

Pork “Roast” with Apples

Few foods are more comforting than a well-cooked roast. We prefer not to roast meat for pets because the high heat increases AGEs and depletes many of the beneficial nutrients, so we've modified this recipe to give your pet all the flavor and *more* nutrition. At its heart is cabbage. We recommend the purple variety, which contains *four times* more antioxidants than green and has been shown to reduce the markers of gut inflammation by as much as 40 percent in cell cultures. The pectin in apples also helps balance the bowels and nourish the microbiome while preventing growth of harmful microbes. Curl up with your best friend and enjoy a slow, satisfying anti-inflammatory meal together. Family time as it should be!

Adult Canine Less Active, with Supplements

Yields 4½ pounds

40 calories/ounce

28 ounces pork,
12 percent fat

14 ounces salmon

6 large eggs, shelled

6 ounces cabbage,
any variety

5 ounces apples, skin on

3 ounces carrots

7 grams dried rosemary

7 grams ground cinnamon

11 grams eggshell powder

2 grams kelp powder
(containing 700 micrograms
iodine per gram of kelp,
to provide a total of 1,400
micrograms of iodine if you
choose to use an iodine
supplement rather than kelp
powder)

Supplements

- 60 milligrams zinc
- 1,500 milligrams choline
- 6 milligrams copper
- 300 milligrams magnesium
- 18 milligrams iron
- 8 milligrams manganese
- 1 tablet vitamin B complex
(B50, 50 milligrams),
crushed
- 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.