



# FAT BALLS

## Ingredients:

- 1 cup sunflower seeds
- ½ cup niger seeds or pumpkin seeds
- ½ cup dried fruit, such as raisins, soaked overnight
- ½ cup unsalted peanuts
- 1 cup lard
- 1 pine cone
- 1 twine/length of string to attach feeder

## Method:

Clean the pine cone and tie a long piece of twine around the bottom.

Chop the seeds, nuts and fruit finely.

Bring the lard up to room temperature, taking care not to melt entirely.

Gradually mix with the birdseed until it all sticks together.

Push the fat ball mix between the pine cone scales and mould into a ball shape.

Refrigerate your fat balls until the lard has set.

**Why not...** visit your local butcher and see if they have any left over beef suet - this makes an excellent substitute for lard.

**A note on peanuts!** Remove peanuts if making fatballs for warmer conditions (these will melt)... in fact, best to use regular bird feeders in the summer months. Also, do make sure you use unsalted (bird-friendly) nuts and check the pack to make sure they have been tested.

