

RECIPE

**MAKE**

**BONE**

**BROTH FOR**

**YOUR DOG**

EASY TO MAKE



# BENEFITS OF BONE BROTH

Bone broth is incredibly nutritional and is packed with vitamins and minerals which contributes to the dogs bodily functions and health.

It is easy to make bone broth for your dog, and it can be easily added to both kibble and raw food.

## Benefits

- 🦷 Help detox the liver and support the immune system.
- 🦷 Contributes to joint support.
- 🦷 Easily digestive source of protein.
- 🦷 Supports a healthy gut.

## Helps detox the liver

The liver's ability to detox is limited by the access to glycine, and since bone broth contains large amounts of glycine bone broth contributes to the liver's function.

## Contributes to joint support

Collagen is important for your dogs joints. It is literally the "cushions" at the end of the bones, and what surrounds ligaments and tendons. When your dog loses some of the collagen, they can develop pain in the joints.

Bone broth is packed with nutrition such as glucosamine, chondroitin and hyaluronic acid, which contributes to production of collagen.



# BENEFITS OF BONE BROTH

## Easily digestive source of protein

Because bone broth is liquid, it is a great way of giving your dog added nutrition and liquid. It is at the same time gentle for the stomach, and normally works well for dogs with a sensitive stomach, or after surgery. It works the same way as nutritional soup works for us when we are sick. Easy to eat and digest, but nutritional at the same time.

## Bone broth supports healthy gut

Inside the dog's intestine system there are millions of microscopic holes that allow nutrition to pass through, so they can benefit the rest of the body. These holes can become enlarged due to either overflow of bacteria, a bad diet, stress and other health issues. When this happens, "leaky gut" occurs.

Stuff that normally should not pass through the holes, such as toxins and undigested food passes through and can result in allergies or food sensitivity.

Bone broth contains gelatin (produced when you boil collagen) and can contribute to avoid or reverse "leaky gut" because gelatin literally plugs the larger holes in the intestine system, which allows only necessary nutrition to pass through.



# BASIC BONE BROTH RECIPE

## YOU NEED

A large pot with a lid  
Water  
5-10 marrow bones  
5-10 chicken feet (optional)  
1 whole hen/chicken (optional)  
5-10 tablespoons apple cider vinegar

### WARNING

Cooked bones are dangerous for dogs. Always strain your broth well and throw away the bones.

## HOW TO

1. Put marrow bones, chicken feet and hen in a pot with water covering the ingredients (1-3 cm over).

*If you are adding a hen/chicken, you should carved it open and break the bones to get the most nutrition from it.*

2. For every 1 liter water you add into the pot you need to add 1-2 tablespoon apple cider vinegar.

3. Put a lid on, heat until boiling and turn down to low heat, and leave the pot for at least 12 hours.

4. Strain away all the bones and meat into a new pot and place the bone broth in the fridge overnight. I use a normal kitchen sifter or a cloth strainer to strain the bone broth.

Please make sure there are no bones left in the bone broth. Cooked bones can be dangerous for dogs as the bones can splinter.

# BASIC BONE BROTH RECIPE

5. When you take the bone broth out of the fridge the next day, a layer of fat will have formed on top. You should remove and discard this.

The bone broth is now ready to be put into jars or ice cube trays (depending on the size of your dog) to refrigerate or for freezing.

The bone broth can be stored in the refrigerator 1-2 weeks.

If you are freezing the broth, remember to not fill the jars to full as the broth expands.



# UPGRADED BONE BROTH RECIPE

## YOU NEED

A large pot with a lid

Water

5-10 marrow bones

5-10 chicken feet (optional)

1 whole hen/chicken (optional)

5-10 tablespoons apple cider vinegar

1 broccoli

1 pack of green kale

1 cauliflower or 10 brussel sprouts

3-4 button mushrooms

5-10 oyster mushrooms

5-10 shitake mushrooms

4 cloves of garlic

1/2 cup cilantro

1/2 cup parsley

4 black tea bags

(decaffeinated)

### WARNING

Cooked bones are dangerous for dogs. Always strain your broth well and throw away the bones.



# UPGRADED BONE BROTH RECIPE

## HOW TO

1. Put marrow bones, chicken feet and hen in a pot with water covering the ingredients (1-3 cm over).

*If you are adding a hen/chicken, you should carved it open and break the bones to get the most nutrition from it.*

2. For every 1 liter water you add into the pot, you need to add 1-2 tablespoon apple cider vinegar.

3. Put the lid on, heat until boiling and turn down to low heat, and leave the pot for 12 hours.

4. Chop up all the vegetables, herbs and mushrooms. Add them to the pot and leave on low heat for 4 hours. For the final 10 minutes you can add 4 bags of black tea (decaffeinated).



# UPGRADED BONE BROTH RECIPE

5. Take the pot off the heat and allow to cool for a few hours. Then strain away all the bones and the meat into a new pot and leave this in the fridge over night. I use a normal kitchen sifter or a cloth strainer to strain the bone broth.

Please make sure there are no bones left in the bone broth. Cooked bones can be quite dangerous for dogs as the bones can splinter.

You can blend the vegetables, mushrooms and the meat from the chicken (none of the bones) to either add to the bone broth or store/freeze separately.

6. When you take the bone broth out the next day, a layer of fat will have formed on top of the bone broth. You should remove and discard this.

The bone broth is now ready to be put into jars or ice cube trays (depending on the size of your dog) to refrigerate or for freezing.

The bone broth can be stored in the refrigerator 1-2 weeks.

**Important tip!**

If you are freezing the broth, remember to not fill the jars to full as the broth expands.





# HOW TO SERVE BONE BROTH

## Start with small portions

Add 1-2 tablespoons bone broth to your dogs food, and if they like it (and their stomach is ok with it), you can increase the amount gradually.

If your dog does not like the bone broth cold, you can try heating it a little bit in the microwave. Just remember to check it is not too hot before serving it to your dog.

## How much can I give my dog

I give about 0,7 dl every day to each of my dogs which are about 16-19 kg each.

I have included a suggested serving size table based on 0,20 dl per 5 kg, but some dogs might need more or less, depending on their activity level and their metabolism.

A good tip is to freeze in portion sizes, either by dog or pack.

Happy cooking!

Dog weight	Serving size
2-8 kg	0,2 dl
8-15 kg	0,5 dl
15-20 kg	0,7 dl
20-35 kg	1 dl
35-65 kg	1,2 dl