

## **Cornmeal Fantasy**

If you can boil water and stir, you can make your birds very happy! This recipe is similar to a flan or soft pudding. You need only fine ground corn flour, available in most supermarkets.

Stir fine ground corn flour into boiling water until it starts to thicken, and continue stirring for another minute or two. At this point, you have a soft pudding. If you want to embellish the recipe, you can now add pumpkin puree, apple sauce, or baby food fruits or veggies. I think you may be surprised just how much your birds like this simple food. You'll have no problem finding a feathered friend to "lick the spoon"! My birds just call it YUM! It can be refrigerated for several days or frozen in squares for later use.