



Veggie Puree

Makes 5 Pureed Quarts

Blanched until soft

Bok Choy: baby Bok Choy if available.
(leaves and stems)
Swiss chard (leaves only, no stems)

1 head or 4 cups of baby Bok Choy
6 leaves (about 1 cup cooked)

Boiled until soft

Escarole (leaves and stems)
Collard greens (leaves, no stems) or
Turnip Greens or Kale (leaves, no stems)

1 ½ heads
2 ½ cups uncooked, chopped

Steamed al dente

String beans
Asparagus (cut and use softer top half)
Broccoli (florets and a little *peeled* stem)

4 cups
14 large or 20 small
1 to 2 bunches, depending on size

Steamed until soft

Brussels sprouts
(remove first layer of petals)

6 medium sized

Raw

Zucchini (with skin) scrub with veggie-brush
Celery
Spinach
Parsley
Carrot (with skin) scrub with veggie-brush
Dandelion
Red bell pepper (optional)
Ginger

4 cups cut in chunks
2 cups coarsely chopped
1 ½ to 2 cups
1/3 cup
1 medium or ½ cup
½ cup or 4 to 5 leaves- no stem
1 to 2 Tablespoons chopped
½ to 1 tsp chopped fine

Note:

Red sweet bell peppers are a nightshade vegetable; eliminate these if your pet suffers with arthritis.

For older or immune and digestive tract compromised pets, blanching the raw vegetables will further break down the outer most cellulous layer and aids in digestibility.

Fruits: Because there is evidence that fruits are best eaten on an empty stomach, we only feed fruits separate from food as a snack in *limited* quantities.

Fruits are high in sugar so don't overdo; keep it to a small snack once or twice a week. They *can be added to home-baked treats, served straight up, or pureed and frozen for an ice pop treat.*

If you are Comfortable Adding Fruit to the Veggie Puree use:

Apple	1 small or ¾ cup, chopped
Blueberry	¾ cup

Also, Watermelon is a good source of the antioxidant Lycopene. If your dog likes it, ripe-*seedless* watermelon is a good occasional treat, but it is too watery to include in the Veggie Puree. Allow only small quantities because it too is high in sugar. Dogs and cats have no use for sugar and sugar = yeast and can also cause allergy symptoms.

Please be aware not all fruits are suitable for companion animals.

Important Information About Making the Vegetable Puree:

Clean-Wash *all* produce thoroughly with water prior to use. Those that are suggested as raw can be rinsed with a mild natural sea salt solution and then rinse again with water. The harder vegetables like zucchini and carrots should also be scrubbed with a vegetable brush and rinsed again.

Organic is Best with These Vegetables and Fruits: Use Organic produce as much as possible. If you must be selective, try to use the following as organic because they are known to contain the highest levels of pesticides: apples, blueberries, sweet red bell peppers, celery, and spinach, kale, collard greens. Example: A test on non-organic celery revealed it contained 67 pesticides. Also do not use prepared baby carrots because they may have been soaked in chlorine.

The pits, seeds, and/or leaves of any fruit should not be fed to pets.

Many Farmers Market vendors grow their foods without the use of these pesticides even though they are not certified as organic. Just confirm this with them.

Puree All Ingredients to a fine pulp in a food processor. Don't overfill the food processor. You will need to fill the food processor and puree 5 or 6 times to do all ingredients in the quantities listed above. The goal is to thoroughly break down the cellulous in the vegetables so your pet can easily digest and assimilate the benefits from them. Mixing in harder vegetables with the softer leaves will help achieve a smooth finished puree. Place each pureed batch in a large mixing bowl.

Mix thoroughly all of the pureed ingredients in the mixing bowl.

Store and Freeze in a 1/2 cup to 1 quart (freezable) glass containers. Storage container size depends on the daily food ration and number of dogs you'll be feeding a day.

Defrost in Refrigerator: Once defrosted (using the top of the container) tilt to drain off the natural liquid from the vegetable mix. Sprinkle a small amount of Organic Apple Cider Vinegar evenly over the top of the mix. The ACV helps preserve the puree while in the refrigerator and further breaks down the cellulose in the vegetables for our dog's ease of digestion. Stir the ACV into the Veggie Puree. Approximate ACV amount: 1 to 2 tsp per quart container or ¼ tsp per ½ cup container.

Will Stay Fresh for 2 to 3 Weeks: Store the container in the *coldest section* of refrigerator. If the Veggie Puree turns a yellowish color before you use it up, discard it. The yellow color means the vegetables have turned and may cause the same digestive upset (bloating, nausea, gas) that you would suffer if you ate old, overly ripened vegetables.

How Much Veggie Puree to Feed: Pureed vegetables are concentrated. 1 Tbsp of Puree is probably like the equivalent of ½ cup or more of vegetables. We feed about 1 Tbsp of Veggie Puree per 1½ pounds of meat-organ-bone grind. For a 4 oz serving of meat-organ-bone grind, add about ½ to ¾ of a teaspoon.

Avoid These Produce Items: Many raw pet food formulas on the market today contain far too much produce for the carnivorous dog and cat's daily intake. Some of these formulas can contain **species inappropriate starchy root vegetables** such as winter squash, yucca, and jicama, potatoes (yams, sweet, and white) and too much carrot and fruit which are high in sugar. **In addition, never mix grains with raw meat.**

Beware of Commercial Vegetable washes –some contain corn and citrus.

Reference Links:

Vegetable Chart (Vitamins and Minerals found in various vegetables)

Not all vegetables listed are appropriate for dogs and cats.

<http://www.healthalternatives2000.com/vegetables-nutrition-chart.html>

CALCIUM TO PHOSPHORUS CONTENT OF SELECT FOODS, by Robert D. Ness, Ness Exotic Wellness Center. *Written for reptile health, but contains an informative list of the Calcium to Phosphorus Ratio in many vegetables. Some vegetables listed are not suitable for Dogs and Cats.*

How to Soak Vegetables & Fruit in Sea Salt Water to Remove Pesticides

http://www.ehow.com/how_5471922_soak-salt-water-remove-pesticides.html

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