

Bird Bread For Eclectus

This recipe makes a "heavy" bread, not as light as you would prepare for yourself, but the birds love it! Notice that it contains very little baking powder (some baking powders contain aluminum), no added sugar or other sweeteners, and no added salt. In a large bowl combine the following ingredients:

- 2 cups yellow corn meal
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- 1 cup whole wheat flour
- 1 cup currants or raisins
- 1 cup nuts (pine, almond, walnut, pecan)
- 1 cup shelled sunflower seeds
- 1 twenty-nine ounce can of solid pack pumpkin
- 1 thirty-two ounce bottle of papaya nectar
- 1/2 cup of sunflower or safflower oil
- 1 teaspoon ground cinnamon
- 1 tablespoon baking powder

Add enough water or juice to make a pourable batter. Use two large well-greased baking pans. Bake at 425 degrees for 30 minutes or until done. Cool and slice. Can be frozen.