



AMOUNT

INGREDIENTS

| | | | | |
|---|------------|---|-----------|-------------------------|
| 1 | 35.3 ounce | → | 1000 gram | Cooked Butternut Squash |
| 2 | 19.4 ounce | → | 550 gram | Cooked Carrots |
| 3 | 19.4 ounce | → | 550 gram | Cooked Summer Squash |
| 4 | 6.2 ounce | → | 175 gram | Raw Yellow Sweet Pepper |
| 5 | 6.2 ounce | → | 175 gram | Raw Orange Sweet Pepper |
| 6 | 3.5 ounce | → | 100 gram | Banana |
| 7 | 3.5 ounce | → | 100 gram | Grapefruit |
| 8 | 3.0 tbsp | → | 20 gram | Turmeric Spice |
| | 5.9 lbs | → | 2.7 kg | |

RECIPE PREPARATION

Rise & Soak All Produce

- 1 In order to fully clean all produce before cooking, soak all fruit and vegetables in warm water for 30 minutes.

Fully Cook Squash & Carrots

- 2 Bake, boil, or steam all vegetables until fully cooked.
*Baking was the method used to create this recipe. Preheat the oven to 400°F and bake for 1 hour or until cooked thoroughly

Mash & Mix All Ingredients

- 3 Cut vegetables into small portions and combine all ingredients in a high powered blender or food processor to create the vegetable mash. Include the raw vegetables, fruit, and spices during this time. Mix thoroughly.

Portion & Freeze

- 4 Add the vegetable mix into freezer safe containers to store the excess without spoilage. Portion sized cubes can be made by freezing the vegetable mash in silicone molds or ice cube trays.

- 5 **Serve & Enjoy!**



RECIPE ANALYSIS – AS FED

| | |
|--------------|-------------|
| Calories | 1000 kcal |
| Weight | 94.2 ounce |
| Weight | 2670.4 gram |
| Moisture | 89.00% |
| Protein | 0.94% |
| Fat | 0.26% |
| Carbohydrate | 9.09% |
| Ash | 0.72% |
| Ca:P | 1:1 |

RECIPE ANALYSIS – DRY MATTER

| | |
|--------------|------------|
| Calories | 1000 kcal |
| Weight | 10.4 ounce |
| Weight | 294 gram |
| Moisture | 0.00% |
| Protein | 8.55% |
| Fat | 2.36% |
| Carbohydrate | 82.64% |
| Ash | 6.55% |
| Ca:P | 1:1 |

ESSENTIAL NUTRIENTS – AMINO ACIDS

| <i>NRC Essential Nutrient Guidelines for</i> | <i>Per 94oz (2670g)</i> |
|--|-------------------------|
| Crude Protein | 25.14 gram (g) |
| Arginine | 1.43 gram (g) |
| Histidine | 0.62 gram (g) |
| Isoleucine | 1.03 gram (g) |
| Leucine | 1.53 gram (g) |
| Lysine | 1.28 gram (g) |
| Methionine | 0.33 gram (g) |
| Methionine + Cystine | 0.92 gram (g) |
| Phenylalanine | 0.97 gram (g) |
| Phenylalanine + Tyrosine | 1.69 gram (g) |
| Threonine | 1.42 gram (g) |
| Tryptophan | 0.29 gram (g) |
| Valine | 1.13 gram (g) |

RECIPE NUTRIENT AMOUNT

ESSENTIAL NUTRIENTS – FATTY ACIDS

| <i>NRC Essential Nutrient Guidelines for</i> | <i>Per 94oz (2670g)</i> |
|---|-------------------------|
| Total Fat | 6.82 gram (g) |
| Linoleic Acid (LA) | 1.31 gram (g) |
| Alpha-Linolenic Acid (ALA) | 0.00 gram (g) |
| Eicosapentaenoic + Docosahexaenoic Acid (EPA+DHA) | 0.00 gram (g) |

RECIPE NUTRIENT AMOUNT

ESSENTIAL NUTRIENTS – VITAMINS

| <i>NRC Essential Nutrient Guidelines for</i> | <i>Per 94oz (2670g)</i> |
|--|--------------------------|
| Vitamin A | 10422.50 microgram (mcg) |
| Vitamin D | 0.00 microgram (mcg) |
| Vitamin E | 20.20 milligram (mg) |
| Vitamin K | 0.11 milligram (mg) |
| Vitamin B1 (Thiamine) | 1.53 milligram (mg) |
| Vitamin B2 (Riboflavin) | 0.88 milligram (mg) |
| Vitamin B3 (Niacin) | 21.09 milligram (mg) |
| Vitamin B5 (Pantothenic Acid) | 6.80 milligram (mg) |
| Vitamin B6 (Pyridoxine) | 3.81 milligram (mg) |
| Vitamin B9 (Folate & Folic acid) | 508.96 microgram (mcg) |
| Vitamin B12 (Cobalamin) | 0.00 microgram (mcg) |
| Choline | 119.39 milligram (mg) |

RECIPE NUTRIENT AMOUNT

ESSENTIAL NUTRIENTS – MINERALS

| <i>NRC Essential Nutrient Guidelines for</i> | <i>Per 94oz (2670g)</i> |
|--|-------------------------|
| Calcium | 0.83 gram (g) |
| Phosphorus | 0.83 gram (g) |
| Magnesium | 594.37 milligram (mg) |
| Potassium | 6.94 gram (g) |

RECIPE NUTRIENT AMOUNT

| | |
|-----------|-----------------------|
| Sodium | 380.25 milligram (mg) |
| Chloride | 570.38 milligram (mg) |
| Iron | 20.25 milligram (mg) |
| Copper | 1.92 milligram (mg) |
| Zinc | 6.25 milligram (mg) |
| Manganese | 6.04 milligram (mg) |
| Selenium | 13.02 microgram (mcg) |
| Iodine | 0.00 microgram (mcg) |