

## Homemade Dog Food



### INGREDIENTS

- 1-1.5 lb lean meat
- 2 tsp olive oil
- 3-4 oz. peas
- 3-4 oz. carrots
- 3-4 oz. chopped spinach
- 4+ oz. ground cauliflower
- 1 egg, whisked
- 1 egg shell, finely ground
- 1/2 c. brown rice
- 1-2 tbsp greek yogurt

### DIRECTIONS

1. Brown meat in olive oil.
2. While meat is browning, begin cooking brown rice.
3. Whisk egg and add to meat. Make sure egg is cooked all the way.
4. Add all veggies. \*Make sure cauliflower is ground well so it is easily digested.
5. Add finely ground egg shell.
6. Add cooked brown rice.
7. Mix well.
8. Portion out 1-1.5 cup homemade dog food (best if served with 1 cup kibble).
9. Top with greek yogurt.
10. Serve.

\*This is one week's worth of food. It is a very flexible recipe. Sometimes, I add more cauliflower and/or carrots- just depending on what I have leftover that week. You can also double the recipe if you want to cook it in bulk.

