

Basic Birdie Bread

Ingredients

- 2 Cups - Whole Wheat Flour
- ½ Cup - Oats
- 4 tps - Baking Powder
- 1 Cup - Mashed Fruit
(Unsweetened Apple Sauce, Mashed Ripe Bananas, Sweet Potato Puree, or Organic Baby Food)
- 2 Cups - Fine Vegetable Chop
(Use your regular chop mix or create a special blend in the food processor with veggies you have on hand)
- 2 Eggs (with shells - washed)
- 2 Tbsp - Coconut Oil (or Red Palm Oil)
- Optional - Chopped Mixed Nuts

Directions

1. Pre-heat oven to 400°
2. Mix all ingredients in large mixing bowl. The mixture will be very thick and a little on the dryer side.
3. Lightly grease a 9 x 13 baking dish with the coconut oil or vegetable spray.
4. Evenly spread mixture into dish. Nuts can be mixed into the batter or sprinkled on top.
5. Back for approximately 30 minutes (or until toothpick comes out clean).
6. Cut the bread into one inch squares and serve.

Make sure bread cools completely before serving.

Bread can be frozen and stored for up to three months.