

DIY: HEALTHY HOMEMADE DOG FOOD

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INGREDIENTS

- 3 lbs ground turkey (or any other meat)
- 1 cup uncooked millet (or any other whole grain: quinoa, rice, pasta)
- 1 tbs olive oil
- 1 carrot, shredded
- 1 zucchini, shredded
- 1 squash, shredded
- 1 apple, chopped
- 1 tbs calcium powder
- 1/4 cup unsweetened coconut flakes
- 1/2 cup pumpkin puree (canned or homemade)

DIRECTIONS

1. Bring 1 cup of whole grain to boil in a pot of water. Drain.
2. While grains are boiling, shred/chop the veggies.
3. Cook ground turkey with olive oil and drain excess juices.
4. Mix all ingredients together. No need to cook the veggies. The cooked turkey and whole grain will warm them up a bit.
5. Store in tupperware or ziplock bags and freeze!

Disclaimer: use your own judgement and of course, speak to your veterinarian if you have questions/concerns.