

Recipes

Budgie Brownies

BUDGIE BROWNIES

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. Put 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.

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