

## The Pet Glider Diet Recipe

This recipe makes 4 bowls using the same base ingredients, but varying the protein source, fruits, and vegetables used in each bowl. You will freeze these in standard size ice trays, storing 4 bags of ready to serve portions. I label the bags 1 through 4 so I can rotate through them. I also mark the bags with the vegetables and fruits used so that I can see which varieties they like best. Each night provide 1 frozen cube per glider so they may nibble all night as it defrosts. You may add tidbits of fresh items at serving time too.

In each of 4 bowls combine:

16 ozs unsweetened applesauce

3 ozs plain yogurt

1.5 ozs frozen orange juice concentrate, defrosted

½ Tablespoon ground flax seed

¼ cup regular oats

½ cup pureed vegetables (unsalted frozen or fresh from approved list)

½ cup pureed fruits (unsweetened frozen or fresh from approved list)

In each of 2 bowls: Add 2 scrambled eggs, chopped finely

In each of 2 bowls: Add ½ cup boiled, pureed white chicken

To make a Double Batch, in each of 4 bowls combine:

32 ozs unsweetened applesauce

6 ozs plain yogurt

3 ozs frozen orange juice concentrate, defrosted

1 Tablespoon ground flax seed

½ cup regular oats

1 cup pureed vegetables (unsalted frozen or fresh from approved list)

1 cup pureed fruits (unsweetened frozen or fresh from approved list)

In each of 2 bowls: Add 4 scrambled eggs, chopped finely

In each of 2 bowls: Add 1 cup boiled, pureed white chicken

Tips: Prepare pureed chicken, fruits, & vegetables the day before. Use frozen vegetable blends for variety. Broccoli, Cauliflower, Carrot blend is a favorite!