

Tweet-tweet! 🐦 Calling all birdie pals! We've got a scrumptious, colorful, and nutritious treat just for you. This Rainbow Bird Chop is a feathered-friend favorite, packed with fresh veggies, fruits, seeds, and a touch of calming tea. 🌻 Let's get started!

Ingredients:

- 1 tablespoon UnRuffledRx bird sprouting seeds soaked 5 hours 🌱
- 1 tablespoon SereniTea Bird Calming Tea ☕
- 1 teaspoon red palm oil 🌴
- 1 tablespoon bird hemp seeds 🌿
- A handful of bird-safe flowers 🌸
- 1/2 fresh carrot, grated 🥕 (orange)
- 1 tablespoon raw green peas 🌱 (green)
- 1/4 cup sweet potato, grated 🍠 (orange)
- 1/4 cup blueberries 🍷 (blue)
- 1/4 cup strawberries 🍓 (red)
- 1/4 cup broccoli 🥦 (green)
- 1/2 cup cauliflower 🥦 (white)
- 1/2 red pepper 🌶️ (red)
- 1 radish (pink)

Instructions:

- 1. Get Ready to Chop:** 🔪
 - Wash your hands, birdie chef! Cleanliness is a must when making your feathered feast. 🧼
 - Wash all your fruits and veggies thoroughly to get rid of any dirt or chemicals. 🚿
- 2. Prep the Veggies and Fruits:** 🍎🥦🍠
 - Grate the carrots, sweet potatoes, and broccoli into small, rice-sized pieces. Use your beak, or ask a human for help. 😊
 - Mash the blueberries and strawberries a bit. They should be easy to peck at! 🍷🍓
 - Mix everything in a big bowl to create a colorful veggie and fruit medley.
- 3. Add Seeds and Flowers:** 🌱🌸
 - Sprinkle UnRuffledRx soaked bird sprouting seeds, SereniTea bird calming herbs, soaked bird hemp seeds, and bird-safe flowers on top. 🌱🌿
 - Gently toss them together. Now you've got a party of textures and flavors! 🎉
- 4. Mix It All Up:** 🥄
 - Mix in red palm oil! 🌴
- 5. Do A Final Chop into Rice-sized Pieces:** ✂️

6. Freeze Your Bird Chop: 🍦

- Use ice cube trays to freeze your Rainbow Bird Chop into cubes. They're like little birdie popsicles! 🍷
- Wait for them to freeze completely. It might take a few hours. Patience, my feathered friend! ⌚

7. Enjoy! 🦜

- When you're ready for a snack, take a cube out of the freezer and let it thaw a little. Your taste buds are in for a colorful treat! 🌈

Extra Tips:

- Bird safe flowers include Borage Blossoms, Calendula, Chamomile, Clover, Dandelion, Elderflower, Lavender, Lilac, Pansies, Rose Petals, and Sunflower 🌸 🌻
- You can mix up the fruits and veggies with whatever your birdie heart desires. Be creative and have fun! 🎨

Now, tweet-tweet your way to a rainbow of flavors! 🌈 🦜 Your taste buds and colorful feathers will thank you for this delightful Rainbow Bird Chop. Enjoy, birdie buddies! 🐣 💕