



Susan's Canaries Green Bird Bread

I bake in 8 x 8 pan, and cut each pan into quarters. Extra may be frozen and ground as needed. (instructions following recipe).

The birds tend to play with pieces of bread, but they eat it perfectly when ground.

Left is my serving method.

The egg is served cut in quarters or eighths, shell and all.

The nyjer/sunflower mix is a wild bird seed mix. I also recommend a high quality bee pollen, such as Y.S. Eco Bee Farms.

I serve my food stuffs separately, including extra seeds such as hemp, Herb Salad, Roudybush pellets, and greens, etc.

There are many greens from your garden that are enjoyed by the birds. I feed kale, chard, purslane and squash blossoms.

Be creative.

This is my nestling food recipe, but baby birds may also be raised successfully on dry oatmeal and hard boiled eggs, as well as a purchased nestling food mix.

susanscanaries.com



SUSANSCANARIES.COM Green Bird Bread

Dry ingredients:

1 cup white or whole wheat flour
1/2 cup corn meal
1/2 cup soy flour - A
1 heaping tablespoon baking powder
1 tablespoon ground hemp (protein + fiber) - W
1 tablespoon powdered spirulina - A
2 tablespoons raw wheat germ - A
2 tablespoons poppy seeds or coarse corn meal *
2 tablespoons ground flax seed - W
2 tablespoons fine chopped sunflower chips - W

Sources:

A - Health Food Store
or Amazon

W - Walmart

* I only use poppy seed when I can find them in bulk. Spice Rack poppy seeds are too expensive.

Herman Brothers

(810) 420-5055

Swanson Vitamins

Wet ingredients:

Put in blender and blend.

4 whole eggs with shells
1 cup plain soy milk
1/2 cup canola oil

Mix wet with dry. Pour/glop the batter into a 8 x 8 pan lined with parchment paper. Bake at 335 degrees for approximately 35 minutes. Check in 15 minutes. You want it baked through with NO GLOPPY CENTERS. Use toothpick to check center. Return to oven if needed.

Cool. Cut each recipe into 4 blocks. Freeze the blocks in plastic bags. Thaw and grind in the blender, one block at a time, to make crumbs as needed. Cover crumbs and store in the refrigerator. Crumbs stay fresh for one week.

This is a good way to get eggs into the birds without worrying about spoilage. It is pretty economical, with no preservatives either. You can add almost anything you want and substitute some of the ingredients.

It is hard to mess this up. They have eaten it when I forgot the oil, or the baking powder. It smells so good, you are going to be tempted to eat it. Usually the first mouthful of eggshell is enough to cure that. Of course, you could leave out the eggshells and then it would taste great.