

# Recipe:

## BANANA BLUEBERRY BURST COOKIES

### Ingredients

- One bag **Harrison's Omega Bread Mix**
- 3 large, over ripe organic bananas, mashed
- 1/3 cup organic coconut milk
- One teaspoon organic ceylon cinnamon
- One half cup fresh organic blueberries

*Fun cookies for bigger birds! For smaller parrots, you might want to just roughly chop a half cup or so of fresh organic blueberries and not get fancy with the single blueberry topping!*



### Directions

- Grease a cookie sheet, or cut parchment paper to fit.
- Mash the bananas then beat, add coconut milk and cinnamon, and mix well.
- Add the bread mix and continue mixing, the mix should be fairly dry, but holding together.
- Roll into small large marble sized balls, place on parchment covered cookie sheet, and pat down to roughly 1/4" thick. You can put these close together, they will not spread. Push a blueberry into the center of each "cookie."
- Bake at 350 for 22 minutes. If the blueberries haven't popped on their own, give each one a little nudge to pop it so the juices do flow, and help keep the berry attached as the cookies cool.
- Makes roughly 48 1-1/2" cookies.
- NOTE: *try not to cry if your ungrateful bird removes and tosses the berry*



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. Ceylon (True) cinnamon is safe to feed to birds but Cassia cinnamon (the type commonly found in grocery stores) is not. Ceylon cinnamon can be offered in powder form or as sticks for chewing. Cassia cinnamon contains high levels of coumarin, a blood thinner that can be toxic and cause liver damage or failure in birds.