

Over the years I have made many versions of puploaf. The latest version was designed to eliminate the need for a lot of costly supplements and allow you to balance the diet with whole foods.

Complete PupLoaf Recipe

3 pounds beef 90% lean

8 ounces beef heart

5 ounces beef liver

20 ounces chicken gizzards

3 cans sardines in water, minus the juice

6 ounces mussels (3 teaspoons kelp could replace the mussels for trace minerals)

2 teaspoons ground fresh ginger

5 eggs with shell

3 ounces red pepper

5 ounces mixed dark leafy greens (kale, chard, spinach)

4 ounces broccoli

6 ounces butternut squash

3 tablespoons flax seed oil

4 ounces cranberries

4 ounces Shiitake mushrooms

Grind and mix all ingredients together. Pour into loaf, casserole, or muffin pans. Bake at 325 for 30 to 60 minutes depending on size of pan; should be lightly done, not overcooked. (juicy in the center) If your pet has a beef or chicken allergy, turkey could be substituted.

Use within 3 to 5 days, freeze extra portions. Feed warmed to room temperature.pup

Video At: <https://drjudymorgan.com/blogs/recipes/how-to-make-homemade-puploaf>