



Canine Sports Productions

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Coaching dog enthusiasts to embrace the unique needs of active dogs through teaching, mentoring and educational media

Golden Paste

INGREDIENTS

- 1 cup purified water
- 1/2 cup **organic turmeric powder** + additional to adjust consistency
- 1/4 cup extra virgin **coconut oil** or other fat such as **ghee** or **extra virgin olive oil**
- 1 tsp finely ground black pepper

METHOD

1. Add powdered turmeric to a pan with water and reduce on low to medium-low heat until it begins to form a thick paste.
2. Add in ground pepper and fat of choices and combine well, adjusting the water or turmeric qualities as needed.
3. You may also choose to add in approximately 1-2 tablespoons of raw honey and about 1-2 teaspoons of other warming spices that pair well with turmeric such as nutmeg, curry powder, cinnamon, cardamom, or salt, if you wish.
4. Once your paste is the consistency you desire, store in a glass jar with a tight-fitting lid in the refrigerator for 1-2 months.
5. There are about 200 mg of curcumin in one teaspoon of turmeric, so there are about 2400 mg of curcumin in this recipe – more if you added more turmeric to adjust the consistency of this mixture. Calculate how much to give your dog based on a dose of 4 mg/kg body weight twice a day.
6. If you are making Golden Paste for yourself, you will want to consume about 1-2 teaspoons of paste a day in warm water, juices, smoothies, teas, golden milks, nut butters and snacks, stir-fries, stews, dressings and other savory items.

