

## **Power Cube Recipe from Dr. Conor Brady, Author of *Feeding Dogs***

- 40% mix of raw liver, heart, kidney, tripe
- 40% mix of organic veg: eg broccoli, spinach, carrot (blitzed in food processor or lightly steamed)
- 10% Sardine (fresh from frozen if possible, tins fine though not in vegetable oil)
- Outdoor foraged eggs
- Blue or blackberries
- Some full fat probiotic yoghurt
- Some well crushed organic pumpkin seeds (for worms)
- Bit of crushed garlic (if you like, <https://dogsfirst.ie/raw-garlic-for-dogs/>)
- Seaweed (recommend Canident as it cleans his teeth too <https://dogsfirstshop.ie/>)
- Pinch of good quality salt
- Some hair/fur if you can find it (animal fur!)

Mix ingredients together in a bowl and then freeze in large silicone ice cube trays. Give to your dog at a different time than their regular meal. Maybe feed outside in your yard or on your patio.