



## Make a 'Suet' Mug Bird Feeder: Recipe



This simple project provides a nutritious treat for birds and will attract chickadees, nuthatches, woodpeckers and others. The vegetarian suet recipe has been adapted from one posted by the Audubon Society ([www.audubon.org](http://www.audubon.org)). Note: a more traditional recipe could be made using beef tallow instead of shortening; this recipe is not appropriate where nut allergies are a concern.

Recipe makes enough 'suet' for 3-4 mugs. Store remaining 'suet' in freezer (you can also freeze it in ice cube trays for use in suet 'cages' and other types of suet feeders).

### Materials:

- Mug
- Spoon for perch
- Glass mixing bowl
- Measuring cups
- Mixing spoon

### Ingredients:

- 1 1/2 cups shortening (look for palm oil-free options)
- 3/4 cups nut butter (peanut butter or other)
- 3 1/2 cups wild bird seed
- 1 cup quick oats
- 1/2 cup corn meal

### Steps:

1. Measure the shortening and nut butter into bowl and melt in microwave (you could also use an oven or a pan on the stove). Stir until completely combined.
2. Mix the dry ingredients (bird seed, oats, and corn meal) into the melted shortening/nut butter mixture and stir until well blended.
3. Spoon the 'suet' mixture into the mug(s), and insert the spoon on the side opposite the handle (or spoon the mixture into an ice cube tray).
4. Refrigerate for 1-2 hours and then hang outside (place your suet feeder where it won't bang against something hard and break!). Keep remaining suet in freezer.

*Note: Not recommended for outdoor temperatures above 10 degrees Celsius (the 'suet' may go rancid. It may also harm the birds' eggs during nesting season, if birds get the grease on their breast feathers and it rubs off on their eggs).*

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