

Soft Food Mix and Birdie Bread Recipes



BIRDIE BREAD

2 teaspoons baking powder
 2 cups cornmeal or corn flour
 1 cup quick oatmeal
 1 cup whole wheat flour
 1 cup grated yam, sweet potato or carrot (optional)
 ½ -1 TB iodized salt (I leave the salt out.)
 1 TB sugar (I also leave the sugar out.)
 1-3 TB canola oil or red palm kernel oil
 4+ eggs (up to 12)
 ½ -1 ½ cups applesauce (or as needed, depending upon number of eggs) Can substitute pumpkin puree.
 I sometimes add spirulina powder, alfalfa leaves, etc.

Mix together and proceed as for normal quick bread. Use 9x9 or large bread pan. Bake at 325 degrees for 30-40 minutes. Be sure the center of the bread is firm and baked through. When cooled, slice thinly. Freeze in small portions. Break into small pieces and feed as is OR grind up and add: 1 tsp vitamin powder, 1 cup canary song food, and any other supplements. Feed 1 teaspoon per bird 1-2x per week. May be fed more often to feeding parents, weaned youngsters, and during molting.

SOFT FOOD MIX (edited 2021)

1/2 cup quick oats, ground
 1/2 cup rolled wheat flakes, ground (better texture than whole wheat flour)
 1/2 cup corn flour or fine cornmeal
 2 tablespoons flax seed meal (or flax seeds, ground)
 2 tablespoons dried dandelion leaves, cut and sifted, ground
 1 tablespoon anise seed, ground
 1/2 teaspoon kelp powder
 1/2 teaspoon spirulina powder
 1 scoop soy protein powder
 4 tablespoon poppy seed (not ground)
 1/2 tablespoon sesame seed (not ground)

Many ingredients are measured, then 'ground' in a small electric blade coffee grinder. Store unused mix in freezer.

Dosage: 2-3 tablespoons per hard boiled egg
 1-2 tablespoons per cup of grated carrot, green peas, soak or chitted seed, cooked couscous or combination
 (Add dry mix to veggies in small amounts until desired texture. Too much mix will make the mix extremely sticky.)



Grind bread and dry the crumbs if you want to use with hard boiled eggs.

