



Sweet Potato Bird Treats



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



80

CALORIES



12 kcal

Ingredients

- ☐ 1 cup apples diced
- ☐ 1 banana
- ☐ 1.5 cups similar cereal
- ☐ 1 cup vegetables mixed frozen thawed
- ☐ 0.5 cup raisins
- ☐ 1 large sweet potatoes and into

Equipment

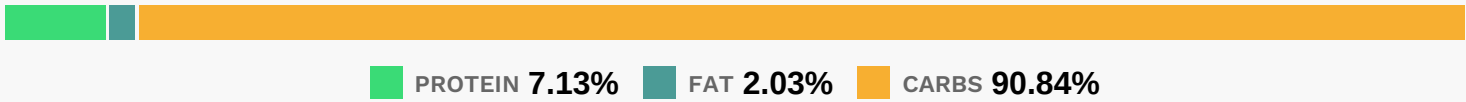
- ☐ baking sheet
- ☐ baking paper

- ☐ knife
- ☐ mixing bowl
- ☐ hand mixer
- ☐ ziploc bags
- ☐ microwave
- ☐ skewers

Directions

- ☐ Pierce the skin of the sweet potato several times with a paring knife or skewer.
- ☐ Place into the microwave, and cook on High power until the potato is tender, 5 to 9 minutes, turning the potato over halfway through cooking. When done, allow to cool until cool enough to handle.
- ☐ Peel the potato and place into a large mixing bowl.
- ☐ Add the vegetables, banana, raisins, apples, and oatmeal.
- ☐ Mix using an electric mixer on high speed until the vegetables have been reduced to tiny pieces and the mixture is thoroughly combined. If the mixture is too dry, add a little water until soft enough to roll into balls.
- ☐ Line a baking sheet with parchment or waxed paper.
- ☐ Roll the mixture into marble-sized balls and place onto baking sheet. Feed Polly a couple now, then place the baking sheet into the freezer, and freeze solid. Once frozen, remove treats from parchment paper and store in a resealable plastic bag. Defrost treats before serving.

Nutrition Facts



Properties

Glycemic Index:3.11, Glycemic Load:1.12, Inflammation Score:-5, Nutrition Score:1.2639130483503%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 11.79kcal (0.59%), Fat: 0.03g (0.04%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.49g (0.91%), Sugar: 0.57g (0.63%), Cholesterol: 0mg (0%), Sodium: 7.52mg (0.33%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 0.22g (0.45%), Vitamin A: 729.64IU (14.59%), Fiber: 0.37g (1.49%), Vitamin B6: 0.03mg (1.41%), Iron: 0.23mg (1.27%), Manganese: 0.02mg (1.22%)