

## **Soft Food Mix For Eclectus**

This nutritious mixture of foods is relished by all Eclectus, from babies to adults, including breeders who feed it to their babies in the nest; however, other parrots have tried and enjoyed this recipe. The mixture is very similar to the popular prepared ones but is much less expensive and can be tailored to the individual taste preferences of your birds.

Soak overnight half a large stockpot of dry shelled whole corn or popcorn. Bring to a boil and cook over low heat the next morning for several hours, or until the corn is plumped and soft in the middle. Water will need to be added several times as it is absorbed by the corn, which more than doubles in volume.

Also, soak overnight your choice of dried beans. Eclectus seem to favor garbanzo beans (chick peas) and you can also use kidney, cranberry, pinto, lima, northern, chili, black beans or others. Cook the next morning for an hour or less or until "al dente".

Cook one or two boxes of Uncle Ben's Original Brown Rice or a large bag of brown rice for approximately thirty minutes. Optional foods to be cooked with the brown rice are raisins, currants, shelled sunflower seeds, shelled pumpkin seeds, wheat berries, barley, whole oats, pasta, nuts, and cinnamon, cloves or ginger for added flavor. For Eclectus, I usually include chopped sweet potato for the Vitamin A content.

Combine all ingredients in a large container or clean sink. Mix and allow to cool. Seal in plastic bags in daily portions, press flat for faster thawing, and freeze. To serve, thaw and bring to a boil. Allow to cool before feeding. For faster cooling, add frozen garden peas or individually frozen fruits, such as cranberries, which act as mini-ice cubes. The heat from the mix will thaw the peas or fruits. Do not leave this mixture in the feeding dishes long enough to spoil.