

LOVE LIFE LIVE ADVENT MAKE ROOM FOR THE MANGER

ACTION SUPPORT: EASY HOMEMADE FAT BALL RECIPE

- Gather some kitchen scraps, such as old grated cheese and porridge oats – most kitchen scraps are fine, but avoid anything too salty. Measure your dry ingredients into two yoghurt pots.
- Melt in a pan one yoghurt pot full of suet or lard (don't use turkey fat, as it won't set properly).
- Mix your dry ingredients into your melted fat, stirring well, so that the mixture sticks together.
- Make a hole in the bottom of your three yoghurt pots, and thread a length of garden string through the hole – use about 40cm string, as you'll need it to hang up your finished fat balls.
- Put your warm mixture into the pots, ensuring that the string is through the middle, like a candle wick.
- Leave the pots in the fridge overnight so they have time to set.
- Cut the pot away carefully (beware of sharp edges), then tie the two ends of your string together so that you have a loop large enough to hang your fat ball on a tree branch.