

Curried Sweet Potatoes

Your bird will indulge this sweet and healthy treat.

By Bonnie Jay & Anne Eilers of StarBird Parrot Products

(All organic ingredients) Garnet yams cut into strips wedges or squares Purple kale minced (or any leafy green, except chard) Any whole grain Raisins

Soak grain overnight to germinate. Fill heavy pot with enough veggie broth to cover drained grains. Add a dash of curry and cinnamon. Bring to a boil, turn off heat, cover and let sit. Simmer sweet potatoes and raisins in broth until the potatoes are tender. Place sweet potatoes, wheat and raisins into bowl and sprinkle with finely minced kale. Serve warm.