

## Bison Buddha Bowl

Buddha bowls are all about balance. This bison-based bowl accomplishes that and more, with fiber-rich radicchio as part of its base. This leafy vegetable is a part of the chicory family, and has been found to be antiviral, antioxidant, anti-inflammation, neuroprotective, and helpful against obesity. Slow down and savor this colorful dish.

Adult Canine, Mostly Whole Foods

Yields 5¼ pounds

40 calories/ounce

50 ounces (3.125 pounds)  
ground bison, 90 percent  
lean

8 ounces radicchio

8 ounces mushrooms  
(any type)

4 large eggs, shelled

6 ounces bison liver

6 ounces salmon

3 ounces kiwi

2 ounces flaxseed and/or  
chia seeds

2 raw unsalted Brazil nuts

6 grams ground cinnamon

6 grams ground ginger

15 grams eggshell powder

1.5 grams kelp powder  
(containing 700 micrograms  
of iodine per gram, for a total  
of 1,050 micrograms iodine)

### Supplements

- 15 milligrams zinc
- 100 IU vitamin E

1. In a large bowl, mix food ingredients (except eggshell and kelp powders) together.
2. In a small bowl, mix powders 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.