



RABBIT
AWARENESS
WEEK

20th ANNIVERSARY

FEEDING BUNNIES BETTER!

20 RECIPES FOR 20 YEARS



RAW Supporters:



rabbitawarenessactiongroup.com   @rabbitawarenessweek2026

20 Recipes for 20 Years Rabbit Awareness Week

Introduction

This year, Rabbit Awareness Week turns 20, and we couldn't think of a better way to celebrate than with food. Specifically, the kind of varied, fun and nutritious feeding that really helps rabbits thrive.

20 Recipes for 20 Years brings together simple, rabbit-friendly ideas donated by a brilliant mix of charities, welfare organisations, experts and partners who all share the same love for rabbits. Every recipe in this book has been created by people who work with bunnies every day, using their knowledge and experience to support better health, happier behaviour and stronger bonds between rabbits and the people who care for them.

Whether you try one recipe or work your way through them all, we hope this book helps you enjoy feeding time a little more, and feel confident that you're feeding your bunnies better, every day of the year.



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Feeding

Feed recipes in moderation and as part of a balanced, hay-first diet.
Ensure fresh water is always available for your rabbits.

Foraging

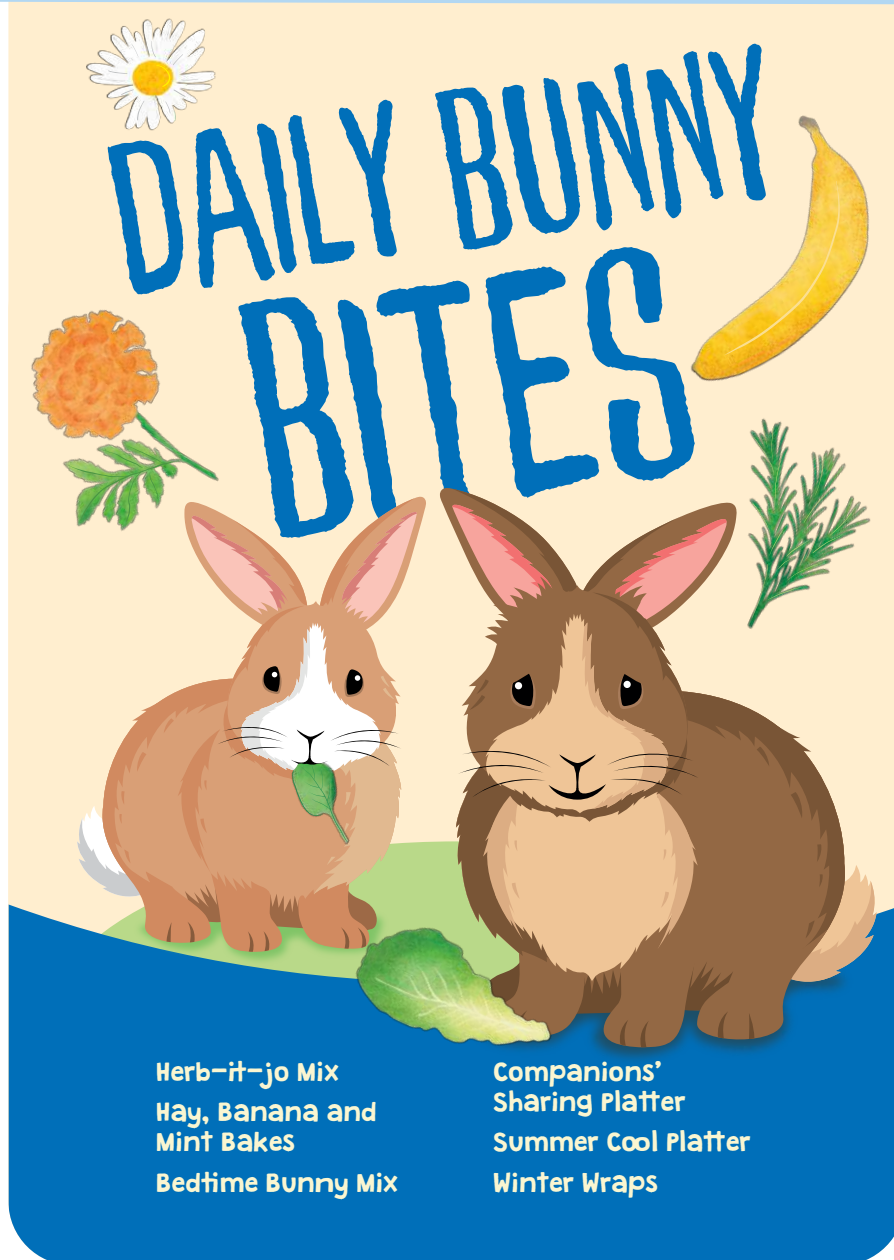
Always forage responsibly and be mindful of what you are picking. Check local foraging guidelines and avoid areas that may have been treated with chemicals or exposed to pollution.

Ensure plants are correctly identified and safe for rabbits before offering. Introduce forage gradually and monitor your rabbits for any changes.

If your rabbit is on any medication, it's best to consult your vet before introducing any forage, as some plants may not be suitable alongside certain medication.

If you aren't sure what you are picking is safe to feed, then don't take the chance.

Perfect for every day feeding



Herb-it-jo Mix
Hay, Banana and
Mint Bakes
Bedtime Bunny Mix

Companions'
Sharing Platter
Summer Cool Platter
Winter Wraps

Herb-it-Jo Mix



Rae Walters, Director at RWAf

What you'll need:

Large handful of fresh, sweet-smelling, dust-free feeding hay

2 leaves of frisée lettuce

Small handful of fresh dill

Small handful of fresh coriander

Small handful of fresh mint

Step 1

Pull apart the hay slightly so it stays loose and encourages natural foraging.

Step 2

Tear the frisée lettuce into bite-sized pieces and gently mix through the hay.

Step 3

Roughly break up the dill, coriander and mint with your hands to release the scent.

Step 4

Scatter the herbs through the mix so they're evenly spread rather than piled together.

Step 5

Serve on a clean feeding area.





Hay, Banana and Mint Bakes

@ronnietheminilop



What you'll need:

80g hay (finer/softer hay works best for blending)

25g fresh mint (or other rabbit-safe herbs)

1 banana

A small amount of water

Blender or food processor

Dehydrator or air fryer with dehydrate setting



A homemade treat using hay, fresh herbs and banana, providing a high-fibre treat that supports natural chewing and should be fed as an occasional treat alongside a balanced diet.

Step 1

Begin by blending the hay until it's broken down into smaller pieces. Using finer/softer hay (such as the pieces found towards the bottom of the box/bag) can make this step easier. This may need to be blended in batches, depending on your blender.

Step 2

Transfer the blended hay to a bowl and set aside. Blend the mint, banana and a splash of water until you have a smooth mixture.

Step 3

Add the banana and herb mixture to the hay, gradually adding a little more water if needed. The mixture should be moist and hold together.

Step 4

Shape your mixture into your desired forms, either rolling into shapes or pressing firmly into cookie cutters or moulds.

Step 5

Place into the dehydrator or air fryer on a dehydrate setting at 60°C and dry for approximately 8-9 hours. Begin checking after 6 hours, then continue to check every hour until the treats are fully dried and firm throughout. Once completely dry, allow the treats to cool before serving.

Step 6

Store in an airtight container. If fully dried correctly, they can last for several weeks. Always check before feeding. Feed in moderation as part of a balanced diet.

Bedtime Bunny Mix Burgess Excel

Ellie Parkes, Bun-Mum and Nutritional Advisor at Burgess Pet Care



What you'll need:

Large handful of fresh, sweet-smelling, dust-free feeding hay

Small handful of fresh dill or coriander

Small handful of fresh mint

Pinch of dried chamomile flowers

1-2 rosehips (fresh or dried, chopped if large)



Step 1

Gently pull apart the hay so it stays loose and airy, creating a base that encourages natural foraging behaviour.

Step 2

Roughly break up the dill or coriander and mint with your hands to release their scent.

Step 3

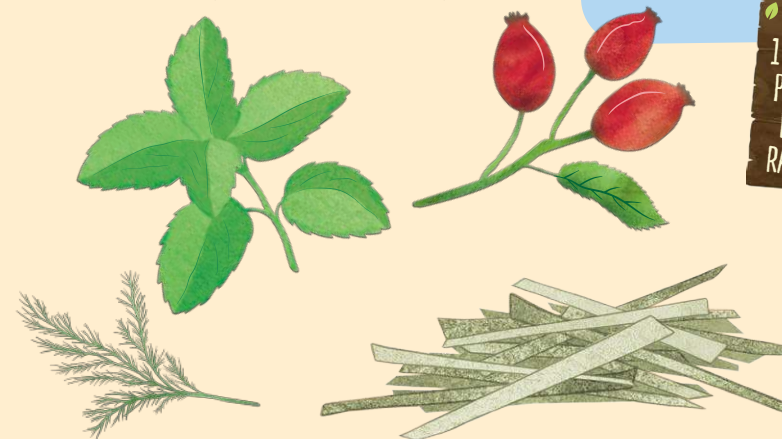
Sprinkle the herbs through the hay, mixing lightly so they are evenly distributed.

Step 4

Add the chamomile flowers and chopped rosehips, scattering them across the mix rather than placing them in one spot.

Step 5

Serve as a small twilight mix in a clean feeding area.



Companions' Sharing Platter

Miriam Dowding, Operations Manager at Raystede

What you'll need:

Two generous handfuls of fresh, sweet-smelling, dust-free feeding hay (one per rabbit)

Small handful of leafy greens (e.g. romaine or butterhead lettuce), divided into two portions

Small handful of fresh herbs (such as coriander, parsley, or mint), split evenly

A few safe edible flowers such as marigolds, chamomile or dandelions

A thoughtful feeding idea designed for bonded rabbits. This paired platter uses mirrored portions to reduce competition and encourage calm, side-by-side eating - reinforcing the importance of companionship in rabbit care.

Step 1

Prepare a long platter or place two trays side by side to create clearly defined, equal feeding spaces.

Step 2

Place one handful of hay on each side, keeping the portions separate but close together.

Step 3

Tear the leafy greens into bite-sized pieces and divide them evenly across both sections.

Step 4

Break up the herbs gently to release their scent, then sprinkle equal amounts onto each side.

Step 5

Add a few edible flowers to each portion for enrichment, keeping the layout mirrored.

Step 6

Serve the platter in a calm area, allowing both rabbits to eat together comfortably while still having their own space.

MAKES 1 SHARED PORTION FOR 2 RABBITS



Summer Cool Platter

Annabel Coleman, Senior Brand Manager at Burgess Excel

What you'll need:

Two handfuls of fresh feeding hay

Small handful of water-rich leafy greens such as romaine lettuce, lamb's lettuce, cucumber leaf, spring greens and butterhead lettuce

Small selection of rabbit-safe vegetables such as cucumber, courgette, bell pepper, fennel and celery leaves

One piece of fruit such as a strawberry, a blueberry or a raspberry

A hydrating, warm-weather platter designed for two rabbits to share, built around water-rich leafy greens, fresh herbs, and small amounts of safe fruit and vegetables. This refreshing mix helps keep summer feeding interesting while adding natural moisture and sensory variety.

Step 1

Choose a flat plate or shallow dish and lightly chill it beforehand if possible, then scatter a thin base of hay to keep the ingredients slightly lifted and airy.

Step 2

Arrange the water-rich leafy greens across the plate, mixing textures and shades of green to create a fresh, cooling base layer.

Step 3

Add the vegetable pieces and fruit spacing them evenly for exploration.

Step 4

Serve lightly chilled in a shaded area alongside fresh water.

MAKES 1 SHARED PORTION FOR 2 RABBITS



Chris Lines, Training and Development Facilitator at Blue Cross

What you'll need:

Large green leafy vegetable such as sweetheart cabbage or spring greens

Long strands of hay or long stalks from leafy greens

Fresh or dried grass

Pinch of herbs such as mint, thyme, dill, coriander, parsley

Daily portion of rabbit nuggets

MAKE ONE OR TWO PER RABBIT

These wraps are perfect for providing some extra fun and stimulation at feeding time. Including grass in your rabbit's winter diet means they keep getting the digestive and dental benefits year-round.

Step 1

Lay a large green leaf out so it forms a dish to put the rest of your ingredients on.

Step 2

Staying near the stem of the leaf, place a few tablespoons of grass onto the leaf in a pile.

Step 3

Sprinkle some herbs and pellets onto the grass.

Step 4

Roll the leaf so that you end up with a parcel shape, with the whole leaf wrapping the other ingredients.

Step 5

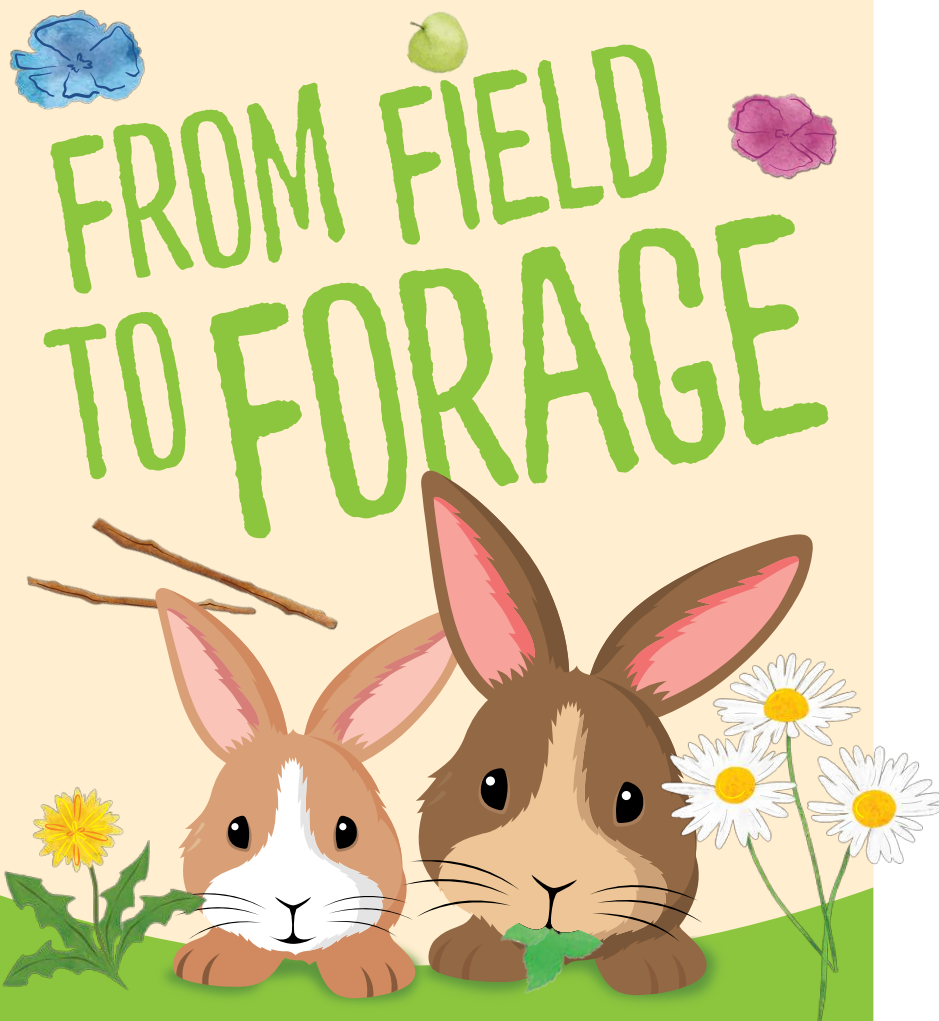
Using the long strands of hay or the leafy stalk, wrap once around your parcel and gently tie a knot to secure it.

Step 6

Serve to your bunnies as part of their daily feed.



Perfect for every day feeding



Bunny Garden Feast
Meadow Forage Medley
Delilah's Flowery Forage

Spring Willow Wreath
Herb Patch Picnic Plate
Rainbow Forage Blend

Jess Barron from Woodgreen's cat and small pets department



What you'll need:

Two boxes

Brown craft or packing paper

1 handful of seasonal forage

A handful of spring greens

2 x savoy cabbage leaves

4 x sprigs of coriander

6 x basil leaves

4 x sprigs of dill

2 x small apple sticks

2 x your bun's favourite treat (1 each) e.g. Burgess Excel Nature Snacks

Small handful of Timothy Feeding Hay



This selection of fresh forage is served in a box to provide enrichment for bunnies and encourage natural foraging behaviours.

Step 1

Collect your forage.

Winter

Willow

Bramble

Dried Forage

There will be few items you can forage in this season.

Summer

Willow

Crab Apple Leaves

Hawthorn

Rose Leaves and Petals

Buddleia

Hazel

Bramble

Spring

Hawthorn

Crab Apple Leaves

Rosehip Leaves

Buddleia

Rose Leaves

Be sure to avoid too many new growths and catkins to ensure the longevity of the plants you forage from!

Autumn

Bramble

Hazel

Rose Leaves

Hawthorn



Step 2

Rip your brown craft paper or packing paper into various sizes (nothing too small) and scrunch into loose balls, repeating until your box is full.

Step 3

Chop, rip or slice your variety of forage, spring greens, savoy cabbage leaves, sprigs of coriander, basil leaves and sprigs of dill into various sizes, this is to help replicate your rabbit's foraging environment, ensuring they stay entertained and healthy, including keeping their teeth in tip top condition!

Step 4

Layer up your feeding hay, spring greens, savoy cabbage, coriander sprigs, basil leaves and sprigs of dill amongst the scrunched paper balls, dividing up equally between each of your boxes. Add your bun's favourite treat to the first layer of your garden box!

Step 5

Tuck your forage into the top of your boxes, along with your apple stick for each bun.

Step 6

Give your Garden Feast Boxes to your beautiful buns to tuck into!



Rhian Lewis from Woodgreen's behaviour and training team

What you'll need:

Scoop of your desired size

Bowl or storage tub
(depending on how much
you want to make)

Echinacea (commonly
known as coneflower)

Rose petals

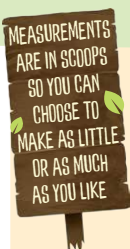
Dandelion leaves

Chamomile flowers

Plantain

Flower mix

Mint



This recipe uses dried forage available from online suppliers. Buying in bulk and mixing your own can save money; while letting you tailor it to your rabbit's preferences and diet. The measurements use scoops, so you can make as much or as little as needed.

Step 1

Add two scoops of echinacea to your bowl or storage tub. Echinacea supports the immune system, and gut health and cell health thanks to its fibre and antioxidants.

Step 2

Place one scoop of rose petals into your bowl or storage tub. They are packed with plenty of vitamins and minerals which are good for maintaining your rabbits' health.

Step 3

Place two scoops of fresh dandelion leaves. Dried dandelion is a good winter alternative to fresh, and is high in fibre, vitamins, and minerals.

Step 4

Add one scoop of chamomile flowers. Chamomile has calming properties and may help reduce anxiety as well as support appetite and digestion.

Step 5

Add two scoops of plantain to your bowl or storage tub. Plantain is high in fibre, rich in vitamins and minerals and gentle on the gut, with dried plantain offering the same benefits year-round.

Step 6

Add one scoop of dried flower mix containing calendula, hibiscus, blue cornflowers, rose flowers, and blue mallow flowers. It adds variety, encourages foraging and brings a natural summer scent to your rabbit's enclosure.

Step 7

Add two scoops of mint to your mix. Mint is aromatic, encourages eating and supports digestion with its vitamins and minerals. It's also thought to help deter flies around the enclosure.

Step 8

Mix it all together, then give your Flowery Forage Recipe to your beautiful buns to tuck into!

Rae Walters, Director at RWA

A dry forage mix inspired by wild grazing, this mix is ideal for encouraging natural foraging behaviour, using dried plants your rabbits can nibble through at their own pace. Plantain is highly nutritious and fibre-rich, and can help in preventing gut stasis.

Step 1

Loosen the hay so it creates a base rabbits can dig through.

Step 2

Break up the dried plantain and raspberry leaves slightly and mix them into the hay.

Step 3

Add the dried dandelion roots, tucking them through the mix to encourage exploration.

Step 4

Give everything a gentle mix so the forage is spread throughout.

Step 5

Serve as part of your bunnies' daily feeding routine and watch them dive straight in.



What you'll need:

Large handful of fresh,
sweet-smelling, dust-free
feeding hay

Small handful of dried
plantain

Small handful of dried
raspberry leaves

A few dried dandelion roots





Spring Willow Wreath

@ronnietheminilop



What you'll need:

Fresh willow

Fresh birch

Fresh dandelion

Jute twine



A simple, natural enrichment activity using foraged ingredients, to help encourage natural foraging and chewing behaviours. The wreath uses a willow base with added birch and dandelion, but you can add any rabbit-safe forage to suit your rabbits.

Step 1

Begin by preparing all of your forage. Gently wash everything in clean water to remove any dirt or debris, then allow it to fully dry.

Step 2

Once dry, shape your fresh willow into a wreath shape, gently weaving and bending the stems together to hold its shape, securing with jute twine.

Step 3

Add your birch and dandelion by weaving or tucking them into the willow base, continuing around the wreath.

Step 4

Once complete, place or hang the wreath securely for your rabbits to enjoy, ensuring it is safe and they are supervised at all times.



Herb Patch Picnic Plate

Dr Sonya Miles, Burgess Excel Rabbit Vet of the Year



A simple, herb-led grazing plate designed to feel abundant, fragrant and natural. This 'herb patch' style setup encourages rabbits to explore a wide range of scents and flavours, supporting sensory enrichment and helping owners confidently build herbs into everyday fresh feeding variety.

Step 1

Choose a large flat plate or shallow tray and lightly scatter a thin base of hay, keeping it loose and minimal so the herbs remain the focus.



Step 2

Create small 'patches' of different fresh herbs across the plate, grouping stronger scents (like mint, lemon balm and rosemary) separately from milder herbs (like parsley, coriander and dill) to encourage exploration.

Step 3

Gently break or leave herbs whole to create contrast in texture and scent, allowing your rabbit to sniff, sort and choose freely across the plate.

Step 4

If using, scatter edible herb flowers lightly over the top, then serve flat in a calm area and allow your rabbit to graze across the herb patches at their own pace.



What you'll need:

Small handful of fresh feeding hay

A small handful of a selection of fresh herbs, such as mint, parsley, coriander, dill, basil, lemon balm, thyme and rosemary

Optional

Small amount of edible herb flowers such as marigold (calendula), chamomile, or nasturtium



Burgess Excel Rainbow Forage Blend

From Field to Forage

Annabel Coleman, Senior Brand Manager at Burgess Excel

What you'll need:

A handful of fresh feeding hay

A handful of colourful leafy forage such as dandelion leaves, plantain, chickweed, clover, goosegrass, sow thistle, bramble (blackberry) leaves, raspberry leaves, hawthorn leaves or willow leaves

Small handful of fresh herbs such as parsley, coriander, mint, dill, basil and lemon balm

Small handful of colourful forage flowers such as dandelion flowers, marigold (calendula) petals, nasturtium, pansies and violets

Optional

Small piece of fruit such as one strawberry or vegetable such as piece of bell pepper

A multi-coloured forage-focused blend designed for one rabbit, using a wide variety of rabbit-safe wild plants, leafy forage, herbs and small accents of fruit and vegetables. This vibrant mix promotes dietary variety, sensory enrichment, and natural foraging behaviour through colour, texture and scent.

Step 1

Prepare a forage mat and lightly scatter a thin layer of hay, keeping it loose so the forage remains visible and easy to explore.

Step 2

Build the base layer using the leafy forage, spreading them loosely to create a varied green foundation.

Step 3

Tear and scatter fresh herbs through the forage, mixing them to add strong scent and encourage searching behaviour.

Step 4

Add colourful forage flowers tucking some into the greens and leaving others visible for visual interest.

Step 5

Add small vegetable or fruit accents spacing them through the forage to create discovery points.

Step 6

Serve loosely layered or scattered across a forage mat, allowing your rabbit to sniff, dig, and select pieces naturally while encouraging slow, exploratory feeding.

MAKES
ONE SHARED
PORTION
FOR 2
RABBITS



Perfect for encouraging exploration

BUILD, PLAY AND EXPLORE



Dandelion Dig Pot
Bunny Bento Box
Pick-a-Pocket Board

RSPCA Dandelion Dig Pot

Build, Play and Explore

Eloise Dicks, Scientific and Policy Officer at RSPCA

What you'll need:

A shallow bowl, tray or terracotta-style dish

Large handful of feeding hay

Fresh dandelion leaves (washed and dried)

Optional

Dandelion roots

A few leafy greens, such as:

Spring greens

Romaine lettuce

Small handful of fresh herbs, such as:

Parsley

Dill

Optional

Small handful of dried forage, such as:

Dried plantain

Dried bramble leaves

This planted-style pot turns feeding time into a digging and rooting activity, encouraging rabbits to explore their food just as they would in the wild. With forage and leaves tucked into hay, it's a great way to slow eating and add enrichment using familiar ingredients.

Step 1

Loosely place the hay into the pot to form the base of your dig pot. Keep it light rather than packed down so rabbits can dig into it easily.

Step 2

Push dandelion leaves and any other fresh greens part-way into the hay, spreading them around the pot so rabbits have to seek them out.

Step 3

Tuck herbs and any dried forage into gaps between the hay, leaving small pieces visible to encourage sniffing and pulling.

Step 4

If using dandelion roots, gently bury them under the hay so rabbits can uncover them while digging.

Step 5

Place the dig pot in a safe, supervised area and allow your rabbits to explore at their own pace.



MAKES ONE TO SHARE BETWEEN 1-2 RABBITS



Bunny Bento Box

Build, Play and Explore

Ellie Parkes, Bun-Mum and Nutritional Advisor at Burgess Pet Care

What you'll need:

Large handful of fresh, sweet-smelling, dust-free feeding hay

Small handful of fresh dill or coriander

Small handful of fresh mint

Pinch of dried chamomile flowers

1-2 rosehips (fresh or dried, chopped if large)

A neatly sectioned feeding idea with separate little portions of greens, herbs and forage. This 'bento-style' box encourages exploration and choice, allowing rabbits to sample different flavours at their own pace - ideal for fussy eaters or trying new foods.

Step 1

Prepare a flat plate, tray or a few small ramekins, creating clearly separated sections for each food group.

Step 2

Place small, loose handfuls of hay into one section to form the base of the box.

Step 3

Tear your chosen fresh greens into bite-sized pieces and divide them into one or more separate sections.

Step 4

Gently break up the fresh herbs with your hands to release their scent, then place them into their own section for a more aromatic option.

Step 5

Add the dried forage into a separate section, offering a different texture for sniffing, sorting and nibbling.

Step 6

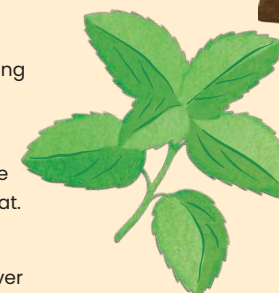
If using, place a small amount of pepper, courgette or spinach in its own small section as a special treat.

Step 7

Finish with a light sprinkle of edible dried flowers over one section or across the box, then serve in a calm area so your rabbits can choose, explore and forage at their own pace.



MAKES ONE BOX PER RABBIT



Burgess Excel Pick-a-Pocket Board

Build, Play and Explore

Suzanne Moyes, Deputy Managing Director and In-house Vet at Burgess Pet Care

What you'll need:

One flat piece of plain cardboard (for example, the side of a delivery box)
Scissors or a hole punch
Large handful of dust-free feeding hay
A few stems of fresh herbs, such as:
Mint
Dill
Parsley
Coriander
A couple of leafy greens, such as:
Spring greens
Savoy cabbage
Romaine lettuce

Optional

Small handful of dried forage, such as:
Dried plantain
Dried dandelion leaves
Dried bramble leaves
1-2 small plain paper envelopes
Short lengths of natural fibre string

MAKES 1
TO SHARE
BETWEEN
2 OR MORE
RABBITS

This simple puzzle encourages rabbits to pull, nibble and explore their food, helping to slow down feeding and keep curious minds busy. Using everyday materials and familiar ingredients, it's an easy way to add variety to feeding time.

Step 1

Cut or punch holes into the cardboard at different heights and sizes. Include some lower holes close to the ground and a few slightly higher up to encourage stretching and choice.

Step 2

Push hay part way through several of the holes so it sticks out and can be pulled free.

Step 3

Tuck fresh herb stems through some of the holes, leaving enough showing for rabbits to grab and pull. Heavier stems such as parsley and dill work particularly well.

Step 4

Tear leafy greens into large pieces and gently thread them through wider holes so they sit snugly but can still be pulled out.

Step 5

If using envelopes, place a small pinch of dried forage or a little hay inside each one and fold them closed. Use short lengths of jute or sisal string to tie the envelopes securely to the board through small holes, making sure there are no long loose ends.

Step 6

Fasten the board upright in your rabbits' enclosure so they can explore it comfortably. Make sure you supervise as they explore, and remove the board when they've enjoyed their feed.

Celebratory Treat



Bunny Birthday Piñata
 Christmas Forage Tree
 Treasure Hunt Forage Tray

Hidden Centre Hay Cake
 Forage Confetti Board

Bunny Birthday Piñata

Chris Lines, Training and Development Facilitator at Blue Cross



What you'll need:

Paper bag with some small holes cut around the bottom

String or clip to hang the paper bag

3 big handfuls of hay

2 tbsp dried forage

1 handful of a combination of 4 different fresh herbs or forage from the garden (could include things like parsley, dill, mint and coriander or dandelion leaves, rose petals, blackberry leaves & apple leaves)

1 x daily portion of rabbit nuggets



This recipe encourages rabbits to use core muscles to stretch and reach up for food, mimicking browsing on a hedgerow. It encourages interaction with hay while delivering lots of tasty nutrition for your bunny.

Step 1

Cut holes around the bottom of the paper bags. If they have handles, cut these to avoid your rabbit getting stuck in them.

Step 2

Stuff bags with hay.

Step 3

Add herbs, forage and nuggets.

Step 4

Give the ingredients a really good stir or shake to mix them together.

Step 5

Hang the bags, using string or a clip, in your rabbits enclosure. If your rabbits are healthy and mobile, and used to enrichment challenges, the bottom of the bag should be about the height of the tops of your rabbits ears. Start with the bag lower if needed to help your rabbit get the idea.

If your rabbit is not as mobile, try just cutting the handles and placing the bag on the floor.



Christmas Forage Tree

Suzanne Moyes, Deputy Managing Director and In-house Vet at Burgess Pet Care

This festive forage tree is a fun, seasonal way to present familiar foods. Using hay, fresh greens and winter-appropriate forage, it encourages rabbits to dig, pull and explore, turning an ordinary feed into a special Christmas activity.

Step 1

Loosely shape the hay into a cone or mound to form the base of your forage tree. Keep it light and airy so your rabbits can dig into it easily.

Step 2

Tear the fresh greens into large pieces and tuck them into the hay at different heights, allowing some edges to stick out.

Step 3

Gently break up the herbs with your hands to release their scent, then scatter them through the hay.

Step 4

Sprinkle the dried forage through the tree, tucking it into gaps to encourage natural foraging behaviour.

Step 5

Push the apple or willow sticks into the base of the tree to add extra chewing enrichment and help keep the structure in place.

Step 6

If using, finish with a small sprinkle of dried flowers for a festive touch, then place the forage tree into your rabbits' enclosure and let them explore together.



What you'll need:

Large handful of feeding hay

2-3 large leaves of fresh greens, such as spring greens, Savoy cabbage or romaine

Small handful of fresh herbs, such as mint, parsley or dill

Optional

A small sprig of rosemary

Small handful of dried forage, such as plantain, dandelion leaves or bramble leaves

2 apple sticks or willow sticks

Optional

Pinch of dried rose petals or dried flowers for decoration



Treasure Hunt Forage Tray

Dr Sonya Miles, Burgess Excel Rabbit Vet of the Year

What you'll need:

Large handful of fresh feeding hay

Small handful of fresh mixed forage (such as dandelions, blackberry leaves, raspberry leaves, willow leaves, marigold)

Small pinch of dried forage (such as plantain, roses or nettle)

Optional

A few edible dried flowers (such as rose petals, marigold or pansies)



A layered, interactive forage tray where a variety of safe dried and wild forage is hidden through hay. This enrichment setup encourages rabbits to sniff, dig and problem-solve as they search for hidden bites, helping to slow feeding and support natural foraging.

Step 1

Spread a loose base layer of hay across a shallow tray or box, keeping it light and airy so your rabbits can dig through it easily.

Step 2

Tear or scatter the mixed fresh forage throughout the hay, tucking some pieces just under the surface to create hidden pockets.

Step 3

Add the dried forage in small clusters, burying some slightly deeper to encourage searching and natural foraging behaviour.

Step 4

Sprinkle a light layer of optional dried flowers over the top to add colour, scent and extra texture, then gently fluff the hay so the layout feels natural and unstructured.

Step 5

Serve in a shallow tray or box and allow your rabbits to dig, forage and uncover their hidden treasures at their own pace.



Hidden Centre Hay Cake



Miriam Dowding, Operations Manager at Raystede

A compact, hay-based forage 'cake' with a tucked-away centre of fresh herbs, leafy greens and forage. This enrichment idea encourages rabbits to dig, pull and explore to reach the hidden core, turning everyday feeding into a more engaging experience - perfect for a birthday celebration.



What you'll need:

Large handful of fresh feeding hay

2-3 leaves of fresh greens (such as romaine or spring greens)

Small handful of fresh herbs (such as coriander, parsley, mint or dill)

Small handful of dried forage (such as plantain or dandelion leaves)

Optional

A few edible dried flowers (such as roses or pansies)

Optional

A strawberry, blueberry or raspberry - one per rabbit

Step 1

Loosely shape most of the hay into a shallow bowl or nest shape, leaving a space in the centre for the filling. Keep it light enough for your rabbits to pull apart.

Step 2

Tear the fresh greens into pieces and place them into the centre, creating a hidden core.

Step 3

Gently break up the fresh herbs with your hands to release their scent, then layer them over the greens in the middle.

Step 4

If using, add one berry per rabbit into the centre as a small, hidden treat.

Step 5

Add a small sprinkle of dried forage into the centre and lightly around the edges for extra texture and interest.

Step 6

Cover the centre with the remaining hay, gently pressing and shaping it into a loose 'cake' so the filling is partially hidden but still accessible.

Step 7

If using, finish with a light sprinkle of dried flowers on top. Serve whole as a forage cake, or break into chunks or hide pieces around the enclosure to encourage discovery.



RSPCA Forage Confetti Board

Eloise Dicks, Scientific and Policy Officer at RSPCA



What you'll need:

Large handful of fresh feeding hay

Small handful of fresh herbs (such as mint, parsley, lemon balm or a little rosemary)

Small handful of mixed forage (such as dandelion leaves, bramble/blackberry leaves, plantain, chickweed, clover or goosegrass)

Pinch of dried chamomile flowers

Small pinch of marigold (calendula) petals

MAKE 1
TO SHARE
BETWEEN
2
RABBITS

A finely chopped, scatter-style mix full of texture and tiny bites. This colourful 'confetti' board encourages rabbits to sniff, sort and forage through a variety of scents and flavours, helping to slow feeding and increase enrichment.

Step 1

Finely chop or tear the fresh herbs and forage into small, bite-sized pieces to create a 'confetti' texture.

Step 2

Loosen the hay and place it onto a clean feeding area as a base.

Step 3

Scatter the chopped herbs and mixed forage evenly over the hay, spreading them out to encourage sniffing and sorting.

Step 4

Finish with a light sprinkle of chamomile flowers and marigold petals, then sprinkle over the hay base and let the foraging begin.



Thank You



Thank you for taking the time to explore this recipe book and for your commitment to your rabbit's wellbeing. Caring for rabbits goes far beyond simply feeding them - it's about understanding their unique dietary needs and supporting their long-term health and happiness.



A balanced diet rich in hay, fresh greens and carefully selected ingredients plays a vital role in maintaining good digestion, strong teeth and overall wellbeing. Every meal you prepare is an opportunity to nourish not just their bodies, but their quality of life.

We hope you've enjoyed exploring these recipes and feel inspired to continue learning about rabbit nutrition. Small, informed choices can make a big difference.

Thank you for reading, and for the love and care you give your rabbits.



For more information, resources and ways to get involved, visit the Rabbit Awareness Week website and follow their social channels:

www.rabbitawarenessactiongroup.co.uk

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Thank you for reading, and for the love and care you give your rabbits. If your rabbits have enjoyed these recipes, share your images with us using **#20years20recipes** or tag us!

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