

## Bison Autumn Harvest

Bison liver is nutrient dense and full of minerals, as well as vitamins A, D3, K2, and E, which are hallmarks of an ancestral diet. While it may be harder to find than beef liver, it's worth it. Pair it with vegetables like butternut squash and Brussels sprouts for a complete, balanced, and colorful autumn harvest, any time of the year.

Canine Growth, Whole Foods

Yields 6¼ pounds

44 calories/ounce

50 ounces (3.125 pounds)  
ground bison, 90 percent lean  
6 large eggs, shelled  
9 ounces bison liver  
6 ounces sardines packed in  
water, drained  
6 ounces butternut squash  
6 ounces Brussels sprouts  
4 ounces raw or canned  
oysters (or substitute 45  
milligrams zinc supplement)  
2.5 ounces raw sunflower  
seeds  
2 ounces fresh or frozen  
cranberries (no sugar added)  
1 ounce beef spleen  
(or 18 milligrams iron  
supplement)  
30 grams wheat germ oil  
(or 100 IU vitamin E  
supplement)

9 grams ground cinnamon  
9 grams dried thyme  
9 grams ground cloves  
6 grams salt  
3 grams nutritional yeast  
44 grams bonemeal  
3 grams kelp powder  
(containing 700 micrograms  
of iodine per gram. This is a  
total of 2,100 micrograms  
iodine if using an iodine  
supplement rather than kelp  
powder.)

1. In a large bowl, mix food ingredients (except bonemeal and kelp powder) together.
2. In a small bowl, mix powders together, stirring well.
3. Dust ½ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.

**Cranberries for Oral Health:** Among their many benefits, cranberries slow the growth of the biofilm of *Porphyromonas gingivalis* and *Fusobacterium nucleatum*, two bacterial strains that help oral plaque form. In fact, cranberries may help inhibit plaque formation by up to 95 percent.