

## Guide to Making Bird Bread for Parrots



Typically when we make bird bread, we use a healthy flour base to include a mix of barley, oat, buckwheat and rice flours. However, you can choose just one. We typically also grind a nutritious pellet which can be used for part of the base and we puree fruits and vegetables to be added to the mix.

We puree the “wet” ingredients so that birds can not pick and choose to eat around chunks of fresh food in the bird bread, but that so the mix is uniform with no chunks and the birds get a nutritious helping with each bite. Remember that this basic recipe is very flexible – not all portions are necessary and substitutes can be made with fresh, healthy ingredients. The portions you use to balance your mix are up to you and these are only general guidelines and ideas. All fruits and vegetables used should be cleaned thoroughly before use.

1 cup each of barley, oat, rice, and buckwheat flours

1 cup harrison's super fine pellets

1 cup each pureed strawberries, blackberries, blueberries, and raspberries

3 overripe bananas

1 32 ounce can organic sweet potato or pumpkin or 3-4 baked sweet potatoes (no skins)

2 tablespoons of almond butter

2 eggs (whole – but the shells should be ground – this is for extra calcium)



Fruits can be substituted out for fresh vegetables that are pureed or can be used in addition. You can even throw in some chop mix or some type of protein source such as some dry couscous or quinoa – be creative! Often times, I also place

unsalted, human grade almonds on top before I bake. Bake ware is greased with coconut oil and cooked at 350 degrees until thoroughly cooked (will depend on how thick you pour it into the cooking dish) but still moist. Once cooled, the bread is cut into individual portions for the size of your flock and then frozen.



You can serve warm or cold, but many parrots prefer it warm, just do not serve hot, you do not want to burn any of your parrots!