

Recipes

Budgie Brownies

Recipe Ingredients

1 cup cornmeal
1 cup finely ground cuttlebone
1 cup whole milk
2 tbsp. liquid honey
1/4 cup whole wheat flour
2 eggs, raw
2 tbsp. raw wheat germ
4 egg yolks (for larger birds add 1/2 cup peanuts)

Preheat oven to 350 degrees F. Place all ingredients into a bowl and mix well. Pat into a greased and floured baking dish.

Bake for 30 minutes or until firm (if edges start to get too brown, cover with foil).

Cool and cut into small squares.

posted by Kaz

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