

Celano Soft Food Recipe

Photos and article – Anthony J. Celano

I haven't used egg in three or four years. Eggs are good; birds love eggs. But, using this recipe, I do not have to boil eggs, or worry about the food going bad while I am at work all day and unable to change out the leftovers.

For me, the number one ingredient is broccoli. I may change brand of dry egg food used and adapt the amounts occasionally, but broccoli is the one thing that is necessary.

- I start with 1 pound of dry egg food.
- Add ½ scoop of Grog New.
- Then I drizzle over 2-3 tablespoons of olive all. Mix well.
- Chop one crown of broccoli.
- Add defrosted mixed vegetables at ¾ the amount of broccoli. Add to dry mix.
- Add 1 scoop of protein powder. Any all-plant based organic unflavored protein powder is fine.

If using cauliflower, serve just enough they eat all of it. I will feed it on weekends occasionally. If I am feeding sprouts, I will also feed these on the weekend when I am going to be in and out of the bird room to make sure leftover sprouts are removed soon.



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