

Recipes

Budgie Brownies

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1 cup commercial
1 cup ground cuttlebone
1 cup hulled millet
1/4 cup whole wheat flour
1/4 cup raw sugar
2 tbsp. raw wheat germ
(optional: 1/2 cup whole wheat flour 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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