

# Tip OF THE WEEK



## Replacing Vegetable Oil in the Harrison's Bird Bread Recipe with Nonsynthetic, Vitamin-rich Organic Red Palm Fruit Oil



1. Combine 1 bag **Harrison's Bird Bread** mix, 1 cup water, 2 eggs and 1 TBS **organic red palm fruit oil**. Stir to mix well.



2. Pour into a 9"x 9" baking dish or muffin tins. (Do not bake in nonstick [PTFE-coated] cookware, as the fumes are toxic to birds.)



3. Bake at 350°F for 25-35 min. Feed small amounts as a healthy treat, conversion tool or foraging reward and freeze unused portion.

