

Blueberry-Bean Quinoa Bowl

This paw-some, plant-powered meal will have tails wagging and noses twitching! A nutritious meal packed with protein from white beans, fiber from quinoa, antioxidants from blueberries, and healthy fats from almonds.

Time: 35

Difficulty: ★★☆☆



Ingredients

2 ¾ cups white beans, previously cooked
½ cup quinoa
¾ cup + 1 tbsp water
1 ½ cups broccoli
½ cup carrots
½ cup blueberries, fresh or frozen
3 tbsp raw almonds, unsalted and soaked overnight

For the sauce:

3 tbsp coconut yogurt
½ tsp dry basil
1 tsp turmeric powder

Feeding supplement of choice *optional*

Instructions

- 1 Wash the quinoa thoroughly under cold water.
In a pot, add the quinoa alongside the water. Bring to a boil, reduce the heat to low, cover with a lid, and simmer for 12-15 minutes until the water is fully absorbed.
Allow it to cool down.
- 2 Cut the broccoli into smaller florets, and the stem into bite-size pieces, in a microwave-safe dish. Place the broccoli with a 1/4 cup of water and cover tightly with cling film.
Microwave for 3 minutes until bright green and tender when pierced with a knife. Let it cool down and roughly chop into smaller pieces.
- 3 Peel and grate the carrot. Set aside.
- 4 Drain the soaked almonds and process them into flour using a blender or food processor.
- 5 Mix the cooled quinoa with the vegetables. In another bowl, mix the rinsed white beans and the blueberries that have been thawed previously (if using frozen) or smashed with a fork (if using fresh), and the almond flour.
- 6 For the sauce, mix the coconut yogurt with the turmeric and dried basil.

Notes

- Use dry white beans and cook them yourself. Soak them for 12-24 hours and cook with no salt until they are soft. This ensures better quality and digestion for dogs.
- Make sure to use unsweetened coconut yogurt with no added sugars to avoid unnecessary ingredients that may not be safe for dogs.
- Store the servings in airtight containers or ziplock bags for up to 3 days in the refrigerator or 1-2 weeks in the freezer.
- Thaw completely and **bring to room temperature before feeding**.
- The coconut yogurt sauce can be stored separately in a sterilized glass jar for up to 1 week in the refrigerator.

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 22g		28%	Sodium 200mg		9%
	Saturated Fat 2.5g		13%	Total Carbohydrate 243g		88%
	Trans Fat 0g			Dietary Fiber 53g		189%
	Polyunsaturated Fat 8.1g			Total Sugars 27g		
	Monounsaturated Fat 10g			Includes 0g Added Sugars		0%
	Cholesterol 0mg		0%	Protein 76g		152%
Serving size	Vitamin D 0.7mcg		4%	Calcium 751mg		60%
	Potassium 4453mg		90%	Iron 27mg		150%

* Nutrition information is an estimate and has been calculated automatically

Blueberry-Bean Quinoa Bowl

This paw-some, plant-powered meal will have tails wagging and noses twitching! A nutritious meal packed with protein from white beans, fiber from quinoa, antioxidants from blueberries, and healthy fats from almonds.

Time: 35

Difficulty: ★★☆☆



Ingredients

2 ¾ cups white beans, previously cooked
½ cup quinoa
¾ cup + 1 tbsp water
1 ½ cups broccoli
½ cup carrots
½ cup blueberries, fresh or frozen
3 tbsp raw almonds, unsalted and soaked overnight

For the sauce:

3 tbsp coconut yogurt
½ tsp dry basil
1 tsp turmeric powder

Feeding supplement of choice *optional*

Instructions

- 1 Wash the quinoa thoroughly under cold water.
In a pot, add the quinoa alongside the water. Bring to a boil, reduce the heat to low, cover with a lid, and simmer for 12-15 minutes until the water is fully absorbed.
Allow it to cool down.
- 2 Cut the broccoli into smaller florets, and the stem into bite-size pieces, in a microwave-safe dish. Place the broccoli with a 1/4 cup of water and cover tightly with cling film.
Microwave for 3 minutes until bright green and tender when pierced with a knife. Let it cool down and roughly chop into smaller pieces.
- 3 Peel and grate the carrot. Set aside.
- 4 Drain the soaked almonds and process them into flour using a blender or food processor.
- 5 Mix the cooled quinoa with the vegetables. In another bowl, mix the rinsed white beans and the blueberries that have been thawed previously (if using frozen) or smashed with a fork (if using fresh), and the almond flour.
- 6 For the sauce, mix the coconut yogurt with the turmeric and dried basil.

Notes

- Use dry white beans and cook them yourself. Soak them for 12-24 hours and cook with no salt until they are soft. This ensures better quality and digestion for dogs.
- Make sure to use unsweetened coconut yogurt with no added sugars to avoid unnecessary ingredients that may not be safe for dogs.
- Store the servings in airtight containers or ziplock bags for up to 3 days in the refrigerator or 1-2 weeks in the freezer.
- Thaw completely and **bring to room temperature before feeding**.
- The coconut yogurt sauce can be stored separately in a sterilized glass jar for up to 1 week in the refrigerator.

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 22g		28%	Sodium 200mg		9%
	Saturated Fat 2.5g		13%	Total Carbohydrate 243g		88%
	Trans Fat 0g			Dietary Fiber 53g		189%
	Polyunsaturated Fat 8.1g			Total Sugars 27g		
	Monounsaturated Fat 10g			Includes 0g Added Sugars		0%
	Cholesterol 0mg		0%	Protein 76g		152%
Serving size	Vitamin D 0.7mcg		4%	Calcium 751mg		60%
	Potassium 4453mg		90%	Iron 27mg		150%

* Nutrition information is an estimate and has been calculated automatically