

Microwaveable Birdie Bread Mix

By: Laura Marquis

Mix in a large bowl

2 cups Roudy Bush Crumble

2 cups stone ground corn meal

1 cup dry milk

2 cups Egg Food Supplement for birds (I use Quiko Classic Egg Food or Petamine)

2 cups Old Fashion Oat Meal

1 Tbs. Cinnamon (or anise)

1 hand full raisins (2 small boxes)

1 hand full dried cranberries

1 hand full dried banana chips (any non sulfur dried fruit will do)

1 Tbs Spirulina (optional)

In a medium bowl mix 2 cups mix with $\frac{1}{4}$ cup applesauce and 1 egg. Mix thoroughly. Spray an 8 x 8 glass baking dish with non stick canola or olive oil spray. Transfer mix into baking dish and microwave for 10 minutes at 70% power. Turn dish and microwave 3 minutes at high power. Remove dish and cool up side down on cooling rack. When cool cut and serve.

Spiced Chickpeas

By: Carolyn Swicegood

1 package Garbanzo Beans (comes in a 1 lb packaged found in the canned vegetable isle or beans section)

$\frac{1}{2}$ cup Grated Parmesan Cheese

$\frac{1}{2}$ tsp. Cayenne Pepper or 1 tsp. Chili Powder mix

Soak Beans over night or follow package directions for quick soak method. Place well drained beans in plastic bag, measure ingredients into bag, seal bag and shake until beans are covered. Poor beans onto a baking sheet making sure they are in a single layer. Bake at 350 deg. F. for 15 minutes, stir beans and bake an additional 10 minutes. Cool completely and serve as a treat. Great for humans too.