

MADE WITH LOVE

It takes some work, but preparing your dog's food is worth it.

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The foods you eat yourself—fruits, vegetables, meats—can be prepared for Fido, too.

A homemade diet can provide a healthy, nutritious and tasty alternative to many commercial pet foods on the market. It's fun to prepare Fido's food at home if you have the time for research and meal preparation.

Many larger commercial pet food manufacturers caution against feeding table scraps or preparing your pet's meals yourself, but humans don't expect to maintain optimal health on a diet that consists of one single processed food, and almost all wild species eat a varied diet consisting of different foods, to provide a broader spectrum of nutrition. Domestic pets can benefit from a minimally processed, varied diet, too.

There are challenges of preparing your pet's food:

- ▶ It takes some homework to prepare balanced meals, but when a broad array of foods is offered throughout the week, it's not much trickier than providing our children.
- ▶ Homemade meals can be time consuming to prepare, and messy as well.
- ▶ Decisions need to be made about whether to use cooked or raw food, based on your pet's age and state of health, as well as what you're comfortable with.
- ▶ This can involve research and consultation with your vet. Some vets advise against homemade meals, and if this causes a conflict, it may be necessary to locate an alternative vet who will support and assist you with your decision.
- ▶ If you have larger animals or a multi-pet household, ingredient storage can become an issue. A dedicated chest freezer might be a wise investment, so you can store raw ingredients and finished meals. **f**

Liver Loaf

This recipe is nutritious and delicious, and it can be sliced up into any size to make training treats suitable for your individual pet. The added bonus is that this treat is completely wheat-free.

Ingredients

- 1** pound fresh, raw, organic beef liver
- 3** free-range eggs
- ¼** cup canola or other vegetable oil
- 1** clove fresh garlic, crushed
- 2** cups instant oats
- 1** tablespoon applesauce
- 2** tablespoons nutritional yeast (optional)
- 3** tablespoons powdered kelp (optional)
- *Filtered water, sufficient to make a batter

Preparation

Process the liver in a blender or food processor, until completely puréed. Beat the eggs in a bowl and pour in the oil. Add the liver. Mix in the dry ingredients slowly, so they are thoroughly combined. Add water gradually, until you achieve a batter consistency. Pour into a loaf tin. Bake at 350 degrees for 50 minutes. Cool in the tin, then gently turn the loaf out onto a rack and refrigerate to cool completely. Slice with a sharp knife and dice into bite-size pieces appropriate for your pet.