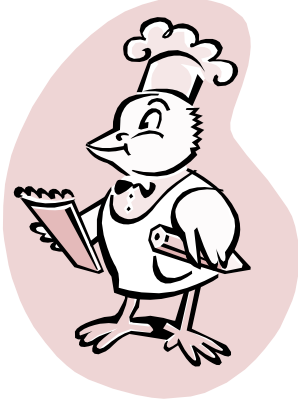


BIRDIE BREAD

By Jennifer Dougherty



Preheat oven to 400 degrees.

INGREDIENTS:

- 1 package 8.5 oz "JIFFY" corn muffin mix
- 1 egg
- 1/3 cup water
- 2 Tb Spirulina
- 2 cups frozen mixed veggies
- 1 cup Pretty Bird Pellets (small size)
- 1 jar banana baby food
- 1 jar yam baby food
- 3 Tb Avian Plus (or any vitamin/mineral supplement)

Muffin pan, any size
Paper baking cups (that fit muffin pan)

BLEND ingredients. Batter will be slightly lumpy.

FILL muffin cups 1/2 full.

BAKE 15 to 20 minutes

Yields 9 to 11 muffins depending on size

