



SUET RECIPE THAT ALL BIRDS LOVE!

Recipe from Julie Zickefoose – writer, artist, naturalist, NPR commentator
Here’s the first recipe, which became very popular online:

OLD ZICK DOUGH

1 cup peanut butter
1 cup lard
2 cups yellow cornmeal
2 cups quick oats
1 cup flour

Here’s the recipe Julie came up with when she observed that some of her feeder birds had contracted gout (yes, gout!) from eating too much of her original dough. She determined this from seeing several of her feeder birds with swollen feet. In the recipe below, she has added “chick starter” (you can also use “flock raiser”.) Make sure that whichever product you use, **buy the antibiotic free mix**, which is noted on the bag.

NEW ZICK DOUGH: SMALL BATCH

Melt in the microwave and stir together:

1 cup peanut butter
1 cup lard

In a large mixing bowl, combine
2 cups anti-biotic free chick starter (or anti-biotic free flock raiser) *
2 cups quick oats
1 cup yellow cornmeal and
1 cup flour

Add melted lard/peanut butter mixture to the combined dry ingredients and mix well.

* I personally use anti-biotic free flock raiser. I buy it from Murdochs, in Parker. I actually put the flock raiser in my blender and grind it up to the consistency of flour, and it makes it easier to blend in.