

# Recipe:

## TROPICAL TREAT MUFFINS



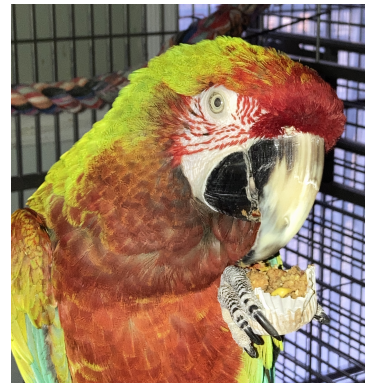
### Ingredients

*These are a sweet treat but still nutritious. Some very finely chopped fresh or dried organic cranberries would be a nice addition, but again, watch the sugar wif you use dried, only use half as much*

- One bag **Harrisons's Original Bird Bread Mix**
- 2 very ripe bananas
- 2 pouches organic baby food, tropical flavors or blends such as Mango-Banana-Sweet Potato
- Optional: one half cup finely chopped organic fresh cranberries, or one quarter cup finely chopped dried organic cranberries.

### Directions

- Preheat oven to 350
- Grease three 12-muffin mini muffin tins, or fill with paper mini cupcake liners
- Beat the bananas well, until they are smooth, then add the two pouches of organic baby foods.
- Add the bread mix, and cranberries if you are using those. You should have a fairly wet batter.
- Spoon into prepared mini muffin cups: batter will likely hold its shape.  
You should be able to fill 36 cups.
- Bake at 350 for 24 minutes. If you have greased the muffin tins, it helps to run a knife around the edge of each muffin before turning them out.
- Makes 36 "macaw sized" muffins, which you can cut into halves or quarters for smaller parrots.



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.