

Garden-Fresh Goodness

Garden-Fresh Goodness is a sumptuous salad of green for your pet's bowl, rich in vitamin C from red peppers, fiber and antioxidants from cucumbers, and one of our favorite Forever Foods, sardines, for a dose of omega-3s and CoQ10. We've added arugula, also known as rocket, because it packs in a punch of beta-carotene, prebiotic fiber, and vitamin K, and its high alpha lipoic acids address oxidative stress. Even if your pet usually turns their nose up at arugula, you may find it blends in well with the other flavors here. If not, feel free to substitute with any green, leafy vegetable.

Adult Canine, Whole Foods

Yields 6 pounds

45 calories/ounce

50 ounces (approximately 3.125 pounds) ground beef, 90 percent lean

8 large eggs, shelled

6 ounces beef liver

6 ounces canned sardines packed in water, drained

6 ounces arugula

5 ounces cucumber with peel

5 ounces sweet red pepper

3 ounces raw sunflower seeds

8 grams dried parsley

8 grams dried basil

8 grams celery seed

8 grams dried tarragon

25 grams wheat germ oil (or 100 IU vitamin E supplement)

5 grams nutritional yeast

15 grams eggshell powder

2.5 grams kelp powder (containing 700 micrograms of iodine per gram of kelp powder. This is a total of 1,750 micrograms iodine if you choose to use an iodine supplement instead of kelp powder.)

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



Kelp Is Complicated: Kelp is Mother Nature's iodine supplement. There is huge variability in iodine content of kelp powder, so buy a brand that lists 700 micrograms of iodine per gram of kelp powder. Alternatively, you can substitute an iodine supplement for kelp, as directed in the recipes. Our recipes have been formulated to meet your pet's iodine requirements to a T, including metabolic adjustments for cats (for more on why iodine is so important, see page 189).