



SUET RECIPE THAT ALL BIRDS LOVE!

Recipe from Julie Zickefoose – writer, artist, naturalist, NPR commentator

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.