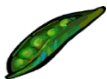


MOGO RECIPE Give your dog *More Go* by feeding them MOGO!



MOGO INGREDIENTS

6 Cups Water

1 Heaping Teaspoon Crushed Garlic

1 Heaping Teaspoon Crushed Ginger

1 Cup Rice

1/2 Cup Oats

1/2 Barley

1/2 Cup Lentils

1/2 Yam

1 Russet Potato

1 Apple

1 Carrot

2 lbs. Lean Ground Meat (beef, poultry, fish, lamb, buffalo, caribou, venison, etc.)

1 Cup Frozen Green Peas

2 Cup Frozen Spinach

PREPARATION

Fill a 6-quart crock pot with 6 cups of water. Add the ingredients in the order listed above. I add the Garlic and Ginger to the water and swish it around. After adding the grains, I swish it around again. I hand shred the Yam, Russet Potato, Apple, and Carrot before adding them. I discard the apple core and seeds. I add the meat at this stage, which puts it near the center of the crock pot, for more thorough cooking. Also, everything is defrosted, including the frozen peas and spinach. Optional - add fresh leaf spinach to form a canopy at the very top.

COOKING

Cover the crock pot and set the cook time for 6 hours on high. My crock pot will cook on high temperature and will then automatically switch to lower temperature and then shut off. I cover the crock pot with a towel to increase heat retention and catch any juices that may leak out.

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 completely mixed.
- The plastic container will be covered and placed in the refrigerator after it cools down.
- 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. It lasts one week.
- It is okay to make a ½ recipe.
- Start by feeding small portions of MOGO to get your dog(s) digestive systems accustomed to it.
- Do not leave the MOGO open on the counter. Your dog may jump up to eat it.