

Turmeric Recipes – Golden Paste

You'll need:

- 🐾 60g turmeric powder
- 🐾 250ml water
- 🐾 70ml cold pressed Olive or Coconut oil
- 🐾 1 1/2 teaspoons freshly ground black pepper

Method:

- 🐾 Place the turmeric and water in a pan, stirring over a gentle heat until you have a thick paste. This should take 7 – 10 mins, add more water if required.
- 🐾 Add the freshly ground black pepper and oil at the **END**, whisking to incorporate the oil.
- 🐾 Allow to cool



Storing:

The paste will last in a sealed air tight container in the refrigerator for 2 week and in the freezer for up to 6 months.

Dosage:

$\frac{1}{8}$ to $\frac{1}{4}$ teaspoon fed twice daily with food.

The Number One benefit for turmeric dogs is that they can experience a reduction in inflammation particularly with respect to arthritis and itchy skin.

More details available at <http://www.turmericlife.com.au/turmeric-dogs/>