

Yam What I Yam

Yams are an excellent source of vitamin A. The corn is a good addition because most birds will eat corn, and the yam mixture sticks to it, so they get to learn how to like yams if they're wary of new foods. The yogurt gives them not only calcium, but acidophilus and bifidus, both excellent fighters of yeast infections! This is a great recipe for birds that are feeding their young. It's easy to digest and regurgitate for babies.

- 2 Medium/Large Yams
- 1/4 c Raisins (unsulphured)
- 1 tsp. Butter (optional-but does have things a bird needs!)
- 1/2 tsp. Pumpkin spice
- 1/2 c Corn
- 1/4 c Nonfat Yogurt (preferably organic)

Cut yams into quarters then boil until soft. Drop in raisins for the last 5 minutes of boiling. Cool. Peel off skins. Put peeled yams back in pot and mash, adding butter and pumpkin spice. Add back raisins and corn and mix into the yams. Serve in glass bowls for maximum visual stimulation. Put a dollop of nonfat yogurt on top of each serving.

Warning: Do not leave this food in the cage for more than 2-3 hours, especially on a hot day.