

Cranberry and Pine Nut Flowers

Preheat oven to 350 F.

Grease a cookie sheet, or use parchment paper.

- One bag Harrison's Omega Bread mix
- One cup organic sweet potato, baked, peeled, and mashed
- One egg
- One-third cup organic carrot juice
- One tablespoon Grandma's Molasses
- One tablespoon organic ginger
- One teaspoon organic cinnamon
- One half teaspoon organic cloves
- Optional: A tablespoon of freshly grated ginger, good for birds who like "hot" foods like Pepper Lifetime
- Optional: Dried cranberries, pumpkin seeds, pine nuts or other nuts for topping



Mix everything but the optional toppings. (Makes a very stiff batter so a stand mixer is best.)

Dollop heaping teaspoons of batter onto the cookie sheet. (You can place these close together, they do not spread.) Leave as is or top with a dried cranberry, pumpkin seeds, bits of walnut (pushing these down into the dough so they stick).

You can make fancy little flowers if you want, but the parrots are fine with simpler toppings.

Bake at 350 for 15-16 minutes.

This makes 60-70 roughly 1-inch "cookies."

These keep in the fridge for a few days, and also freeze well. The HBD bag has detailed instructions for keeping these fresh.

