

Recipe for Healthy Birdy Bread



An example of some 'cupcakes' from this recipe

Ingredients:

- 2 Cups crushed pellets
- 1/2 Cup desiccated coconut
- 2 Passion fruits
- 1 Banana
- 1/2 Cup soy milk (or any other dairy free milk)

Method:

1. Combine Pellet dust and coconut in a mixing bowl. (you can purchase finch and budgie crumble but more ideally, crush normal pellets with mortar and pestle).
2. Mash banana in a separate bowl.
3. Add the seeds/fruit from 2 fresh passion fruits as well as the milk to the banana mash.
4. Combine wet and dry ingredients until thoroughly mixed.
5. This mix can be put in cupcake tray, slice tray or bread tin, lined with baking paper or cupcake cups.
6. Bake for 50-60 minutes at 150C.
7. Cool and serve!

Birdy Bread is great fed fresh or it can be frozen for future use. This is a great treat for pellet eating birds but I think that seed-eaters would find this delicious too. There's no need to add sugar or other flavours as the passionfruit, banana and coconut makes this smell and taste amazing.

YouTube Channel www.youtube.com/AnimalEnrichmentAustralia

Website www.animalenrichmentaustralia.com

