

Walnut/sesame balls (good for kidneys, bones/arthritis, hair & skin, lungs)

2 oz (60 g) black sesame seeds

2 oz (60g) walnuts

3-4 tbsp honey

Pan fry sesame seeds over medium high on a dry pan, 2-3 minutes, until nutty smell and seeds start to jump. Remove seed immediately to stop cooking. If desired, pan fry walnuts until golden brown, about 2-3 minutes. Put seeds and walnuts in a food processor and pulse until powdered or crush with a mortar and pestle. Add the honey and process until mixed. The mixture should hold together and not crumble apart and should not be too wet. Form into ½ inch balls for small dogs, ¾ inch balls for larger dogs and humans. Place on wax paper or parchment paper, refrigerate to cool.

Give 2-3 balls daily. Optional: leave out honey and feed as a powder. 1- 1½ tsp daily for small dogs or 2-3 tsp daily for larger dogs and humans.