

The "I am still hesitant about feeding raw meat" Recipe

This recipe is for those who are not quite ready to take the leap into feeding raw meat, yet want to feed their dog a more wholesome food. You can of course substitute equivalent amounts of other cooked meats such as chicken, beef, turkey, etc.

Recipe for Feeding 14 dogs over 50 lbs

- 6 cans of mackerel or Salmon(15 or 16 oz), drained. This fish is cooked before it is canned. Or if you can find Sardines
- 5 cups of either: Lentils, or green split peas(cooked).
- 5 cups Great Northern Beans, soaked overnight and cooked.
- 1 shredded/grated carrot (raw)
- 2 cans green beans, drained.
- little bit of fresh ginger (raw) grated.
- 2 whole bananas.
- 1 sweet potato cooked in microwave for 5 min then grated.
- 1 can fresh pumpkin (or 1 cup fresh grated pumpkin.)

Mix all of the above together. THEN , either add the following to each individual dogs bowl or add it all together to the main mix (if adding it to the main mix, you will need to multiply the ingredients below by 14 because it is "per dog" as listed below.

1 Tablespoon Nutritional Yeast
½ teaspoon of Solid Gold Bone Meal
1 Tablespoon whole flax seed
1/4 tsp of vitamin C in the form of ascorbic acid
1 gel-cap of Evening Primrose Oil (1000 mg)
2 gel caps of Vitamin E (400 EU each)or (1) if the dog is less than 3 yrs old.
1 tsp fresh garlic (minced)

Ok...now let me explain the "whys"

By using both animal and vegetable proteins(the beans and lentils), you can provide your dog the protein it needs in a cost effective way. Plus the dogs love it.

>Great Northern Beans provide calcium and fiber

>The carrots are for eyes, skin, and glands.

>sweet potato and pumpkin-source of fiber to slow down the digestive tract for maximum nutrient absorption.

>Broccoli-a cancer fighting vegetable

>ginger- good for sensitive stomachs

>vitamin E-good antioxidant

>Nutritional yeast-has ALL the B-Complex vitamins plus minerals like Selenium

> Vitamin C-research is showing that it helps prevent dysplasia because it helps bones and muscles grow properly.

>Evening Primrose Oil-contains GLA which is for skin and hair growth

>Flax Seed-contains Omega 3 and 6-good for skin and coat and also a source of protein.