

Recipe:

MMMMM!! MANGO WAFFLES

While mangos are high in sugar they also are high in betacarotene, so while these are a sweet treat, they are still nutritious



Ingredients

- Three-quarters cup High Potency Mash
- One container organic mango baby food
- One half cup organic coconut milk

Directions

- Start your waffle iron.
- Mix the Mash, baby food, and coconut milk until well blended.
- Spoon into waffle iron. When there is no more steam coming out from the iron, waffles should be done, though you may want to flip them over and bake another minute. Makes 3 to 4 3" mini waffles.

NOTE: coconut milk tends to separate with the fat hardening if the room temperature is below 76 degrees: it is easier to mix well if you toss the unopened can into a bowl of hot water for 5-10 minutes.

You can freeze left over coconut milk: mix well first to distribute the fat, then freeze in an ice cube tray. To use in the future, remember that each cube is about one tablespoon of milk, and four tablespoons/cubes equal a half cup.



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.

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