

LET'S HELP WILDLIFE TOGETHER

HOW TO MAKE FAT BALLS FOR BIRDS



YOU WILL NEED

Bowl
Saucepan
Spoon
Old Yogurt pots
String or Twine

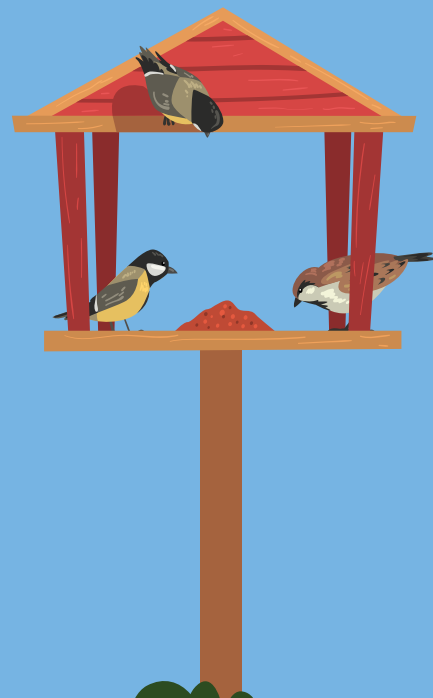
Lard or suet
Unsalted peanuts
Currants
Sultanas

Oats
Breadcrumbs
Cake crumbs
Grated Cheese

🕒 Total time: 12 hours (including overnight refrigeration time)

STEP BY STEP

1. The best ratio for this fat ball recipe is one part fat to two parts dry mixture. Mix all of your dry ingredients together
2. Melt some lard or suet in a pan and add the dry mixture. Stir well until the fat has all absorbed by the dry mixture, and everything sticks together.
3. Make a hole in the bottom of your yogurt pots and thread through the length of twine or string, then pack the pot with your warm fat mixture, to make fat balls.
4. Place your fat balls in the fridge overnight to set, then cut through the pot and peel it away. Tie a big knot at one end of the twine to secure the ball
5. Hang the fat ball in a tree or shrub and wait for the birds to come and feast



TOP TIP!

Keep a store of fat cakes in your freezer, taking just one or two out at a time on cold winter days. Never put them out in summer - in very hot weather the fat may melt and could smear onto birds' feathers, preventing them from being able to fly.