



Homemade Suet Cakes

Materials Needed

- Large bowl
- Molds or cookie cutters
- Saucepan or microwave
- 1 cup peanut butter (or sunflower seed butter)*
- 2 cups quick cooking oats
- 2 cups bird seed mix
- 1 cup yellow cornmeal
- 1 cup flour (or wheat flour)



Directions

1. Melt peanut butter and lard (or sunflower seed butter/Crisco) over low heat, or in microwave in 20-30 second intervals.
2. In a large bowl, mix quick oats, birdseed mix, yellow cornmeal and flour.
3. Stir melted ingredients into the dry mix. Once cool, press into molds or cookie cutters and refrigerate.

*If you are concerned about using seed butter that may be processed in a facility containing allergens, try the sunflower seed butter recipe. Do not use Crisco or vegetable shortening, as these can be harmful to birds.



Sunflower Seed Butter

Materials Needed

- Oven
- Baking sheet
- Food processor or blender
- 32 ounces (2 1/4 cups) shelled sunflower seeds, raw or roasted

OPTIONAL: If using raw sunflower seeds, add 1-2 tablespoons of vegetable oil.



Directions

1. If roasting the sunflower seeds, preheat oven to 350 degrees (F). Spread raw shelled sunflower seeds on large, rimmed baking sheet. Roast for 5-15 minutes, stirring halfway between the cooking process until golden brown. Let cool before proceeding.
2. Use food processor or blender to pulse the sunflower seeds until they are finely chopped. Then blend on a low speed for 1 minute continuously. Scrape down the sides; the sunflower seed will be dry and gritty.
3. Blend on a low speed again for 1 minute continuously, then stop and scrape down sides. The sunflower seed butter will start to form a clumpy paste. *If using raw sunflower seeds, add 1-2 tablespoons unflavored oil to facilitate the blending.
4. Blend on low speed a third time for 1 minute continuously, then and scrape down sides. The sunflower seed butter will be thick and grainy. Add more oil as needed.
5. Blend on medium speed fourth time for 1-2 minutes longer. Sunflower seed butter should be creamy and smooth. It may be hot to the touch; let cool before transferring to a jar.

Credit: This recipe is from Course Pantry Cuisine American by Meggan Hill.