

# Recipes

## Bird Bread

### **BIRD BREAD POWDER**

Ingredients  
2 Cups finely ground pellets  
1/2 cup rice bran  
1/2 Cup wheat germ oil  
1/2 Cup vegetable oil  
1/2 Cup flax  
2 Heaping tablespoons of canned pumpkin  
1 Heaping tablespoon of apple sauce  
1 Cup of mixed vegetables  
1 Cup of cooked or canned pinto beans  
1 Cup whole protein rice  
2 Cups corn meal  
4 Tablespoon baking powder  
1 Teaspoon Spirulina (concentrated carotene)

### **Method**

Mix the first five ingredients in a food processor until you have a fine blend. Add the next two ingredients and continue to process. Pour entire mixture into a large bowl and add the vegetables, beans, rice, corn meal and baking powder, Spirulina and stir. The mix should be the consistency of combined. If it's too dry, add the liquid from the pinto beans. If there isn't enough liquid add water. When you have the desired consistency pour into a 1.5x8 inch baking pan.

Bake the bread at 325 degrees for about 40 minutes or until done. To test your bread insert a toothpick in the middle of the pan. If it comes out clean the bread is ready. Make several pans at once so you can freeze the loaves and use them as needed. Sprinkle vitamins on the bread and crumble it before serving. Good vitamins to sprinkle are: Wheat Grass powder!

posted by Kaz

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Author: Kaz

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