

Recipe:

ITALIAN STUFFED PEPPERS

mmm!



Ingredients

- 8-12 organic sweet mini peppers, sized to suit your birds
- One half cup **Harrison's High Potency Mash**
- One teaspoon organic Italian seasoning
- Two tablespoons organic olive oil
- Two tablespoons V8 or tomato juice

Directions

- Cut the tops off the peppers and scrape out membrane and seeds, but don't worry if you don't get them all.
- Mix Mash and Italian seasoning in a small bowl.
- Add the olive oil and juice, mix well until all is moistened and sticks together.
- Scoop up Mash mix with a table knife and pack it into the peppers, trying to fill each pepper completely
- Bake peppers on a rack over a baking sheet, 350 degrees for 20-25 minutes.
- Cool and serve. Can be cut into rings for smaller birds.



These recipes are provided for the purpose of enrichment and creativity and are intended to be used solely as treats. They should constitute no more than 20% of your bird's total daily intake. Please be advised that improper use may result in nutritional deficiencies or malnutrition.