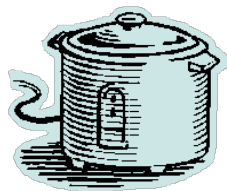


MOGO RECIPE Give your dog *More Go* by feeding them MOGO!

Dan's Home Made Good Mood Dog Food



MOGO INGREDIENTS

7 Cups Water

1 Cup Brown Rice

1 Cup Whole Oats

1 Medium Size Yam (yams are maroon on the outside and orange on the inside)

1 Apple

1 Carrot

1 Cup Frozen Green Peas

2 Cup Frozen Spinach

1 Cup Frozen Blue Berries

1/4 Cup Chopped Almonds

1 Heaping Teaspoon Crushed Garlic

1 Heaping Teaspoon Crushed Ginger

1 – 1.5lb. Lean Ground Meat (beef, poultry, fish, lamb, buffalo, caribou, venison, etc.)

PREPARATION

Fill a 6 quart crock pot with 7 cups of water. Add the brown rice and oats. Add the peas, spinach and blue berries. Chop yam into ½ inch cubes and add. Core apple and chop into ½ inch cubes and add. Shred the carrot and add. Add ¼ cup chopped almonds. Add 1 heaping tsp. garlic and 1 heaping tsp. ginger. Add your choice of lean ground meat (make sure that there are no small bones). If using fish, Salmon filet is a great choice. Chopped into ½ inch cubes. I like to leave the fish skin attached.

COOKING

Cover the crock pot and set the cook time for 4 hours on high. My crock pot will cook on high temp for 4 hours and will then automatically switch to low temp for 2 hours, then to warm, and then shut off.

MOGO TIPS

- When the MOGO is done cooking, use oven gloves to remove the crock pot bowl.
- Pour the MOGO into a large plastic bowl and stir until it is completely homogenized.
- Let MOGO cool down before feeding it to the dogs. Warm MOGO is okay to feed.
- You may need to feed more MOGO per volume compared to kibble, due to its water content.
- This recipe makes about 10 cups of food – or about 10 servings for a dog weighing between 45 and 55 lbs.
- Store the remainder in the refrigerator.
- Start by feeding small portions of MOGO to get your dog(s) digestive systems accustomed to it.
- Don't leave the MOGO open on the counter. Your dog may jump up to eat it.