

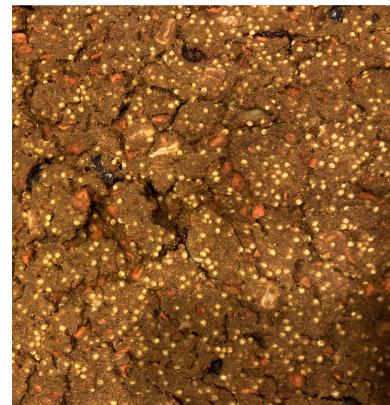
# Recipe:

## PARROT CARROT CAKE

### Ingredients

- One bag Harrison's Original Bread Mix
- Two 4-ounce containers organic carrot baby food
- One cup very finely chopped organic carrots
- One cup fresh organic carrot juice
- One teaspoon each organic ginger and organic ceylon cinnamon, or 2 teaspoons pumpkin pie spice
- Optional: cup roughly chopped fresh organic cranberries, or a half cup dried organic cranberries. See Notes below.

It's not just fun to call it "Parrot Carrot" bread, it's also healthy and loaded with betacarotene!



### Directions

- This can easily be mixed by hand, but a stand or hand mixer makes it that much easier! You will want a food processor for the carrots, they need to be very finely chopped.
- Just toss all the ingredients in a bowl and mix until well blended. Sometimes it's that simple! This creates a fairly thick batter.
- Spread in a prepared pan and bake at 350 for 45 minutes
- This is a moist bread, so it is best to keep it in the refrigerator or wrap well in foil and freeze.  
NOTE: Fresh cranberries are healthier than the more traditional raisins, but dried cranberries increase the sugar levels, so if you do opt for them, reduce the amount as shown.  
NOTE: you can freeze extra organic carrot juice in ice cube trays, then pop out and keep frozen in plastic freezer bags or containers. Two cubes, thaw, will be a quarter cup.

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.