

Dusty's Dog food

½ pound of raw meat (beef)

1 fresh raw egg

1 celery stalk

1 small carrot

1 garlic clove

Note: the proportion between meat and veggies is 9 parts meat one-part veggies but that can be altered

This proportion reflects the contents of a prey stomach as compared to his full body. Be sure to use clean fresh meat and handle with care, as always, The School of Natural Healing does not recommend using meat for a human diet.

1-2 tablespoon sodium free or low sodium tomato paste

3-4 tablespoons of UDO's oil

1 tablespoon of black strap molasses unsulfured

1 tablespoon nutritional yeast

Alfalfa sprouts

Wheatgrass chopped

Grind the meat together with vegetables. Mix well the oil, tomato paste, molasses, and nutritional yeast and add to the meat and veggies.

For each handful of prepared meat add a tablespoon of sprouts or a tablespoon of wheatgrass chopped or just organic grass.

A lot of variation and taste can be done by adding flax seed soaked (1/2 teaspoon), cayenne or black pepper, different vegetable mixes, and different meats.

Prepared meat (exclude garlic) can be made ahead of time and kept in the freezer.

Recipe by Teodora Patrasc