

Recipe:

PARROT PIZZA

Well not quite "Pizza," but it does offer your bird an Italian flavored treat to distract him while you enjoy the real thing!

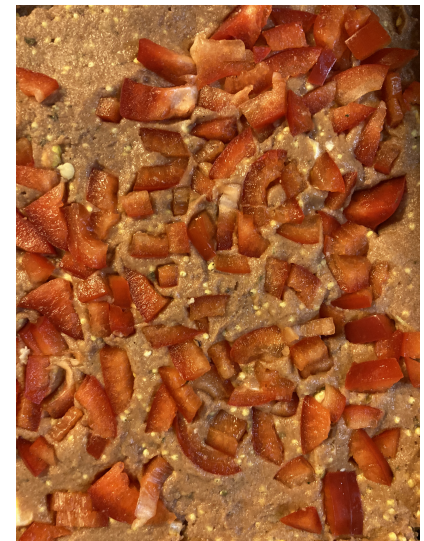


Ingredients

- 1 bag Harrison's Omega Bird Bread mix
- 2 scant cups/one 15 oz can organic tomato sauce (with added Italian seasonings is fine)
- 2 teaspoons organic Italian seasoning.
- 1/2 half cup finely chopped red and green peppers

Directions

- Preheat oven to 350 and grease a 9" x 13" quarter sheet baking pan
This can be mixed with a stand or hand mixer, or by hand, though it does make a stiff batter.
- Combine bread mix, tomato sauce, and Italian season and spread evenly in a well greased 9" x 13" quarter sheet pan.
- Spread chopped peppers on top.
- Bake for 40 minutes at 350.



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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