

# Recipe: SWEET POTATO COOKIES!



## Ingredients

- One bag **Harrison's Omega Bread mix**
- One cup organic sweet potato, baked, peeled, and mashed
- One egg
- One-third cup organic carrot juice
- One tablespoon Grandma's Molasses
- One tablespoon organic ginger
- One teaspoon organic ceylon cinnamon
- One half teaspoon organic cloves
- Optional: about a tablespoon of freshly grated ginger, good for birds who like "hot" foods like Pepper Lifetime
- Optional: dried cranberries, pumpkin seeds, pine nuts or other nuts for topping

## Directions

- Mix everything but the optional toppings. (This makes a very stiff batter so a stand mixer is best.) Dollop heaping teaspoons of batter. onto the cookie sheet. Leave as is or top with a dried cranberry, pumpkin seeds, bits of walnut, pushing these down into the dough. so they stick. You can make fancy little flowers if you want, but the parrots are fine with simpler toppings.
- Bake at 350 for 15-16 minutes.
- This makes 60-70 roughly 1-inch "cookies."



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.