



VEGGIE & FRUIT SALAD **Raw Food Is Super Healthy!**

VEGETABLES: Yellow squash, broccolini, broccoli, cauliflower, cucumber, peppers (red, yellow, orange, banana), hot peppers are especially healthy, bok choy, carrot, radish, cabbage, celery, yellow beets, greens, and Brussels sprouts.

FRUITS: Firm and less ripe preferred by birds and hold up best. Peach, plum, nectarine, mango, papaya, pineapple, cantaloupe, apple, orange, blueberries, pomegranate seeds, kiwi, and pear.

OTHER: Sprouts (green peas and mung are easy ones to sprout at home), shredded coconut, and safe flowers.

Top with a few favorites if helpful to encourage eating - like sunflower seeds, banana, grapes, or corn. Make 2-4 days worth, but store in a separate container for each day to maintain freshness.



Pumpkin Bread

Make every ingredient a healthy one!!

- 1 egg
- 15 oz can of organic pumpkin pie mix
- 1/2 cup applesauce or 1 snack cup applesauce (healthy sub for oil)
- Some walnut pieces for Omega 3's
- 2 cups flour. Our favorites are oat or garbanzo bean.

Preheat oven to 350 degrees.

Stir everything together to make a thick batter. Bake 45 minutes or until a toothpick comes out clean.

To freeze, cut into segments. Keep 3-4 days worth in the refrigerator.





The Landing Mash Nourish to Flourish!

Bring a large pot of water to a boil. Add Kamut, some turmeric and cinnamon sticks. Reduce to medium and cook for 10 minutes. Add quinoa, cook 10 more minutes. Add sweet potato in the size that works for your bird and cook 10 more minutes or until quinoa is done. Total cooking time is about 30 minutes. Birds enjoy slightly undercooked Kamut. Drain, using a small mesh strainer to protect the quinoa.

Once cooled and completely drained, put in a large bowl. Add desired remaining ingredients (e.g. frozen vegetables, pepitas, garbanzo beans). Gently mix well. You can add some rolled oats if it is too wet. Divide into storage containers, and freeze in 2-3 day portion sizes. Then as you use one container, take another out of the freezer to defrost.

This recipe is versatile and based on ingredients that freeze well. Add or subtract other things that your bird may enjoy (e.g. coconut, other grains like brown rice, walnuts...). If your bird is reluctant to eat a mash, find the ingredient that is their favorite, and put extra amounts to pique their initial interest. After they are eating it regularly, you can change the proportions to ensure that they are eating the variety intended; or sprinkle favorite treats on top to get them started. Other healthy condiments to sprinkle on top at feeding time might include chia, hemp, flax seed or oil, a few special sunflower seeds, DMG, probiotics, etc. Be creative!

- **2 cups Kamut**
- **1 cup quinoa**
- **Cubed sweet potatoes and/or winter squash**
- **Frozen veggies**
- **Can of garbanzo beans, drained and rinsed**
- **Pepitas (omega 3s!)**
- **Turmeric, Ceylon cinnamon sticks or powder**