

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 United Kingdom 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. It can be made moister with apple sauce or other pureed fruit, such as pumpkin, or with shredded carrots or other veggies. 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. I'll also add ½ cup hemp seed and ¼ cup flax seed.

Ingredients:

Wet (mix in food processor/blender)

3 eggs (blend shell and all)

1 cup sweet potato or carrots (or canned pumpkin or applesauce)

Dry (mix well together)

1 cup flour (unbleached white or wheat)

1 cup self-rising corn meal (contains some salt, flour, and baking powder)

1 cup hulled millet (or other nuts or seeds)

1 cup pellets (Hagen, Zupreem, Roudybush, etc.)

1 teaspoon cayenne pepper or 1 Tablespoon dried red peppers

1 teaspoon each: cinnamon powder, ginger powder, and garlic powder (NOT garlic salt)

2 cups Pro-Grow [optional]

Wet (add to dry ingredients)

1 quart+ orange juice (or other fruit juice without sugar added)

½ cup corn or canola oil

½ cup raisins (or other small chopped dried fruit, e.g., papaya or banana)

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 an hour (knife inserted comes out clean). Cool & cut. Keep in refrigerator for short-term use, and can be cut in squares and frozen in baggies for extended use.

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