

Amazing Amazon Birdie Bread

By Joanie Doss

For 7 years I made up recipes for birds as editor of The Alaska Bird News. Is it any wonder that some of my birds have a real weight problem?

The following recipe took many years to develop. As I became more aware of food for birds it continued to change.

First I use only Skippy or Jiff Peanut butter as they are tested for aflatoxins and have a very low amount while health store peanut butter runs very high.

I use only natural brand baby foods. A recent study was done on baby foods and alarming amount of carcinogens were found in such brands as Heinz and Gerber. If I do not have organic brands I make my own.

This recipe varies from time to time....but basically it is:

- 4 jars of organic baby food (2 jars of sweet potatoes for Vitamin A)
- 1 18 oz jar of Skippy or Jiff Peanut butter (chunky)
- 1 8 oz package...second nature eggs (Kodiak has a cholesterol problem so I use about 6 extra large egg whites or egg substitute)
- 3 bananas (mashed)
- 2 cup carrots (grated)
- 1 cup cornmeal
- 1 1/2 cup rolled grain varieties
- 1 1/2 cup crushed grain varieties

These last two items can be purchased at health food stores or bulk section of your grocery store

Mix the eggs and peanut butter thoroughly. Add in the baby food and mix. Add the bananas and carrots and mix. Now mix in all the dry ingredients.

There is no baking powder or baking soda so the bread does not rise. You can fill the pan as it is not going to go much higher. Put the mixture in an un-greased baking dish for 45 - 60minutes. Test with a toothpick to be certain the bread is baked through. It is important that the bread bake all the way through. Let cool and then cut into squares. Freeze in bags until needed. It should be removed for the cage after 4 hours.

I do not add salt, sugar, baking soda, or baking powder as there is no need to use them and they add nothing to the bird's diet. There is enough oil and salt in the peanut butter so there is no need to add it for flavoring or grease the pan. You can add wheat germ mixed with the grains if you want. You will notice also that this recipe does not have any flour. The crushed grains and rolled grains plus the cornmeal soak up the moisture.

I generally bake at 350 degrees between 1/2 hour to an hour depending on what I have added or subtracted to the recipe. Sometimes I will throw in a couple of apples in addition to everything else so that makes it more moist and requires longer baking. You can generally hide a veggie or two that they wouldn't normally eat in this bread as well.

Hope your birds like it as much as The Amazing Amazons do.