

BONE APPETREAT

Healthful recipes for your furry friend

Mineral Broth*

Our furry friends need their minerals too! Here's a "woofderful" recipe for you to make your own multi-mineral formula. Use it as the liquid for cooking grains and biscuits, or just add one tablespoon (15 ml) to their food on a regular basis.

1 lg. (454 g) beef bones

4 cups (32 fl. oz./946 ml) water – preferably "distilled" water**

1/2 cup (120 ml) peanut butter or almond butter

1/2 cup (4 fl. oz./120 ml) water or Mineral Broth*

- **Place** bones and water together in a pot, bring to a boil and let simmer for 60-120 minutes. (The longer you simmer the bones, the more minerals will be extracted.) Let cool completely. Place in the refrigerator overnight.
- The next day **remove** the bones and all the fat that has hardened on the surface.
- **Strain** the liquid and put it in a glass container.
- **Refrigerate** for 3-5 days or freeze and use as needed.

Yield: 4 cups (32 fl. oz./946 ml)

Note: Inside each bone, there is bone marrow. My dog just loves to eat this once the bones have cooled. It is a great treat!

*This Mineral Broth recipe is taken from page 9 of *Bone Appetreat* by Laurie Southall.

**Distilled water is processed in such a way that it is completely void of all minerals. When cooking for medicinal purposes, distilled water is your best choice. It has the ability to extract more minerals from the bones than any other type of water.

