



Ingredients

One part beef suet, lard or solid vegetable oil

Two parts bird seed mix

FAT BALLS FOR GARDEN BIRDS

Method

1. Mix one part fat to two parts seed in a saucepan and gently heat, stirring until the fat melts.
2. Use an ice cream scoop, or mould with your hands, into balls. If you want them to hang from a tree thread some string through them.
3. Space apart in a plastic container or on a tray and place in the freezer to set firm.
4. Once the fat balls are solid, put in the garden, on a bird feeder or in a fat-ball feeder.

Just make sure you use a fat that is solid when unrefrigerated to avoid it melting and making a mess.

You can also stuff the mixture into empty small yogurt pots. Make a small hole in the bottom of each pot and thread some string or twine through the hole in the bottom and out through the top of the pot, leaving it long enough to tie the feeder to a branch. Chill until set, then carefully remove the empty pot and hang the feeder from a tree.

Dry pine cones that have opened up also make good feeders. Tie a length of ribbon or twine around the top of pine cones. Roll them in melted fat, then roll in seeds and place in the fridge to set. Hang the pine cones from a tree.