

# Recipe:

## PARROT CRACKERS

*Polly gets a healthy cracker!*



### Ingredients

- One half cup Harrison's Organic High Potency Mash
- One teaspoon psyllium
- Two tablespoons oil (see options below)
- Two tablespoons water

### Directions

- Mix Mash and psyllium, and any dry ingredients used in recipes below. Add oil, and mix well again. Add two tablespoons of water and mix once more, then let stand for 5-10 minutes.
- Scoop up the dough and form into a ball, then pat or roll out on the parchment paper until it's about 3/16th of an inch thick, but don't worry too much about being precise, 3/16 to 1/4" works.. If you have a rolling pin, or a wine bottle, it's a bit neater to put a second sheet of parchment paper over the dough and roll it out that way, but hands work just fine.
- Score the dough, pressing a knife into it, but not all the way through. This will make it easier to crack into even shapes later. One inch squares work well, if you have smaller birds you can break the finished crackers in half after they cool.
- Bake at 300 for 50-60 minutes: Keep an eye on them towards the end of your baking time. Keep in mind nothing in these recipes needs to be "cooked," so don't worry about your crackers being "underdone."
- Allow crackers to cool, then break into pieces and store in an air tight container for freshness.



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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