC BAG. STORE IN A PAPER BAG OR FREEZE THEM. Good for 2 weeks

Apple Oatmeal Yum Yum

1/2 cup of uncooked oatmeal
1 cup of water
1/2 tablespoon raisins
1/2 tablespoon chopped apples
1/2 tablespoon of chopped nuts
1 tablespoon of pellets
2 pinches of cinnamon

Cook under low heat, stirring occasionally until oatmeal is fully cooked. Let cool and serve. You can double the recipe if you have many birds. Leftovers can be stored in the refrigerator for 3 days.

Rice & Pasta Mash

1/2 cup each of 2 types of beans or legumes
4 cups water

Bring this to a boil then turn heat down and simmer till beans are tender. Drain and save water. This is done so that all the nutrients that would normally go down the drain with the water is absorbed by the pasta and rice.

Saved water
2 cups dry chopped spaghetti or any type of pasta

Add water if necessary and bring to a boil. Add pasta and cook till tender. Drain and save water.

Cook 1 1/2 cup brown rice according to directions on package with saved water add more if necessary. Mix all cooked items in a large pan together well then package in 1 quart containers. For a small portion you can freeze in ice cube trays then package the cubes in zip lock bags. This is portioned out to the birds 1/8 cup per pair of birds.

Mashed Sweet Potatoes

Sweet Potato (or piece depending on number of birds and size)

Optional:
Peanut butter
Spirulina
Wheat grass

1. Pierce a sweet potato a few times with a knife or fork.
 2. Microwave until fork tender.
 3. Cut up into chunks, mash with a fork.
- Option: mix in a tiny bit of peanut butter, spirulina, or wheat grass. You can add about anything. Let cool until just warm then feed to birds.

Corn Bread Recipe

1 egg or 2 egg whites
1 cup flour or (1/2 flour & 1/2 wheat flour)
1 cup milk (V8 or fruit juice)
1/2 cup Hagen hand feeding formula
1 Tablespoon melted butter 3 teaspoons baking powder
1/4 cup sugar
1/2 teaspoon salt
2/3 cup corn meal

Combine ingredients as listed. Beat well, grease and pour into 2 qt cake pan. Bake at 350 for 45-55 minutes. Adjustment need to be made for high altitude. A suggestion from the Holistic list use Stevia instead of sugar. It's in the health food stores as a dietary supplement.

Quinoa Breakfast of Champions

Quinoa (pronounced "keen-nwa") is a South American grain that is high in protein, calcium, and phosphorous. Probably the most nutritious grain in the world, it is an excellent food for parrots, either sprouted and served raw, or cooked, as in this recipe. It is available in most health food stores as a bulk grain.

1 cup quinoa
2-3 cups water
Corn kernels
Chopped carrots
Raisins and/or dried apples (unsulphured, found in health food stores)
Cinnamon stick

Boil 2 cups of water, add quinoa. Cook for 10 minutes, then add veggies and dried fruit. Cook another 5 minutes or until the quinoa grain is clearish and has a tiny tail sprouting from it. You may have to add a little more water if it gets too dry too quickly. Let cool. Serve. You can put almost any veggies or fruits in this recipe.

Cornmeal Fantasy

If you can boil water and stir, you can make your birds very happy! ! This recipe is similar to a flan or soft pudding. You need only fine ground corn flour, available in most supermarkets.

Stir fine ground corn flour into boiling water until it starts to thicken, and continue stirring for another minute or two. At this point, you have a soft pudding. If you want to embellish the recipe, you can now add pumpkin puree, apple sauce, or baby food fruits or veggies. I think you may be surprised just how much your birds like this simple food. You'll have no problem finding a feathered friend to "lick the spoon"! My birds just call it YUM! It can be refrigerated for several days or frozen in squares for later use.

Sweet Potato Balls

Blue and gold macaws, African greys, Senegal, Keets, 'tiels-- it seems as if most birds--enjoy this recipe. You can add just about anything to this basic mix and birds seem to love them. Peanut butter, oatmeal, coconut or any fruit or vegetables are some examples.

1 large sweet potato, microwaved until soft
1/2 cup raisins
1 mashed banana
1 cup mixed fresh or frozen mixed vegetables
1 cup diced apples
1 1/2 cup uncooked oatmeal, corn flakes or granola cereal.

Mix all together and add enough fruit or vegetable juice to make it form small balls. Freeze balls individually. Defrost and serve.