

The "This raw is way too complicated for me or costs too much" Recipe

This is for those who are not ready at all to switch away from a kibble diet either for personal reasons or beliefs or because of cost. It's purpose is to supplement some of what is lost in the kibble making process.

Mix the following in with your dogs regular kibble.

Add the following to each dogs bowl.

1 or 2 Tablespoons of cottage cheese or plain (or vanilla) yogurt.

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"

>The cottage cheese/yogurt-yogurt is a natural pro-biotic but mostly it is in this recipe so that the powder ingredients will mix in with the kibble and not just fall to the bottom of the bowl.

>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.