

California Beef

Avocados and oranges may be two of California's best-loved fruits, but the Golden State is home to 80 percent of the country's strawberry crops. Not only are strawberries a sweet, tasty treat for dogs, but they're rich in flavonoids, antioxidants, and fisetin, which combat oxidative stress and inflammation.

Canine Growth, with Supplements

Yields 5¼ pounds

46 calories/ounce

50 ounces (approximately
3.125 pounds) ground beef,
90 percent lean
6 ounces beef liver
6 ounces cooked salmon
6 ounces avocado
6 ounces fresh strawberries
4 ounces alfalfa sprouts
3½ ounces raw sunflower seeds
6 grams salt
5 grams nutritional yeast
42 grams bonemeal
2.5 grams kelp powder (containing
700 micrograms of iodine per gram.
This is a total of 1,750 micrograms
iodine if you choose to use an iodine
supplement instead of kelp powder.)

Supplements

- 1,500 milligrams choline
 - 100 IU vitamin E
 - 54 milligrams iron
 - 30 milligrams zinc
 - 8 milligrams manganese
1. In a large bowl, mix food ingredients (except bonemeal and kelp) together.
 2. In a small bowl, mix bonemeal, kelp, and supplements 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.