



# GOLDEN PASTE RECIPE

You can add the Golden Paste directly to your dog's food by mixing it with some water and or mashed butternut (which is a great source of fibre). Most dogs don't mind the taste at all!

Small dogs	1/4 teaspoon per day
Medium dogs	1/2 teaspoon per day
Large dogs	3/4 teaspoon per day

## INGREDIENTS

1/2 Cup	Organic turmeric powder (make sure it's organic powder as this contains a lot of curcumin)
1 – 1 1/2 cups	Filtered water
1 1/2 tsp	Freshly ground black pepper
1/4 cup	Organic cold pressed coconut oil

## DIRECTIONS

- 1 Mix the turmeric with the water in a pan. Start with 1 cup and add more only if necessary.
- 2 Stir the liquid on medium/low heat and in about 7 to 10 minutes it should form a thick paste.
- 3 If your paste looks watery, just add a bit more turmeric and heat it for another couple of minutes.
- 4 Once you've got a paste, add the black pepper and coconut oil and stir it very well.
- 5 Allow the mixture to cool, then place it in a jar and store it in your fridge. Ideally you should store the paste for no more than two weeks. After that, you'll want to make a fresh batch.

