

Satin balls - UK recipe

So there are good few different satin ball recipes out there, but most are American so I have created this UK version.

Firstly I am not a vet, nutritionist or food expert, so please do your own research about satin balls before trying them out. They can be used as a way to quickly put weight on your dog, to satisfy fussy eater or just as an occasional treat.

I initially made them as my French bulldog puppy was refusing to eat and dropping weight drastically. I now feed them on a smaller basis to both my French bulldogs as a daily feed in the morning. Giving them a high quality kibble at night to ensure a balanced diet (I feed Angell Petco complete salmon)

Obviously be careful with your own dogs nutrition and allergies.

This recipe makes 8kg of satin balls which I split in to 32 bags of 250gramme portion sizes (which I split between my 2 French bulldogs for their morning feed) it costs approx £28 to buy all the ingredients, and it's only the wheatgerm, molasses and oil you will have left overs of. I freeze once made and take out a bag a day.



Ingredients

4.5 kg raw ground beef

600g Cheerios

1kg oatmeal

570g wheatgerm

320ml rapeseed oil

320ml unsulfured

molasses

12 medium raw eggs

First off you are going to need to very big mixing bowls for this. I ended up using 3 and having to make it in batches as this ends up with 8kg of satin balls.

1. Blitz the Cheerios in a blender to crush them up.

1 x box of Cheerios from tesco, 600g box, £2



2. Add other dry ingredients and combine.

1 x 1kg bag of Scottish oatmeal £1.40 tesco

1 x 1kg bag of wheatgerm £2.70 Holland and Barrett



3. In separate bowl combine the wet ingredients

12 x medium eggs £2.50 tesco

1 x 1lt Rapeseed oil £2.99 tesco

1 x Molasses 740g jar £1.99 Holland and Barrett



4. Combine wet and dry, ignore stares from the dogs!



5. Add in meat

6 x Tesco value minced beef 750g £2.50 per packet



6. Make sure you are prepared for huge workout combining the ingredient!



7. Split in to portion sizes, put in sandwich bags and freeze (this made 32 x 250g portion sizes for my lot) I make them in to balls, put in bags then squish them down to freeze/defrost quicker and save space in freezer!!!



Have your dogs undecided attention for the rest of time!



I am including a "nutritional" breakdown. Now as stated earlier I am no food expert, I basically combined all the individual nutrition contents and weights to create this. It may be highly inaccurate, it was more for me just being curious.

SATIN BALLS NUTRITIONAL VALUE	Per 8kg made	Per 100g	
Calories	22569.2	282.1	Kcal

Protein	1105.0	13.8	Grams
Carbohydrate	1507.7	18.8	Grams
Carbohydrate of which sugars	363.1	4.5	Grams
Fat	1269.0	15.9	Grams
Fat of which saturates	523.1	6.5	Grams
Fibre	218.7	2.7	Grams
Sodium	9.4	0.1	Grams