



Carnivores Egnog Recipe

Eggs are known as the 'gold standard' of protein quality. The most beneficial eggs are cage free and locally farmed - preferably organic. These are more nutritious and higher in the essential Omega 3 fatty acids. Eggs can be fed raw or cooked, but raw supplies better nutrition, including unadulterated Omega 3 fatty acids. The egg yolk contains the vitamins, minerals, and the healthy fats and the egg whites are primarily water and protein.

If your pet is allergic or sensitive to dairy they may not be able to tolerate eggs. If diarrhea occurs following an egg feeding you can try adding just the raw egg yolk only to a raw meat-bone-organ meal once or twice a week and see if they better tolerate this.

The Benefits of Including Whole Raw Egg Meals in Your Pet's Weekly Diet:

- Higher quality protein than meat or fish (6+ grams of protein per egg)
- One of the best sources of protein, vitamins and minerals
- Contains almost every essential vitamin and mineral needed for health
- Low in calories (70 to 75 calories per egg)
- Rich in the essential Omega 3 fatty Acids
- High in Choline (126mg per large egg) – Choline is grouped with the B vitamin category. It is part of a group of healthy fats known as phospholipids (present in animal cells). It has many functions in the body including in the cell membranes. Choline protects the liver from accumulating fat and is essential for brain development. It is also good for cardiovascular health
- Good source of natural Vitamin D – aids in Calcium absorption, strong bones and teeth
- Gives your companion animal additional variety with a liquid meal that supplies excellent nutrition

Note: Some people are concerned about feeding eggs raw because egg whites contain the anti-nutrient protein "avidin" that is supposedly destroyed by cooking. This protein depletes the B vitamin Biotin. Biotin is essential for growth and coat. Egg yolks, however, are high in Biotin. Research indicates that avidin is not completely destroyed by cooking and Biotin deficiency becomes a concern *only* when one is eating egg whites without the yolk on a *daily basis*. [See link below](#)

Ingredients:

Eggs (raw, the white and the yolk) -The number of eggs depends on the size of your dog. Our 200 lb English Mastiff eats a breakfast of three-egg Egnog made with Carnivores Toppers broth (and a little of the meat) once a week. A

cat or small dog- one half to one egg, medium sized dog- one to two eggs, the larger to giant breeds- two to three eggs

Broth (pure animal protein stock) - No additives, preservatives, or flavorings. The stock (Broth) from the **Carnivores Topper Recipe** is what we use in the Eggnog Recipe. **Do not use commercial broths or stocks because most (even the all natural) contain onion powder and/or soy derivatives and many brands contain natural flavors (MSG). All of which are not suitable for the dog or cat**

You will need about 8 oz (1 cup) of broth per a 3 egg -Eggnog or for the smaller ones approximately 3 oz of broth per egg. When the broth is cooled, the fat will rise to the top of the broth. Prior to heating remove most of the fat off the top of the broth with a spoon and discard the fat.

Organ Meat (optional) - If you did not include them in the Toppers Recipe use the *raw ground Carnivores Chicken* or **Beef Organ Meat**. Organ meat is also high in Biotin, Choline and the other B vitamins. Organ meats are, however, high in Phosphorus. One ounce of chicken liver, for example, contains 81mgs more Phosphorus than Calcium.

Carnivores Toppers Meat (optional) – Including a small amount of the Toppers meat when you feed Eggnog will add some substance to the Eggnog meal. Because we use raw eggs as a breakfast meal for our pets once a week, we add a little of the Toppers meat to make it a heartier meal. With each 3 egg- Eggnog, we add about 1/2 cup of the Toppers Chicken Thigh, stew-meat or meatballs. Naturally, the smaller your pet, the less Toppers you would use. The Toppers meat is higher in Phosphorus than Calcium.

Calcium - Balancing the Calcium to Phosphorus Ratio in the Eggnog **Use Pure Bone Meal Calcium for raw eggs.** Bone Meal is a Calcium Phosphate compound known as hydroxyapatite. It also contains Magnesium, Protein and trace minerals. Bone Meal Calcium has a neutral Ph and is well absorbed from the digestive tract*. **Ground eggshell should only be used for those who feed the eggs cooked. Eggshell is not recommended with raw eggs because of the 95% stomach-acid-reducing Calcium Carbonate found in eggshell.** Bone Meal generally contains 900mg of *elemental* Calcium per tsp and ground eggshell contains about 800mg *elemental* Calcium per tsp. Eggs are slightly higher in Phosphorus than Calcium. Each egg (white and yolk), depending on size, has 50mgs (small egg) to 85mgs (jumbo egg) more Phosphorus than Calcium. Feeding foods that are in the higher Calcium ratio range, such as poultry necks and recreational bones on a weekly basis would likely offset this minimal difference. However, this imbalance can add up if you are feeding eggs more than once a week. If you add organ meat and/or include Toppers with the Eggnog Meal, a little more Calcium would be needed for balance.

Balancing the Calcium to Phosphorus Ratio in the Eggnog Recipe

For *each extra large egg*, we add about 80mgs of *elemental* Calcium as Bone Meal (shy of 1/8 tsp).

If we add Organ Meat to the Eggnog, we add a little more Bone Meal to offset the high Phosphorus they contain. (just a pinch for each 1 tsp of organ meat).

If you include Carnivores Toppers in the Eggnog Meal, to assure enough Calcium, add more Bone Meal (about 1/8 tsp per 1/4 cup cooked Toppers meat).

Don't be concerned about being exact or if you forget to add the Bone Meal. Calcium to Phosphorus balance over time is fine. When we serve our dogs their 3-egg Eggnog (raw eggs and broth) with 1 1/2 tsp of raw Organ Meat and a 1/2 cup of Toppers meat, we add just shy of a 1/2 tsp of Bone Meal Calcium. We generally also feed poultry necks as a lunch snack on these Eggnog-breakfast-meal days which provides increased Calcium. If you are using, for example, 1 egg, 3 oz. broth, 1/2 tsp raw organ meat, and 1/8 cup Toppers meat, than a little more than 1/8 tsp of Bone Meal Calcium would be fine. If feeding poultry necks this same day you can decrease the amount of Bone Meal slightly.

Directions:

Place the raw egg(s) in a blender

Heat the broth in a saucepan (stovetop). Heat, don't bring to boil

Pour the heated broth onto the eggs in the blender

Add the raw organ meat (if not included in your Toppers recipe)

Add the Bone Meal Calcium

Toppers meat can also be added to the blender to thicken the Eggnog
Heat the Toppers to room temperature and add to eggs, broth, and organs

If you have made the Chicken Thigh version of the Toppers Recipe and have a piece of the *softened* thigh bone, you can place this in the blender too (Do not add thigh bone that has not been *totally softened* in a pressure cooker. See [Toppers Recipe](#). If softened chicken thigh bone is included, a little less Bone Meal Calcium can be used. Do not microwave the *softened* bone

Blend for 15 seconds or so and serve

Tips:

~Never use an egg that its shell is cracked

~Never use an egg that smells rotten

- ~Rinse and dry the shell prior to cracking the egg
- ~Older eggs have a shiny smooth shell, whereas fresher eggs have a shell that is dull and rough. Always best to use freshest possible eggs
- ~If you want to see if the brand of eggs you are using is fresh:
Place the egg in a glass of water with a little salt. Fresh eggs will sink. In fact, the fresher the egg the faster and farther it will sink. Older, and especially rotten, eggs will float
- ~Rinse the shell when you use the egg for future ground eggshell use in those occasional *cooked* meat or *cooked* egg meals.

To learn how to prepare ground eggshell for Calcium supplementation, see **Eggshell Recipe**

Josie (2010)



Did you say Eggs for breakfast?

Hector (2006)



YUMMY...

Reference Links:

Eggs, Whole, Raw, Fresh, Self Nutrition Data (nutrient data- various size eggs)
<http://nutritiondata.self.com/facts/dairy-and-egg-products/111/2>

Incredible Edible Egg Yolk, by Chris Masterjohn (July 2005)
Learn about avidin in egg whites and that the most nutritious part of the egg is the yolk. http://www.cholesterol-and-health.com/Egg_Yolk.html

Incredible Edible Egg, (high in quality Protein and Vitamin D)
<http://www.incredibleegg.org/health-and-nutrition>

Nutrition Facts, What's In An Egg?
<http://www.aeb.org/retailers/nutrition-facts>

Choline: Food for Thought, by Laura Dolson, About.com (February 2007)
<http://lowcarbdiets.about.com/od/nutrition/a/choline.htm>

Answers: Feed my Cat Raw Egg Yolk?, by Elisa Katz, DVM (February 2011)
<http://feline-nutrition.org/answers/answers-feed-my-cat-a-raw-egg-yolk>

* These statements have not been evaluated by FDA.

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