

# Give a dog a **Bone** Broth

The Natural Canine Kitchen ©

## Ingredients

- 2 chicken carcass (preferably organic left over from roasting)
- ½ a fresh lime
- 1 stick of lemongrass, halved and sliced
- 1 thumb of turmeric (skin and all)
- 2 cloves of pink garlic whole (ordinary will do)
- 1 large bunch of fresh parsley stalks



## Method

Place the two chicken carcasses into a heavy bottomed pan and smash with a rolling pin or pestle to break the bones and joints a little. This is exactly why cooking is so good for your mental health! This really helps to get rid of any stress, raises your heart rate and gives you a clear relaxed mind! No need for a gym trip on Bone Broth day..... Joking aside, cooking for your beloved dog does make you feel wonderwoof!

Add the lime, lemongrass, turmeric, and garlic now.

Cover with cool fresh filtered water, bring to the boil and simmer for 2.5 hours, keep an eye on the broth, add a little more pure fresh cool filtered water if necessary, don't overdo it and put too much water in.

After 2.5 hours, remove the bones, lime, and lemongrass, now strain the golden liquid to ensure all pieces of bone are removed - Never ever feed cooked bones as they will splinter and cause major obstruction (however raw/uncooked bones are absolutely fine). It is fine to leave in the turmeric and garlic, you could smush them into the mixture using the back of a fork.



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Now finely chop the parsley stalks (curly or flat leaf are fine) and sprinkle them into the hot broth to infuse flavour, your dog will enjoy the taste. Parsley is very cleansing and great for digestion so particularly helpful for older dogs.

Let your delicious Bone Broth cool slightly before decanting into large Kilner/ mason jar.

Pop in the fridge and your Bone Broth will turn into a thick jelly.

The fat layer on top is perfectly fine to use in moderation.

If you have a dog that is particularly sensitive to fats or has had pancreatitis then please discard safely.

Feed as an appetite stimulant, a treat or a nourishing addition to your beloved dogs' everyday diet, the best part is..... **YOU CAN EAT IT TOO! (kitty-cats too)**

## Why feed Bone Broth

Bone Broth contains good amounts of glucosamine, chondroitin and hyaluronic acid. These are all beautiful joint protecting compounds, they will also help restore the balance of the gut. Beautiful fresh root turmeric contains curcumin, a powerful anti-inflammatory.

Bone Broth is a wonderful appetite stimulant, great for aging dogs, puppies, dogs that have leaky gut/ dysbiosis of the gut or gut issues and much, much more. Far, far better to feed a fresh source of joint protecting compounds than going to the store to buy a pre-made supplement in my professional opinion.

## Self selection ideas

- Dry fried Shiitake mushrooms (no fat needed)
- Pea shoots, served raw
- Fermented vegetables
- Toasted pine nuts
- Cockles

I firmly believe in dogs being offered choice, I regularly offer foods separated out and see which ones our beloved dogs choose. This can be fed on a longboard ( see photo) or added to the broth to pimp it!

