

Sweet Potato Balls

- 1 large sweet potato, baked until soft
- 1/2 cup raisins
- 1 small banana
- 1 cup frozen mixed vegetables thawed
- 1/2 cup coconut
- 1 cup diced or shredded apple
- 1/2 cup corn flakes
- 1/2 cup oatmeal

In food processor, puree sweet potato, banana and mixed vegetables. When smooth, stir in the rest of the ingredients. Roll into small balls, then roll the balls in seed, crushed pellets and/or chopped nuts. Remember to take the size of your bird into account. For multiple birds, make all different sizes! Place on cookie sheet in the freezer. When frozen, remove to small zip-loc bags. They will keep about 6 months in the freezer.

Defrost to serve.