



Make From Scratch Mother's Pudding Core Recipe Card

Here's the recipe for mother's pudding - a great source of calcium, fat, and protein for lactating bitches, plus quick energy from the sugar.

Bitches love it and will (in our experience) gladly lap it up even when they're being finicky about their regular food. Our 55-65ish pound bitches will consume two batches per day when lactating.

INGREDIENTS

- 4 egg yolks
- 4 cups milk* (950ml / 33fl oz)
- 1 tablespoon vanilla
- 2/3 cup sugar (134g / 4.7oz)
- 6 tablespoons cornstarch (cornflower)
- 1/2 teaspoon salt



* **Milk** - We use raw goat milk but pasteurized goat milk is fine if that's what you have. Goat milk has smaller molecules and is more easily digested than cow's milk. Just as in humans, some dogs appear to tolerate cow's milk and some do not. As this is probably not a great time to experiment and find out if your bitch will do well on cow's milk, we recommend you do everything you can to get your hands on goat milk!

Equal parts evaporated milk and water can also be used as an alternative.

METHOD

1. In a large mixing bowl, beat together the egg yolks, and then slowly pour and mix in the milk.
2. Add the vanilla, sugar, cornstarch and salt, a little at a time, mixing well as you go.
3. Pour the mixture into a large saucepan and slowly warm over a medium heat, stirring continuous for 10-15 mins.
4. As the mixture thickens, slowly bring it up to boil (bubbles form at edges), and then take it off the heat immediately.



Is it a Pudding or is it Custard?

Well... depending on where you live, it could be either! In the U.S. it is known as a "pudding" mix, however in the U.K. or Australia (for example) it would be more commonly known as "custard".

The important thing to note is that it should be a thick liquid consistency which coats the back of a metal spoon.



Please see over page for additional notes.

Alternative recipe using vanilla pudding from a packet

If you have one to hand you can also make this with a package of vanilla pudding filling.

- 1 package vanilla pudding
- 4 cups milk* (950ml / 33fl oz)
- 1/2 cup sugar (100g / 3.5oz)
- 4 egg yolks



VERY IMPORTANT - do not use **instant** pudding! It has an additive that can give the puppies diarrhea. Use the kind of pudding that has to be cooked.



Additional Notes

- Our 55-65ish pound bitches will consume two batches per day when lactating a litter of 7-9 puppies. Bitches with smaller litters need less or none at all.
- Be aware that the sugar in this recipe can cause hyperactivity in some bitches, especially if she has a small litter. This is not a common reaction but it does happen. Try leaving the extra sugar out or skipping this altogether if you feel your bitch is restless after she eats it.
- This pudding can sometimes also cause loose stools – have some canned pumpkin on hand to mix into it and your bitch's stool will firm right up. We use 2-4 cups of canned pumpkin per batch as needed.
- You should always consult your breed mentors and veterinarian for best practice with feeding and supplementing your nursing mothers. This works for us but might not be good for your dam.

