



# HOMEMADE DOG FOOD RECIPE GUIDE



- ✓ Add years to your dog's life!
- ✓ Save money with homemade dog food
- ✓ Reduce Vet Visits
- ✓ Over 100 delicious and healthy recipes!
- ✓ Lots More...

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# Part 1: Introduction

Coming from a family of animal lovers – my parents, brothers, sisters, and I cared for a variety of animals since I was young, including a lot of dogs – I was naturally fascinated with the idea of providing optimal care to domestic pets, and especially dogs.

For a very long time, people have been walking into pet stores and coming out with puppies without any idea about how to provide the optimum care for their new pets.

One of the central principles of optimum dog care is good *nutrition*. You might be surprised when you find out about the actual needs of our canine companions. The answers to questions about dog nutrition *cannot* be found on labels of dog foods – in fact, that’s the last place you should be looking if you’re uncertain about your dog’s daily nutritional needs.

If you want your dog to live a long, active, and happy life free from the common health problems associated with modern dogs (who are fed *the wrong food* every day), then this book is definitely for you.

Contained within these pages are insights and discoveries that I have made through the years, as I’ve taken care of multiple canines. It is a gift to the present and future generation of dog lovers who know how precious the companionship and love of dogs really are. This is for you, my dear friend. Welcome to the world of optimum nutrition for dogs!

### History: How Commercial Dog Foods Came To Be

Half a century ago, giving dogs left-over food was the norm. If you had a Fido at home, you simply had to collect table scraps so the family's beloved pet could eat once or twice a day. Life was simple back then, and dogs were considered hardy members of the family that could live with less than ideal nutrition.

As the years progressed and values changed, people slowly realized that canines needed the *right kind* of nutrition, the same way that people need a balanced diet in order to live long, productive lives...and to escape the plight of modern day diseases like hypertension, diabetes and cancer.

Today, the term "dog food" equates to *commercially-sold dog food*. Nowadays, having a dog at home means you have to regularly stock your home with dry, semi-dry, or wet-variety dog food.

It's generally accepted that the most convenient way of feeding a Fido is to give the dog commercial dog kibble or moist dog food packets. But when did this practice begin, and why has the commercial pet food industry been sustained to such an extent that it has become a strong and dominant producer?

Well, the pet food boom actually occurred after the Second World War. With the steady increase of the country's population after the war (known as the Baby Boom) came *increased consumption* of meat products in the country. Increased meat consumption meant there was also a marked increase in the *byproducts* created by the meat processing industries.

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When the raw materials for pet food became available, enterprising individuals like R. Purina developed industrial processes that paved the way to mass production of food for hogs and chickens.

From an economist's point of view, it was indeed a beautiful development in the industries. Mass-produced food pellets increased the output of hog raisers and poultry farms. The meat processing industry made the meats suitable for commercial distribution. Usable byproducts from the meat processing industry were purchased by the pet food companies.

The pet food companies adapted the various industrial processes used by food pellet manufacturers to produce commercial dog food, cat food, rabbit food, etc.

The clamor for a "balanced diet" or a steady protein source in commercial dog food meant that pet food manufacturers had no choice but to add meat to their products. Making viable, meat-based pet food wasn't a problem at all, because the technology had already been there for a while.

Slowly, the modern pet food industry developed more strategies to respond to the needs of specific markets. The strongest market is the dry pet food market.

Dry pet food or *kibble* is produced by combining flour (derived from various grains, including wheat), ground animal meals (meat scraps from meat processing plants are ground by heavy machines to produce a moist meal), and milk products. Some manufacturers make it a point to add vitamins and mineral content to the dry kibble, which is an important selling point used by many pet food manufacturers.

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Before the actual kibble is packed and distributed to supermarkets, the carbohydrate base of the dry pet food is first spray-coated with oil (which forms the fat content of the food) and various milk products (which improves the taste of the pet food).

Dry kibble must have a carbohydrate content of at least forty percent for this existing industrial process to work -- so you now know that *all* dry kibble for dogs is composed of at least forty percent carbohydrates.

Let's move on to semi-moist dog food. What makes this type of dog food tick? How come it's moist, and yet it can stay "fresh" until such time that you want it to feed Fido? It all boils down to *humectants*.

Humectants are chemical compounds added to dog food to keep the food product wet or moist, and are also used to prevent the common chemical processes that cause spoilage.

Unlike dry kibble, semi-moist dog food makes use of at least two protein sources: ground soybeans and fresh meat (in the form of meat scraps or regular meat). Fat is also added to the final product to increase its caloric content.

Before packaging, the semi-moist dog food is molded into different shapes. Don't be deceived though: dogs couldn't care less if the food you're giving them is in shape of a heart or a chunk of meat.

Pet food manufacturers make it a point to improve the physical appearance of pet foods to attract buyers. The



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appearance of the food does not necessarily have a positive impact on the animal's nutrition.

Let's move on to the third type of dog food/pet food: canned food.

There are four general categories of canned dog food. The first one is called *rationed dog food*. Rationed dog food is the *wettest* variety of dog food because the base of the dog food (meat scraps, internal organs, etc.) is cooked in highly pressurized environments until a liquid state is achieved.

The resulting liquefied food is then packed in sterile cans and shipped. *All-meat canned food*, on the other hand, is composed mostly of animal tissue and meat byproducts. The meat base of this type of canned food is not cooked until a liquid state is achieved. Preservatives are used to maintain the physical appearance and freshness of the meat base of the canned food.

Chunky canned food and "stews" in cans are manufactured specifically to cater to the requirements of dog owners who want to give their pets moist, "fresh" food that tastes good. Unfortunately, these foods are only aesthetically pleasing to owners, and are not necessarily pleasing to the pets themselves.

Our focus should be turned to what actually goes into the creation of the dog food, and not necessarily *how the food looks*. In addition to preservatives and humectants, pet food manufacturers have also been known to add *artificial colorants* to create vibrant-looking food. The pigments used to mask the *real* color of the dog food are indigestible and can actually taint your dog's feces.

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This is the main reason why I'm advocating that you prepare your dog's food *at home* so you know exactly what your beloved pet is eating. It may sound daunting at first, and it's perfectly fine if you can't implement this type of change overnight.

Alternating homemade food and dog food is a good way to balance your dog's diet. But in the final analysis, if you *can* invest time and energy in giving your canine companion food prepared at home, your dog has a better chance of living a *longer* and *healthier* life, especially compared to dogs that are given commercial food that only has the *minimum* amount of nutrients needed to sustain a healthy canine body.

### **Canine Nutrition Demystified**

To better understand the nutritional needs of dogs, we must explore each of the major nutrients that our canine companions need in order to live long and healthy lives.

Like humans and other animals, dogs need a balanced intake of nutrients for continuous growth and tissue repair. Lack of sufficient nutrients in a dog's diet can cause stunted growth, poor healing after injury, and a decidedly shorter lifespan compared to dogs who are receiving optimum nutrition.

### The Truth About Proteins

Protein is one of the most essential building blocks of mammalian life. Mammals like dogs need protein for growth, tissue repair, and regulation of biological processes.

Without protein, muscle tissue and internal organs would suffer greatly. Like humans, dogs are capable of synthesizing specific amino acids (the building blocks of protein) on their own. Other amino acids must be sourced from the dog's diet.

That's why it is *not* ideal to feed dogs only carbohydrate-based treats and kibbles. Too many carbohydrates and too little or no protein can do more harm than good in the long term. (This is the reason why, after the late 1800's, pet food manufacturers turned to the byproducts of meat processing plants to acquire inexpensive sources of animal protein to add to kibble, semi-moist, and canned pet food.)

A diet rich in protein is highly recommended for young pups that have already been weaned from their mother, and for young, growing dogs. Hunting dogs and other working dogs should also be given a healthy serving of protein during mealtime to keep their muscles and organs working perfectly.

However, giving a dog too much protein can create its own problems. Increase protein intake has been known to damage the dogs' kidneys, which can lead to terminal kidney failure. Too much protein has also been associated with sudden changes in a dog's temperament.

### Should Fats be Avoided?

Today, fats are the most abhorred of the macro nutrients because there is a general belief that any form of fat can cause obesity and other health problems in dogs. There is a kernel of truth to this: excessive fat intake in dogs *can* cause obesity, especially if the dog does not regularly expend energy on a daily basis.

But this does not mean that you have to cut out fats from your pet's diet. Fat is needed for normal kidney processes. Your dog also needs fat to maintain a healthy coat and healthy skin.

With too *little fat*, your dog can suffer, too.

If you're feeding your dog lean dog food, one easy way to add healthy fat to your dog's diet is by adding food items with omega fatty acids. Fish is the richest source of omega fatty acids. If this isn't a feasible option for you right now, you can buy a dog supplement that has omega fatty acids. Supplementation will provide at least a *minimum* amount of omega fatty acids and will help your dog maintain a healthy coat.

### **Carbohydrates in a Dog's Diet**

Since dogs are generally active, they need a clean source of carbohydrates that can be easily used for energy. There is a general consensus among veterinarians that dogs need 40 to 50 percent carbohydrates in their daily diet. Dog food companies make use of a variety of inexpensive sources of starch (carbohydrates).

If your dog is having a hard time digesting a new brand of dog food, check the ingredients. Food allergies can sometimes occur when the dog's chief source of carbohydrates is soybean in its food. (Allergies show up as excessive flatulence and other signs of indigestion.)

If your dog is allergic to soybean-based dog food (or allergic to *any* specific source of carbohydrates or starch), try shifting to another brand of dog food that has been manufactured with regular flour, like wheat flour. Or better yet, prepare your dog's food yourself! Recipes for homemade dog meals can be found in the second part of this book.

### Indigestion in Dogs

Many commercial dog foods have a minimum of 40% carbohydrate content. Some dog foods labeled “light” are light in fat content, but have as much as 70% carbohydrate content. The evolutionary ancestors of the domestic dog *do not* consume high amounts of carbohydrates.

According to research, the diet of ancient hounds contains no more than thirty percent carbohydrates. The evolutionary ancestors of domestic dog breeds were able to integrate carbohydrates in their diet by consuming wild fruits such as berries, and by consuming the digestive organs of animal prey.

Dogs, being natural carnivores, have digestive systems that are highly capable of breaking down complex proteins. These complex proteins are then used for biological maintenance and energy. The same highly adaptable digestive system is capable of utilizing complex carbohydrates, as well.

So when does indigestion take place in dogs?

As we mentioned earlier, it’s possible for dogs to experience indigestion because of food allergies. But food allergy is just *one* main cause of indigestion in pet dogs.

Indigestion can occur when there’s an insufficient level of digestive enzymes in a dog’s system. Different forms of sugar or carbohydrates are utilized by the dog’s system through the action of specific digestive enzymes like sucrase.

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When there is an enzyme deficiency, the raw material (the food) inside the dog's digestive tract is not digested properly. The food remains in the dog's system for a longer period and eventually ferments. Fermentation causes the bacterial population of the dog's digestive tract to increase exponentially. This bacterial boom also increases the water content and gas content of the dog's stomach and intestines, instantly causing symptom of indigestion.

Enzyme deficiency is caused by a variety of factors including:

- The dog's age
- Infection of digestive tract
- Intestinal inflammation

What about dairy products, like fresh milk? Why do some dogs suffer from indigestion when they are given dairy products? Well, apart from allergy to dairy products, many *adult dogs* suffer from lactose intolerance because adult dogs simply do not produce the necessary enzyme to properly digest lactose, the key component of dairy products. Pups and young dogs can usually handle dairy products, but as a dog ages, the production of lactase gradually slows down and eventually ceases altogether.

### In Focus: Micronutrients

Dogs need micronutrients -- vitamins and minerals -- as much as humans. Micronutrients, or *trace* nutrients, are needed by dogs in small amounts for tissue repair, metabolic regulation, and growth. Vitamin deficiency and mineral deficiency can easily cause malaise. This can occur if dogs are not receiving sufficient amounts of trace nutrients in their regular diet.

If you think your dog is suffering from any form of vitamin or mineral deficiency, the *first* and most important step is to consult with a veterinarian. Never try to self-diagnose a sick pup or adult dog, as this can prove to be disastrous. Always seek the help of qualified professionals when it comes to the health issues of your dogs.

Now, if you're in the market for some regular supplements for your dog, here are some tips:

1. Dogs that have bone problems or injuries benefit from calcium and phosphorous supplementation. Note that these two minerals have to be given in *balanced amounts* in order to help the dog. Too much calcium or too much phosphorous can reduce the ability of the dog's body to absorb and utilize either of the minerals.
2. Many dog breeders and owners give pregnant dogs a daily dose of vitamin C or ascorbic acid. Do *not* overdo the vitamin C supplementation, because dogs can actually synthesize ascorbic acid on their own. Too much vitamin C in a dog's system will simply be excreted by the dog. Some dogs who are under stress may also be given ascorbic acid.



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3. Is your dog suffering from dry, scaly skin due to changes in humidity and temperature? Your dog might benefit from vitamin E supplementation. Vitamin E helps in cellular regeneration, and also helps keep the dog's skin and coat in top condition.
4. If your dog is suffering from stress (post-operation, injury, etc.) or is having problems with flea infestation, veterinarians usually recommend B-complex supplementation. A bit of trivia about brewer's yeast (which is often given to dogs with fleas): brewer's yeast is naturally rich in B vitamins – which makes it a perfect natural remedy.

Vitamin A, vitamin D, vitamin E, and vitamin K are all fat-soluble trace nutrients that help the dog by:

- Improving the dog's ability to clot blood and control bleeding
- Improving and maintaining the dog's sharp eyesight
- Aiding bone repair and bone growth (this is achieved through the combined action of vitamins and the mineral calcium)

Severe deficiency in the aforementioned vitamins can cause the following problems:

- Weakening of the dog's muscles
- Inability to reproduce normally
- Weakened immune system and low immunity

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- Vision problems
- Inflammation of the eyes
- Rickets

Members of the B-family of vitamins are water-soluble trace nutrients and are *central* to the lives of healthy dogs. These vitamins allow canines to store and utilize energy properly.

Giving your dog too many vitamins can also cause problems:

- Calcification can occur in vital organs such as the lungs if the dog is being given too much vitamin D supplementation.
- Too much vitamin A can cause severe bone problems.

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### Giving Your Dog the Right Minerals for Optimum Health

Minerals produce specific benefits when ingested by dogs. The following is a breakdown of the most vital minerals and their benefits:

<b>Minerals</b>	<b>Benefits</b>
Calcium	Normal growth and repair of bones
Phosphorous	Normal growth and repair of bones
Potassium	Cellular maintenance, kidney health, muscle maintenance
Sodium	Prevents dehydration
Magnesium	Needed for the normal functioning of vital organs like the heart
Iron	Needed for production and maintenance of red blood cells
Zinc	Needed for healthy fur and normal skin

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Copper	Copper is used by the dog's body to maintain a healthy coat. Copper is also needed to utilize the mineral <i>iron</i> .
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### **Phosphorous & Calcium: How Much Is Just Right?**

As we mentioned earlier, the two minerals *phosphorous* and *calcium* have to be balanced so that your dog will achieve optimum health. The following table will help you attain the proper ratio when your veterinarian tells you that mineral supplementation is necessary:

<b>Time in the Dog's Life</b>	<b>Percentage of Calcium</b>	<b>Percentage of Phosphorous</b>
During pregnancy	1% to 1.8%	.8% to 1.6%
Growing years	1% to 1.8%	.8% to 1.6%
"Teenage" years	.8% to 1.5%	.6% to 1.2%
Before giving birth to puppies	.8% to 1.5%	.6% to 1.2%
Regular adult	.5% to .9%	.4% to .8%

### Is Your Dog Getting Enough Zinc?

If you want to maintain your dog's beautiful coat, your dog has to receive a sufficient amount of zinc. Some breeds, like huskies, develop skin problems when zinc is insufficient in their daily diet. Zinc supplementation is often given to growing pups, pregnant dams/mother dogs, and trained working dogs. The following values are from the Association of Feed Control Officials, or AAFCO.

These values show the *minimum* amount of zinc that a dog should receive, as well as the *maximum* amount before toxicity is reached. Zinc toxicity has been associated with mineral absorption issues in dogs.

<b>Stage in the Dog's Life</b>	<b>Minimum Amount of Zinc</b>	<b>Maximum Amount of Zinc</b>
Young puppy & growing dogs	120 mg/kg	1,000 mg/kg
Adult dogs (non-reproducing)	120 mg/kg	1,000 mg/kg
Working dogs & performance dogs	150 mg/kg	300 mg/kg

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According to studies, the maximum absorption rate of zinc in dogs is only forty percent. Sometimes, zinc deficiency occurs because of genetic predispositions of some dog breeds. Increased fiber intake can also prevent the dog's system from absorbing the right amount of zinc. Excessive calcium can also prevent the proper absorption of zinc because the other mineral (calcium) actually binds with zinc.

The following food items are rich in zinc and can be mixed and matched when preparing dog food at home:

<b>Food Item</b>	<b>Zinc Content</b>
Barley	44.4 mg/kg
Corn	13 mg/kg
Oats	39.2 mg/kg
Rice	24.4 mg/kg
Wheat	20 mg/kg
Soybean meal	57.9 mg/kg
Fish meal	157 mg/kg
Meat & bone meal	101 mg/kg

### Quick Tips: Canine Diet

1. Palatability is a big issue when it comes to canine nutrition. If Fido doesn't like the new dog food and ignores his bowl on a daily basis, you have to take steps to make the food attractive to your pet.
2. It's also important to observe your pet closely when you offer your dog a new dog food or new homemade meals. Is your pet digesting the food well? Does your pet feel great after his meals?

If your dog seems consistently ill after eating, your pet might be suffering from indigestion or food allergy. Excessive gas or flatulence is *not* normal and should be considered a warning sign that the new food is not being digested well by the animal. There is no saving the new dog food – if it's causing excessive gas, you must switch it with a tummy-friendly brand or homemade recipe.

3. Your dog's activity level should also be used as a measuring tool when choosing what type of food to give your dog. Some dogs like running all day long, while other dogs are accustomed to sitting around the house for most of the day.

If your dog is generally sedentary, *do not* give your pet dog food that is high in protein or fat. Puppies should not be given food with over twenty-five percent protein. Slightly active adult dogs on the other hand, should only receive about twenty-two percent protein in their regular meals.

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### Calorie Tracking: Is Your Dog Snacking Too Much?

Giving snacks and treats to your dog is a great way to bond with your animal – but too much snacking can cause obesity and a host of other health problems. The following table will help you calculate whether a dog is consuming too many calories per day through snacking. If this is the case, cutting down on the snacks will help control your dog’s weight.

<b>Treat</b>	<b>Calories</b>
Small, bite-sized dog biscuits	5 calories
Medium-sized dog biscuits	20 calories
Premium dog biscuits (“gourmet biscuits”) for small dogs	70 calories
“Light” dog biscuits	15 calories
Baby carrot	3 calories
8 ounces of green beans	25 calories
.5 ounces of popcorn	54 calories
1 regular slice of cheese pizza	259 calories



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1 small serving of cheese-coated French fries	399 calories
1 regular chocolate chip cookie	180 calories
1 small serving of soft ice cream	113 calories
1 large hamburger with cheese	525 calories

Due to the high caloric content of pizza, French fries, chocolate chip cookies, soft icecream, and regular hamburgers with cheese, these food items should not be given to dogs as treats.

### Canine Special: Newborn Pups At Home

Nearly everyone has experienced caring for a puppy. But what if your own dog has pups of her own? This section of the book is concerned primarily with the proper feeding and care of newborn puppies and the mother dog. Below is an average timeline that you can use to better care for new pups (and, of course, the mother dog).

**1<sup>st</sup> day.** Newborn pups are born. (It's a good idea to be present during the actual birthing process.) The sucking reflex of the newborn pups will allow the babies to feed from their mother.

Normally, newborn pups feed every three hours. If your pups appear firm and full of milk, your pups are doing well. Weight gain will occur in the coming weeks, although it's normal for pups to lose weight the first few days after birth. The weight loss should be no more than ten percent of the pups' original body weights.

**2<sup>nd</sup> day – 3<sup>rd</sup> day.** The mother dog (or "bitch") will be ready to feed. During this time, you *must not* give your dog regular dog kibble or canned food. What your dog needs is nutrient-rich food designed for puppies or pregnant dogs.

Choose mash or puppy food that has a high fat, protein, and carbohydrate content. Food for puppies *from large breeds* should not be given to dogs who have just given birth because these dog foods have generally lower nutrient content.

**3<sup>rd</sup> week.** The puppies will begin to pay attention to what the mother dog eats and drinks. Add a small bowl or pan of water in the box. Do not leave the pan or bowl in the box;

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monitor if the pups will pay any attention to it, and remove it after the pups have had their fill of water.

You can also begin feeding the pups special puppy food on the third week. You can prepare a special mash for your three-week old pups by combining dry puppy food with a dog milk replacement formula. Prepare the formula beforehand and combine it with the dry puppy food using a blender. Blend the two ingredients until you get a fine, smooth consistency.

**6<sup>th</sup> week – 7<sup>th</sup> week.** Puppies are usually weaned off the milk of the mother dog after 1½ months. At this point in time, you can begin giving the pups regular dry puppy food and clean water only. The mother dog's diet should also be altered when the puppies show signs that they are no longer dependent on her milk.

Until the 6<sup>th</sup> or 7<sup>th</sup> week, the mother is still feeding on puppy food. Begin shifting the mother dog's diet once again, so that production of milk will also gradually slow down and ultimately cease altogether.

The amount of food that the mother dog receives should be slowly reduced until she is consuming the *regular* amount that she was accustomed to prior to pregnancy.

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### Minimum Nutrients in Dog Foods

In the United States, there is some regulation when it comes to commercially sold dog foods. The following *minimum values* were published by the Association of American Feed Control Officials.

If you want to make sure that your dog is getting the right nutrition from *commercially sold* dog food (not homemade dog food), then consult with this table. The values below represent the *minimum amount* that the dog should be getting with every serving.

Note: mg/kg is the ratio between the minimum amount of the nutrient needed for *every kilogram* of body weight of the dog.

<b>Nutrient</b>	<b>Percentage/ Amount Needed by Young Dogs and Pregnant Dogs</b>	<b>Percentage/Amount Needed by Adult Dogs (Non-Reproducing)</b>
Choline	1,200 mg/kg	1,200 mg/kg
Cyanobalamin	0.022 mg/kg	0.022 mg/kg
Folic acid	0.18 mg/kg	0.18 mg/kg
Pyroxidine	1 mg/kg	1 mg/kg
Niacin	11.4 mg/kg	11.4 mg/kg
Pantothenic acid	10 mg/kg	10 mg/kg
Riboflavin	2.2 mg/kg	2.2 mg/kg

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Thiamin	1 mg/kg	1 mg/kg
Vitamin E	50 mg/kg	50 mg/kg
Vitamin D	500 mg/kg	500 mg/kg
Vitamin A	5,000 IU/kg	5,000 IU/kg
Selenium	0.11 mg/kg	0.11 mg/kg
Iodine	1.5 mg/kg	1.5 mg/kg
Zinc	120 mg/kg	120 mg/kg
Manganese	5 mg/kg	5 mg/kg
Copper	7.3 mg/kg	7.3 mg/kg
Iron	80 mg/kg	80 mg/kg
Magnesium	0.04%	0.04%
Chloride	0.45%	0.09%
Sodium	0.3%	0.06%
Potassium	0.6%	0.6%
Calcium	1%	0.6%
Phosphorous	0.8%	0.5%
Linoleic acid	1%	1%
Fat content	8%	5%
Valine	.48%	.39%
Tryptophan	.2%	.16%
Threonine	.58%	.48%

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Phenylalanine-tyrosine	0.89%	0.73%
Methionine-cystine	0.53%	0.43%
Lysine	0.77%	0.63%
Leucine	0.72%	0.59%
Isoleucine	0.45%	0.37%
Histidine	0.22%	0.18%
Arginine	0.62%	0.51%
Protein	22%	18%

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### Danger Ahead: Foods That Are Toxic to Dogs

Humans are able to *safely consume* a wide variety of food items, organic or otherwise. Unfortunately, the same cannot be said for dogs. Many food items that humans can consume will cause havoc in a dog's sensitive system. The biological chemistry and unique metabolic processes of the common domestic dog are the reasons why some items should *never* be fed to dogs:

<b>Food Item</b>	<b>Reason Why It Should Not Be Given to Dogs</b>
Beer, whiskey, rum, or any alcoholic beverage	Alcohol can cause severe intoxication in dogs, which can lead to death. It's been documented that some dogs given alcoholic beverages have gone into comas.
Avocado	All the parts of the avocado plant, including the fruit, contain the chemical compound <i>persin</i> , which has been known to cause vomiting and even loose bowel movements in dogs.
Hard bones from animals like chickens	Contrary to some popular beliefs, dogs <i>cannot</i> break down hard bones. Like humans, dogs can suffer from a punctured stomach from eating bones.

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Commercial cat food	Generally, commercial cat food contains <i>higher</i> protein content than regular dog food. Some experts believe that higher concentrations of protein can cause kidney failure in dogs.
Chocolate and caffeinated beverages	<p>Although chocolate tastes good, it contains the compound theobromine. Dogs are <i>unable</i> to metabolize theobromine. Over time, this chemical compound can accumulate in a dog's system until a toxic level is reached.</p> <p>Caffeine, as well as the chemical theophylline, is present in coffee, coffee-based beverages, and teas.</p> <p>Both these compounds can affect the dog's heart and may also cause vomiting in some cases.</p>
Citrus oil	Citrus oil has been known to cause vomiting in dogs.
Pure fat cut from beef or pork	Too much fat can cause pancreatitis, a severe condition in both humans <i>and</i> dogs.



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Large amounts of fish (in whatever form)	If the dog is not given sources of protein other than fish, the dog can suffer from vitamin deficiency (thiamine deficiency, to be exact).
Grapes and other grape-derived snacks and food items	An unknown toxin in the flesh of grapes has been known to cause kidney problems. The same goes for currants, so don't give your dogs fresh or cooked currants.
Hops (grain)	An unknown toxin in this grain causes severe allergic reactions in dogs. Documented reactions include elevated heart rate, difficulty breathing, and even death. Some dogs have been known to suffer from seizures.
Vitamin supplements for humans (with iron)	Human vitamin supplements that contain the mineral <i>iron</i> can cause havoc in the digestive tract of dogs. Organs like the liver -- and even the dog's kidneys -- can also take damage.
Macadamia nuts (fresh or otherwise)	These nuts have been known to damage the central nervous system of dogs. They may also adversely affect the digestive system.

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Marijuana	Can cause vomiting and cardiovascular problems.
Spoiled food and table scraps	High levels of bacteria and molds in spoiled food can cause food poisoning and kill a dog.
Wild mushrooms	May contain potent toxins that can paralyze and kill a dog immediately after consumption.
Onions	Affect the red blood cells of dogs and also deplete the iron supply of the animal.
Persimmons	When ingested, the seeds of the persimmon can cause inflammation in the digestive tract and may also cause severe obstructions.
Raw eggs	Raw eggs contain the compound called <i>avidin</i> , which has been known to prevent the complete absorption and utility of the nutrient <i>biotin</i> . If given in large amounts, raw eggs can cause biotin deficiency, which can have a negative impact on the dog's skin and coat.
Rhubarb leaves	Oxalates found in rhubarb leaves can attack multiple organ systems, including the

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	dog's central nervous system.
Salt	Large amount of salt can destroy a dog's delicate chemical balance.
Food items and treats with lots of table sugar	Too much sugar in a dog's diet can cause dental problems and can also lead to obesity.
Table scraps	Table scraps often contain fat and salt, and are generally empty calories with little or no nutritive value.
Yeast dough	Increases gas production in the dog's bowels, which can cause internal rupturing and death.
Xylitol	If given in excessive amounts, can cause hypoglycemia. Hypoglycemia in dogs can cause vomiting. If xylitol reaches a toxic level in the dog's system, the dog's liver may shut down completely.

### Quick Reference: Growth Rate of Common Breeds

Are you having trouble figuring out how big your dog is going to get? The following quick reference will help you determine if your dog is obese, underweight, or is growing just right.

- 1. Toy dogs** – below 10 pounds (4 months), 10 pounds (most of a toy dogs’ adult life).
- 2. Cocker spaniel** – 10 pounds (4 months), 18-20 pounds (adult; this weight is usually maintained except for cases of obese dogs).
- 3. Bulldog** – below 20 pounds (4 months), 20 pounds (8 months), 30 pounds (12 months), below 40 pounds (16 months), 40 pounds (20 months onward; this is the maintaining weight for bulldogs) .
- 4. Setters** – 30 pounds (4 months), 45 pounds (8 months), 45+ pounds (12 months), 48+ pounds (adult; maintaining weight).
- 5. German shepherd** – 45 pounds (4 months), 60+ pounds (8 months), 70 pounds (12 months toward adulthood; maintaining weight).
- 6. Great dane** – 70 pounds (4 months), 90+ pounds (8 months), 110+ pounds (12 months), 130 pounds (16 months, adulthood; maintaining weight).

### Feeding Older Dogs: The Puzzled Owner's Guide

We all love our dogs. And there is no better reward for all our hard work and concern than having a senior dog in our midst – a dog that has seen it all and has accompanied us and our families through thick and thin.

Unfortunately, senior dogs tend to be fickle eaters. This can cause obesity and *malnourishment* in some cases. Here are some tips to make sure that your dog stays healthy during its senior years:

1. Senior dogs are not as strong or as adaptable as younger dogs. In old age, dogs tend to lose many of their former strengths, including their ability to eat almost anything.

That's why it's important to *adjust* the daily diet of your senior dog to fit his new needs. The food that your dog was accustomed to when it was two years old is not the same food that your dog needs in old age. We're not only talking about the *type* of food that your dog is being given, but also the *volume* and *frequency* of the feedings.

2. Senior dogs have weaker teeth and gums, which makes these dogs more prone to developing cavities. Avoid giving older dogs sugary treats – they might like such treats, but they're not really good for your dog's health anymore.
3. With age comes less physical activity. Like humans, dogs can suffer terribly from a sedentary lifestyle at old age. If exercise is not a feasible strategy for your dog's weight loss, then you may want to alter your dog's diet

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- or the *amount* of food that your dog receives per feeding.
4. Unlike younger dogs, senior dogs need lots of fiber to keep their digestive tract healthy and clean. The daily food you serve to your dog should have around three to five percent fiber. Cut down on the fat but maintain the protein content of the food.
  5. Is your older dog suffering from lack of interest in its regular food? Don't panic: an older dog ignores food for a good reason. Maybe your dog is having a hard time digesting the food? Or perhaps your dog is having trouble masticating or chewing the food? Try adjusting the portions and sizes of the food that you give your older dog and see what happens. Additional moisture in the dog food usually helps older dog eat regularly again.

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### The Gradual Switch: Helping Your Dog Eat New Food

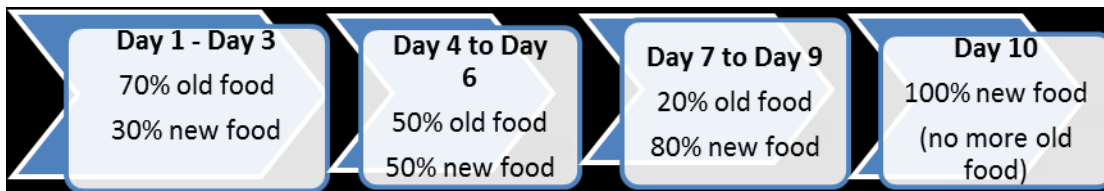
Any changes in your dog's diet should be done gradually, over a period of time. Switching his food to a new dog food brand or a homemade dog meal might cause indigestion.

Like humans, dogs have native bacteria living in their intestines. These bacteria help break down the food items that the dog eats. When your dog receives *new food*, the dog's intestinal flora has to adapt to the influx of new food.

A *sudden change* in your dog's diet might cause stomach upset because the intestinal flora will have to adjust *quickly* to the new diet. Any gradual shift to new dog food should take place over a period of *at least five days*.

If you have an older dog with digestion problems, the transition period might take as long as ten days. But after this time, you can be *sure* that your dog will have no problems with the new diet because you have already observed if the new diet fits your dog. If any food allergies or indigestion takes place during the transition period, you can adjust the food you are giving your dog to achieve an ideal mix.

The following graphic illustration will show you how much food you should give your dog throughout the transition period:



### Is Your Dog Getting Enough Water?

Generally, domestic dogs need *a lot of water* in order to live long, healthy lives. The common ratio is 1:2 – this simply means that if your dog eats one pound of dog food a day, your dog should drink two liters of clean water.

Your dog should have access to a clean water source so he can drink as much water as it wants. Water consumption can change if the dog is pregnant or if the dog has puppies that need to feed every few hours.

Dogs that are continually trained on a daily basis also need a lot of water throughout the day. Dehydration is a severe problem which is why you should make sure that your dog is fully hydrated the whole day.

If your dog is sick, clean water should be provided several times a day – *but if the dog is vomiting*, do not give the dog too much water. Consult with your veterinarian and limit water consumption until the veterinarian gives you the signal that it's okay to provide the regular amount of water again to the animal.



### Part 2: Homemade Goodness

Homemade dog food is a great alternative to commercial dog food. But before you jump in, it's very important to take the various advantages and disadvantages of giving homemade meals to your dogs into consideration. When do people usually give homemade meals to their pet dogs? Here are some of the most common reasons why people suddenly shift from commercial dog food to homemade dog food:

1. The dog has been diagnosed with a health condition that requires a special diet.
2. The dog needs more protein or calories because of continuous training.
3. The dog is allergic to most commercial dog food brands.
4. The dog is unable to fully digest commercial dog food.
5. The dog's appetite has been affected and the animal is not responding to regular feedings with commercial dog food.
6. The dog owner has decided that he/she does *not* want to expose the dog to the health risks associated with chemicals found in dog food, such as humectants, preservatives, artificial flavoring, etc..

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As a dog owner myself, I *personally prefer* giving my dogs homemade meals because through these homemade meals, I can balance my dogs' protein, fat, and carbohydrate intake.

I can control portion size easily and am completely confident that what my dogs are eating is *safe for consumption* because I use only wholesome ingredients.

If you have the time and energy to invest in your pet's health by providing wholesome food prepared at home, then by all means, use the recipes in this book to help you decide which particular meal sets are appropriate for your dog's needs.

If these points harmonize with your own beliefs about canine nutrition, use the following guidelines to make sure that your dog's diet is indeed the *best* diet that you can provide:

1. Avoid giving your dog food scraps and left-overs. These food scraps provide only *empty calories* and may not supply enough of the vital nutrients (like vitamins and minerals) that your dog needs to maintain a healthy life.
2. If you shift from commercial dog food to homemade meals, consult with your veterinarian to make sure that you have the proper vitamin and mineral supplementation needed by your dog. Commercial dog foods have these trace nutrients integrated into the food itself. Once you shift, additional supplementation may be needed.

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3. Always update yourself about the current trends in dog nutrition. Every day, researchers are finding out more and more about ideal canine nutrition. It's a good idea to keep abreast of current research so you can adjust your dog's homemade diet accordingly.
4. Be sure to observe proper cooking practices when preparing your dog's meals. Any leftover dog meals should be stored in sealed containers and refrigerated. If you plan to keep extra meals for more than a few weeks, you can place the extra meals in sealable bags so you can freeze the containers.
5. If your dog has been eating commercial dog food for a long time, you have to *slowly transition* the feeding from commercial dog food to homemade meals. I have covered a sure-fire process for transitioning between foods earlier in the book. It should work for most dogs.
6. No matter how balanced and tasty a dog's diet is, your dog will *not* be healthy if the animal does not receive sufficient exercise. Ideally, dogs should be able to expend stocked calories *on a daily basis*.

### Treats Galore

If you want to give your dogs a healthy treat, pick from one of these great recipes!

#### **Creamy Banana Treat**

Ingredients:

- *Half cup of regular peanut butter*
- *3 bananas*
- *2 eggs*
- *2 tablespoons of honey*
- *1 cup of water (you can add milk if the dog tolerates dairy products)*
- *2 cups of flour (use wheat flour if available)*
- *1 teaspoon of baking powder*

Steps:

1. First, preheat your oven to 350 degrees Fahrenheit.
2. Combine all of the ingredients and mix well, until a smooth consistency is achieved.
3. On a medium-sized baking tray, place a cookie sheet and spread it evenly across the whole surface of the baking tray. Don't forget to spray the cookie sheet.
4. With a spoon or scoop, transfer the mixture to the cookie sheet, one spoonful/scoopful at a time.
5. Bake for a quarter of an hour and serve. The cookies can be placed in a sealed jar. They can also be frozen and served over the course of weeks.

### Honey & Carob Delight

#### Ingredients:

- *Half cup of carob chips*
- *1 teaspoon of vanilla flavoring*
- *2 eggs*
- *Quarter cup of honey*
- *Quarter cup of canola oil*
- *Quarter cup of water (or fresh milk)*
- *Half cup of ground oats*
- *Two cups of flour (wheat flour, if available)*

#### Steps:

1. First, preheat the oven to 350 degrees Fahrenheit.
2. Combine all the ingredients in a non-reactive mixing bowl.
3. Spread a cookie sheet or baking sheet across your baking tray. Coat the sheet with non-stick spray.
4. Transfer the mixture to the cookie sheet. Place your cookies two to three inches apart.
5. Bake for a quarter of an hour and serve.

### **Brown Rice Cookies**

#### Ingredients:

- *Half cup of boiled chicken (shred the chicken first)*
- *Whole cup of brown rice (cook the brown rice before making the cookies)*
- *2 tablespoons of regular honey*
- *2 tablespoons of canola oil*
- *1 egg*
- *Half cup of baby food (anything with chicken in the label)*
- *Half cup of chicken stock*
- *¼ teaspoon of salt*
- *1 teaspoon of baking powder*
- *Quarter cup of skim milk*
- *Two cups of flour (wheat flour if available)*

#### Steps:

- Preheat your oven to 350 degrees Fahrenheit.
- Combine most of the ingredients except the rise. Stir until well blended.
- Add the mixture to the rise and slowly mix, taking care to integrate a little air to the mixture.
- Apply large drops of the mix to a pre-sprayed baking tray with a cookie sheet.
- Bake for a quarter of an hour and serve.

### Doggy Delight Cookies

#### Ingredients:

- *¼ teaspoon of salt*
- *1 teaspoon of baking powder*
- *Half cup of cornmeal*
- *Two cups of flour (if available, use wheat flour)*
- *One clove of fresh garlic*
- *2 tablespoons of canola oil*
- *1 egg*
- *Half cup of chicken broth (beef broth can also be used)*
- *Half cup of carrots (steamed or boiled carrots will do)*
- *Half cup of chicken (or any cooked poultry; shred the meat before using)*
- *Whole cup of mashed potatoes*

#### Steps:

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine all the ingredients and mix thoroughly in a large mixing bowl.
3. Spread a cookie sheet over a baking tray and spray with non-stick. Form small dollops of the mixture to make the cookies.
4. Bake the cookies for at least twenty minutes. Serve.

### Dog Food With a Touch of Home

#### Ingredients:

- *1 tablespoon of regular honey*
- *1 tablespoon of canola oil*
- *1 egg*
- *Half cup of chicken broth (beef broth can also be used)*
- *300-400 grams of dog food (wet or moist variety)*
- *¼ teaspoon of salt*
- *½ teaspoon of garlic powder*
- *Half cup of milk (use skim milk or low fat milk if available)*
- *Two cups of flour (use wheat flour if available)*

#### Steps:

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine all the ingredients except the milk and flour in a large mixing bowl. Prepare the flour mixture next by mixing skim milk and the wheat flour (or regular flour). Add the first mix to the second mix. Combine both groups of ingredients well until a smooth and even consistency is achieved.
3. Place small dollops of the mix on a baking tray. Don't forget to spray the cookie sheet with non-stick spray. If the dough seems too thin or light, add more flour. You can flatten the dough with a glass or a rolling pin.
4. Bake the cookies for at least twenty minutes. To test for doneness, try to crack a cookie open. If the cookie is already springy, it's ready to serve.



### Cheddar Dog Cookies

#### Ingredients:

- *2 tablespoons of canola oil*
- *Whole cup of chicken stock*
- *Whole cup of cheddar cheese, grated*
- *¼ teaspoon of salt*
- *¼ teaspoon of garlic powder*
- *2 teaspoons of basil*
- *1 tablespoon of baking powder*
- *Two cups of flour*

#### Steps:

1. Preheat your oven to 400 degrees Fahrenheit.
2. Combine all the ingredients except the canola oil and the chicken stock.
3. Spread a sprayed cookie sheet over the baking tray before applying the mix. Create half-inch cookies on the cookie sheet.
4. Bake the cookies for a quarter of an hour. The cookies will turn golden yellow when done.

### Walnut & Cinnamon Express

#### Ingredients:

- *Half cup of walnuts, chopped*
- *Whole apple (shred or grate the apple)*
- *1 whole egg*
- *2 tablespoons of canola oil*
- *2 tablespoons of honey*
- *1 cup of water*
- *¼ teaspoon of salt*
- *¼ teaspoon of cinnamon*
- *1 teaspoon of baking soda*
- *2 cups of flour*

#### Steps:

1. Combine everything except the flour and the water. Combine the flour and water in a separate bowl. Add the first mix to the second bowl (the flour mix), and stir until a smooth consistency is achieved. Add the chopped walnuts and grated apple last.
2. Make half-inch dough drops on a baking tray lined with a cookie sheet. Pre-spray the cookie sheet before using.
3. Bake the cookies for at least twenty minutes. This recipe is suggested for dogs that need vitamin E supplementation, since *tocopherol*, or vitamin E, is a naturally occurring trace nutrient in walnuts. You can also add cheese to the mix if you wish.

### Cookies for Healthy Eyes

Is your dog having trouble with his coat *and* eyesight? Try my *Cookies for Healthy Eyes* – the recipe is full of vitamin A -- delivered the way your dog wants it, through yummy cookies!

#### Ingredients:

- *1 carrot, grated*
- *1 whole egg*
- *2 tablespoons of molasses*
- *2 tablespoons of canola oil*
- *Half cup of water*
- *Whole can of pumpkin*
- *½ teaspoon of cinnamon*
- *1 teaspoon of baking soda*
- *2 cups of flour*

#### Steps:

1. Preheat your oven to 350 degrees Fahrenheit.
2. Combine all the ingredients except the flour and water. Create the primary flour mix in another bowl then add the first mix to the flour mix.
3. Prepare the baking tray by spraying a cookie sheet with non-stick spray. Add small dollops of the final mix to create the cookies.
4. Bake the cookies for twenty minutes and serve.

### Sweet Potato Surprise

#### Ingredients:

- *Whole cup of cottage cheese*
- *Whole cup of mashed sweet potatoes (if sweet potatoes are not available, you can use a ready-made can of pumpkin puree or pumpkin chunks instead)*
- *1 egg*
- *2 tablespoons of canola oil*
- *2 tablespoons of regular honey*
- *Half cup of milk*
- *½ teaspoon of cinnamon (this flavoring is optional)*
- *1 teaspoon of baking powder*
- *2 cups of oats (instant oats)*
- *2 cups of flour*

#### Steps:

1. Preheat your oven to 350 degrees Fahrenheit.
2. Combine all the ingredients except the flour and milk. Combine the flour and milk in a large mixing bowl and *add* the first mix to the flour mix.
3. Stir the final mixture until smooth.
4. Place small dollops of the final mixture onto a non-stick baking tray.
5. Bake the cookies for at least twenty minutes before serving or storing.

### Snacks and Quick Meals

#### Nutmeg Pudding

##### Ingredients:

- *¼ teaspoon of nutmeg (fresh, if possible)*
- *¼ teaspoon of salt*
- *2 eggs*
- *2 tablespoons of regular honey*
- *2 tablespoons of table sugar or molasses*
- *Half cup of cornmeal*
- *Two cups of milk*

##### Steps:

1. Preheat your oven to 350 degrees.
2. Pour two cups of milk into a pot or saucepan. Switch the stove to medium heat. Let the milk simmer and eventually come to a boil.
3. When the milk starts boiling, reduce the stove's heat and slowly add the cornmeal. Stir regularly so that the cornmeal integrates well with the milk.
4. Add the sweetening agents (molasses/table sugar & honey) and the nutmeg. Lastly, add the two eggs (beat these first before using) and the ¼ teaspoon of salt.
5. Use a baking dish for this recipe. Bake for at least one hour before serving. The Nutmeg Pudding should be served warm (not chilled), or at least at room temperature.

### Maple Appetizer

This recipe is suggested for dogs who are just recovering from illness or injury. Dogs who are just recovering usually have low or *no* appetites at all.

This light and very nutritious recipe will ensure that your dog gets a boosted dose of B-complex vitamins to help speed up recovery. This Maple Appetizer is also a good alternative snack for dogs that are allergic to food items with wheat, since millet is *not* related to wheat and does not contain compounds like gluten.

#### Ingredients:

- *1/2 teaspoon of cloves (ground)*
- *Whole teaspoon of cinnamon*
- *Half cup of maple syrup*
- *1/4 teaspoon of salt*
- *Three cups of water*
- *Whole cup of millet*

#### Steps:

1. Preheat your oven to 350 degrees Fahrenheit.
2. Brush fresh butter over a medium-sized baking dish.
3. Cook the ingredients in a saucepan before pouring them into the baking dish. When the ingredients come to a boil, the mix is ready for the oven.
4. Bake the pudding mix for at least forty-five minutes before serving warm.

### Tofu & Honey Heaven

Tofu is produced from soybean, one of the top sources of usable protein in the vegetable kingdom. You can give *Tofu & Honey Heaven* as a special treat to your dog. If your dog already has enough calories in his diet for the day, reduce the honey content of the treat by half.

#### Ingredients:

- *Half cup of regular honey*
- *Two cups of canola oil*
- *3 tablespoons of sesame seeds (for sprinkling)*
- *2 tablespoons of cornstarch*
- *Sixteen ounces of fresh tofu*

#### Steps:

1. Slice the tofu into regular, thin pieces. Fry both sides of each slice of tofu until you achieve a golden brown color. The tofu slices should also be a little crunchy, but not too dry.
2. Drain the oil from the tofu by applying paper towels.
3. Place all the cooked tofu in your dog's dish or bowl. Pour the honey over the cooked tofu slices.
4. Sprinkle three tablespoons of cornstarch over the finished snack.

### Sweet Pumpkin Snack

#### Ingredients:

- *Half cup of sliced apples*
- *Quarter cup of honey*
- *Half cup of water*
- *Whole pumpkin (a medium-sized pumpkin will do)*

#### Steps:

1. Preheat your oven to 350 degrees Fahrenheit.
2. Slice the whole pumpkin in two. Remove the seeds and any stringy material you may find inside. Wash the pumpkin thoroughly to remove any chemicals from the skin. Do not remove the skin of the pumpkin as this is a good source of dietary fiber.
3. Slice the pumpkin into cubes – each cube should be about 1 ½ to 2 inches long.
4. Combine honey and water in a medium saucepan. Cook until smooth, honeyed syrup is formed.
5. When the syrup is done, add the sliced apples and cook for ten minutes or less. Do not overcook, as the sugar in the honey can burn easily in high temperatures.
6. Place all the pumpkin slices in a baking bowl or baking dish and bake for at least one hour.
7. When the pumpkin is done, pour the apple and honey mix on top and serve warm.



### Spicy Pie

#### Ingredients:

- *1 pie crust (at least nine inches across)*
- *Quarter teaspoon of cloves (ground)*
- *Quarter teaspoon of ginger (ground)*
- *Half teaspoon of allspice (ground)*
- *Quarter teaspoon of salt*
- *2 whole eggs (separate the yolk from the egg white)*
- *Three sweet potatoes (cook these first before using)*

#### Steps:

1. Preheat your oven to 350 degrees Fahrenheit.
2. Remove the skin of the cooked sweet potatoes.
3. In a mixing bowl, mash the sweet potatoes until all chunks have disappeared.
4. Add two egg yolks to the sweet potatoes, along with the three spices.
5. Place egg whites in a separate bowl and beat with a fork or hand-held beater until stiff peaks are formed.
6. Add one tablespoon of the beaten egg whites to the cooked sweet potato mix.
7. Pour the mix into the pie crust and flatten evenly with a spoon.
8. Bake for at least forty minutes, slice and serve.

### **Beef & Cabbage Salad**

#### Ingredients:

- *Quarter cup of parsley*
- *5 cooked potatoes (use small or young potatoes)*
- *Whole cup of beef (cooked well)*
- *Half a cabbage (shred the cabbage first)*
- *¼ teaspoon of salt*
- *Quarter cup of balsamic vinegar*
- *Egg yolk*
- *1 teaspoon of mustard or Dijon mustard*
- *1 teaspoon of garlic (minced finely)*
- *1 cup of olive oil*

#### Steps:

1. Create the dressing for this salad by combining egg yolk and all the other ingredients, except the cabbage and potatoes.
2. Arrange the pieces of cabbage and sliced potatoes on a plate. Add the beef next.
3. Pour the dressing over the finished salad and serve.

### Doggy Tuna Salad

This recipe is recommended for overweight dogs that have been given a high-fat diet for a long time. Overweight dogs usually have a shorter lifespan than average-weight or optimum-weight dogs, which is why it's a good idea to start trimming excess weight *now*, while your dog is still strong.

#### Ingredients:

- *7 ounces of canned tuna*
- *1 teaspoon of sugar*
- *1 tablespoon of mustard or Dijon mustard*
- *Quarter cup of red wine vinegar*
- *Half cup of olive oil*
- *Quarter cup of white onion optional; if your dog does not like onions, do not add chopped onions to the Doggy Tuna Salad)*
- *1 medium-sized carrot (slice the carrot first)*
- *Whole head of cabbage*

#### Steps:

1. Remove the water from the tuna and pour the flakes in a separate container.
2. Combine the onions, sugar, and other ingredients with the tuna flakes.
3. Arrange the cabbage leaves in a bowl.
4. Top the cabbage leaves with the first mixture and serve to your dog.

### Baked Veggie Roll

#### Ingredients:

- *Half cup of cheddar cheese, grated*
- *Whole cup of stock (chicken or beef)*
- *Half cup of yogurt (low fat variety)*
- *Pinch of ground pepper (black or white)*
- *¼ teaspoon of salt*
- *½ teaspoon of oregano*
- *1 teaspoon of parsley (use fresh parsley if available)*
- *Whole cup of rice (cook the rice before using)*
- *Whole cup of chicken (cooked; shredded)*
- *Separated cabbage leaves (7 to 10 leaves will do)*

#### Steps:

1. Preheat your oven to 350 degrees Fahrenheit. Use the largest baking dish you have.
2. Remove the hard portion of the separated cabbage leaves. Fill a pot with water and bring the water to a boil. When the water is already boiling, add the cabbage leaves.
3. Allow the cabbage leaves to soften enough so you can easily roll the leaves without breaking apart the leaf's structure.
4. Line a bowl or large plate with paper towels and transfer each of the simmered leaves unto the paper towel lining. Allow the paper towels to absorb the moisture.

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5. Combine all the other ingredients in a mixing bowl. Mix well.
6. To bind the ingredients together, use the low fat yogurt. Add just enough of this ingredient to produce a thick mix. (Too much yogurt will cause the mix to fall apart when molded with the cabbage leaves.)
7. For each cabbage leaf, add two to three tablespoonsful of the primary roll mix.
8. Roll each filled cabbage leaf, taking care to „lock“ the cabbage leaf by tucking in the corners.
9. Place the rolled cabbage leaves in a baking dish, side by side.
10. Pour the stock of your choice in the baking dish. The water level must reach at least *one inch* before you can cook the veggie rolls.
11. As a finishing touch, add the cheese on top.
12. Cover the baking dish and allow the veggie rolls to cook for at least thirty minutes.
13. Serve the veggie rolls warm to your dog.

### **Soup of Champions**

#### Ingredients:

- *Whole egg*
- *2 tablespoons of cornstarch (Dissolve the cornstarch in ¼ cup of water first.)*
- *2 tablespoons of tamari sauce*
- *2 tablespoons of parsley*
- *Two scallions (chop these first)*
- *16 ounces of regular tofu*
- *Six to seven cups of regular chicken stock*

#### Steps:

1. Combine all the ingredients in a pot or medium saucepan.
2. Turn the heat up to medium-heat and allow the mix to simmer for a few minutes.
3. After a quarter of an hour, add the egg and allow the egg to cook thoroughly.
4. Serve warm.

### **Suave Coat Booster**

This recipe produces a puree that can be added to any other dog food you're giving your dog. This puree will help heal any skin problems and will also help keep your dog's coat shiny and healthy.

#### Ingredients:

- *2 tablespoons of corn oil*
- *Half clove of garlic (crush the garlic before using)*
- *1 tablespoon of brewer's yeast*
- *1/3 cup of wheat germ*
- *1 egg (boil the egg for 4 minutes, keep the shell)*
- *Whole cup of chicken stock*

#### Steps:

1. Combine all the ingredients in a blender.
2. Blend the ingredients for a minute and store.
3. Pour a small amount of the puree on top of your dog's regular meals.

### **Festive Dog Food**

#### Ingredients:

- *4-5 slices of bread (cut into small, 1-inch pieces)*
- *2 tablespoons of tamari sauce*
- *Six whole cups of chicken or beef stock*
- *¼ teaspoon of salt*
- *1 tablespoon of oregano*
- *1 whole stalk of fresh celery*
- *2 whole carrots (chop these first before using)*
- *2 onions (chop these first before using)*
- *4 potatoes (sliced into slim, 1-inch thick pieces)*
- *2 tablespoons of butter (non-salted or low salt)*
- *Half kilo of gizzard*

#### Steps:

1. Fill a pot with water and bring the water to a boil. Pour the gizzards in the water and let the organ meats cook for at least 45 minutes.
2. When the gizzards are cooked, strain the meat but don't throw away the resulting stock. Slice the cooked gizzards.
3. Combine the chicken stock and the soup from the gizzard. Add the sliced gizzards and let the soup cook for an additional ten minutes.
4. Get a medium sized saucepan and put some butter on the pan. Switch the stove to medium heat and cook the butter. Add the vegetables and let the vegetables cook for a few minutes.



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5. When the vegetables are cooked, add the vegetables to the soup. The resulting nutritious soup is now ready to be served warm to your dog.

### **Egg Noodle Deluxe**

#### Ingredients:

- *2 eggs (boil the eggs for four to five minutes then remove the shells before chopping)*
- *Whole cup of bread crumbs*
- *2 tablespoons of parsley*
- *Half cup of cheddar cheese (grate the cheese first)*
- *Whole cup of chicken stock*
- *Two cups of milk*
- *Half kilo of egg noodles*
- *Half kilo of chicken or turkey (lean cuts only)*
- *4 tablespoons of butter (low salt or non-salted only)*

#### Steps:

1. Preheat your oven to 350 degrees Fahrenheit.
2. Add butter to a medium saucepan and cook the shredded turkey or chicken for a few minutes.
3. Cook the egg noodles by following the manufacturer's instruction on the back of the pack.
4. In another pan, combine the milk and the chicken stock. When the mixture is simmering, add the cheddar cheese. Cook the mix until the grated cheddar cheese has melted completely.

## Homemade Dog Food Recipe Guide

5. In a third pan, cook the bread crumbs by toasting the crumbs with butter. Cook for a few minutes and set aside.
6. Mix the resulting cheese soup with the cooked chicken or turkey.
7. Pour the chicken-cheese mix into a baking dish. Add the sliced eggs and the buttery, toasted bread crumbs.
8. Bake the dish for at least 45 minutes. Serve warm.

### Lemony Halibut

#### Ingredients:

- *Cooked rice*
- *2 tablespoons of cilantro*
- *Whole cup of tomato puree (commercial or homemade)*
- *Lemon juice (equivalent to a whole lemon's worth)*
- *Quarter cup of olive oil*
- *1 kilo of halibut steak (deboned)*

#### Steps:

1. Broil the halibut steaks and season with fresh lemon juice. Use the olive oil, too. Apply with a regular barbecue basting brush.
2. Cook each side for approximately twelve minutes, or until the flesh of the halibut flakes easily with a fork.
3. Pour the tomato puree into a medium-sized saucepan and simmer for a few minutes.
4. Place the cooked halibut steaks in your dog's bowl and pour the puree over the halibut. Add cooked rice as well.

### Seafood Appetizer

#### Ingredients:

- *Cooked rice*
- *1 tablespoon of tamari sauce*
- *2 tablespoons of margarine*
- *2 scallions (chop these first)*
- *Whole quart of fish stock*
- *1 kilo of squid*

#### Steps:

1. Wash and the clean the squid.
2. Add a quart of fish stock to a pot and bring the fish stock to a boil. Add the cleaned squid and cook for 30 minutes.
3. When the squid is cooked, add the rest of the ingredients.
4. Serve warm with cooked rice.

### Liver for Life

#### Ingredients:

- *Dry dog kibble*
- *Bay leaf*
- *Pepper*
- *Whole cup of chicken stock*
- *1 onion (chopped)*
- *3 tablespoons of bacon dripping*
- *1 kilo of beef liver (slice the liver into small pieces first)*
- *Half cup of flour*

#### Steps:

1. Add a little pepper to the flour to add flavor.
2. Coat the sliced beef liver pieces with the peppery flour.
3. Place bacon drippings in a Dutch oven and allow the fat to melt.
4. Add the coated beef liver slices to the melted bacon drippings.
5. Add the rest of the ingredients and let everything cook for at least one hour.
6. Pour the liver and the resulting sauce over your dog's regular food.

### **Beef & Veggie Pie**

#### Ingredients:

- *Whole cup of chicken stock*
- *2 tablespoons of cornstarch*
- *1 commercial pie crust (nine inches)*
- *1 egg (hard-boiled; remove the shell and slice)*
- *Half cup of beef (ground, low fat)*
- *Two cups of cooked brown rice*
- *1 teaspoon of parsley*
- *1 teaspoon of thyme*
- *1 teaspoon of oregano*
- *Whole cup of broccoli*
- *1 tablespoon of canola oil*

#### Steps:

1. Preheat your oven to 400 degrees Fahrenheit.
2. Cook the vegetables for a few minutes in a pan or skillet. Add the oil before adding the vegetables.
3. Combine the vegetables with the spices (thyme, oregano, parsley).
4. Dissolve the cornstarch before adding to the chicken stock.
5. Transfer the cooked vegetables to the pie crust. Pour the chicken stock, too.
6. Bake the pie for at least 30 minutes. Serve warm.

## Homemade Dog Food Recipe Guide

### *Ace's Favorite Cheesy Dog Biscuits*

1 1/2 cups whole wheat flour  
1 1/4 cups grated cheddar cheese  
1/4 pound margarine -- corn oil  
1 clove garlic -- crushed  
1 pinch salt  
1/4 cup Milk -- or as needed

Grate the cheese into a bowl and let stand until it reaches room temperature. Cream the cheese with the softened margarine, garlic, salt and flour. Add enough milk to form into a ball.

Chill for 1/2 hour. Roll onto floured board. Cut into shapes and bake at 375 degrees for 15 minutes or until slightly brown, and firm.

Makes 2 to 3 dozen, depending on size.

## Homemade Dog Food Recipe Guide

### *Alfalfa Hearts*

2 cups whole wheat flour  
1/2 cup soy flour  
1 teaspoon bone meal -- optional  
2 tablespoons nutritional yeast  
1 tablespoon lecithin -- optional  
1/2 teaspoon salt  
1/4 teaspoon garlic powder  
3 tablespoons alfalfa sprouts -- chopped  
1 cup brown rice -- cooked  
3 tablespoons canola oil  
1/2 cup water

Combine flours, bone meal, yeast, lecithin, salt, garlic powder and alfalfa leaves. Add rice and oil. Combine well. Add 1/4 cup water and mix well. Dough should be very easy to handle, not crumbly. Add more water if needed to achieve proper consistency.

Lightly flour board or counter and roll out dough to 1/4 inch thickness. Cut with 2 1/2 inch cutter. Bake at 350 degrees for 25 minutes.

Makes 3 dozen.



## Homemade Dog Food Recipe Guide

### *Alfie And Archie's Dog Biscuits*

2 1/2 cups whole wheat flour  
1/2 cup dry milk -- powder  
1/2 teaspoon salt  
1/2 teaspoon garlic powder  
1 teaspoon brown sugar  
6 tablespoons beef fat  
1 egg -- beaten  
1/2 cup ice water

1. Preheat oven to 350. Lightly oil a cookie sheet. Combine flour, dry milk, salt, garlic powder and sugar. Cut in meat drippings until mixture resembles corn meal. Mix in egg. Add enough water so that mixture forms a ball. Using your fingers, pat out dough onto cookie sheet to half inch thick. Cut with cookie cutter or knife and remove scraps. Scraps can be formed again and baked.

2. Bake 25-30 minutes. Remove from tray and cool on rack.

## Homemade Dog Food Recipe Guide

### *An Apple a Day Dog Treat*

2 cups whole wheat flour  
1/2 cup unbleached flour  
1/2 cup cornmeal  
1 apple -- chopped or grated  
1 egg -- beaten  
1/3 cup vegetable oil  
1 tablespoon brown sugar, packed  
3/8 cup water

Preheat oven to 350 degrees. Spray cookie sheet with vegetable oil spray. Lightly dust work surface with flour. Blend flours and cornmeal in large mixing bowl. Add apple, egg, oil, brown sugar and water; mix until well blended.

On floured surface, roll dough out to 7/8-inch thickness. Cut with cookie cutters of desired shape and size. Place treats on prepared sheet.

Bake in preheated oven 35 to 40 minutes. Turn off oven. Leave door closed 1 hour to crisp treats. Remove treats from oven. Store baked treats in airtight container or plastic bag and place in refrigerator or freezer.

MAKES 2 to 2 1/2 dozen

## Homemade Dog Food Recipe Guide

### *Apple Cinnamon Doggie Biscuits*

- 1 package apple, dried
- 1 teaspoon Cinnamon -- (I usually just shake some in)
- 1 Tablespoon parsley, freeze-dried
- 1 Tablespoon Garlic Powder
- 1 cup ice water
- 1/2 cup Corn Oil
- 5 cups flour
- 1/2 cup powdered milk
- 2 large eggs
- 1 tablespoon corn oil

Put the apples in a food processor so that pieces are small. Combine in a bowl all of the ingredients -- can add oil or water if dough is too dry. Using a rolling pin roll out dough to about 3/16" thick (can make thinner or thicker). Using a cookie cutter -- cut into shapes -- place on cookie sheets. Bake at 350 degrees for approx 20 -25 minutes (until golden).

NOTE: if you substitute corn meal just subtract about 3/4 cup from flour and add Corn meal

## Homemade Dog Food Recipe Guide

### *Apple Crunch Pupcakes*

2 3/4 cups water  
1/4 cup unsweetened applesauce  
2 tablespoons honey  
1 medium egg  
1/8 teaspoon vanilla extract  
4 cups whole wheat flour  
1 cup apple, dried  
1 tablespoon baking powder

Preheat oven to 350 degrees. In a small bowl, mix together water, applesauce, honey, egg, and vanilla. In a large bowl, combine flour, apple chips, and baking powder. Add liquid ingredients to dry ingredients and mix until very well blended. Pour into greased muffin pans, Bake 1 1/4 hours, or until a toothpick inserted in the center comes out dry. Store in a sealed container.

Makes 12 to 14 pupcakes

## Homemade Dog Food Recipe Guide

### ***Aunt Bianca's Dog Biscuits***

2 1/2 cups whole wheat flour  
1/2 cup nonfat dry milk powder  
1 teaspoon garlic powder  
1 egg -- beaten

Flavoring: Meat drippings, broth or water from canned tuna (enough to make a stiff dough).

Combine flour, powdered milk and garlic powder in a medium sized bowl. Add beaten egg, flavoring and mix well with hands. Dough should be very stiff. If necessary add more flavoring.

On a well floured surface, roll out dough to 1/4 inch thickness. Cut with shaped cookie cutters of your choice.

Place biscuits on cookie sheets and bake at 350 degrees for 30 minutes.

## Homemade Dog Food Recipe Guide

### *Baby Food Doggie Cookies*

3 jars baby food, meat, beef, strained -- \*see Note  
1/4 cup cream of wheat -- \*see Note  
1/4 cup dry milk

Combine ingredients in bowl and mix well. Roll into small balls and place on well-greased cookie sheet. Flatten slightly with a fork. Bake in preheated 350 degree oven for 15 min. until brown.

Cool on wire racks and STORE IN REFRIGERATOR. Also freezes well.

NOTE: Carrot, Chicken or Beef baby food. substituting wheat germ for cream of wheat.

## Homemade Dog Food Recipe Guide

### ***Bacon Bites***

3 cups whole wheat flour  
1/2 cup milk  
1 egg  
1/4 cup bacon grease -- or vegetable oil  
1 teaspoon garlic powder  
4 slices bacon -- crumbled  
1/2 cup cold water

Mix ingredients together thoroughly. Roll out on a floured surface to 1/2 - 1/4" thickness. Bake for 35-40 minutes in a 325 degree oven.

## Homemade Dog Food Recipe Guide

### *Bacon Bits for Dogs*

6 slices cooked bacon -- crumbled  
4 eggs -- well beaten  
1/8 cup bacon grease  
1 cup water  
1/2 cup powdered milk -- non-fat  
2 cup graham flour  
2 cup wheat germ  
1/2 cup cornmeal

Mix ingredients with a strong spoon; drop heaping tablespoonfuls onto a greased baking sheet. Bake in a 350 oven for 15 minutes. Turn off oven and leave cookies on baking sheet in the oven overnight to dry out.



### ***Baker's Bagels***

1 cup whole wheat flour  
1 cup unbleached flour  
1 package yeast -- 1/4 ounce  
1 cup chicken broth -- warmed  
1 tablespoon honey

1. Preheat oven to 375°.
2. In large bowl combine the whole wheat flour with the yeast. Add 2/3 cup chicken broth and honey and beat for about 3 minutes. Gradually add the remaining flour. Knead the dough for a few minutes until smooth and moist, but not wet (use reserve broth as necessary).
3. Cover the dough and let it rest for about 5 minutes. Divide the dough into about 15-20 pieces, rolling each piece into a smooth ball. Punch a hole into each ball with your finger or end of spoon and gently pull the dough so the hole is about an 1/2" wide. Don't be too fussy here, the little bagels rise into shape when they bake.
4. Place all the bagels on a greased cookie sheet and allow to rise 5 minutes. Bake for 25 minutes. Turn the heat off and allow the bagels to cool in the oven.

## Homemade Dog Food Recipe Guide

### ***BARF Breakfast (med size dog)***

1/4 cup rolled oats  
1/2 cup yogurt  
1/4 cup vegetables -- \*see Note  
250 mgs vitamin C -- for dogs. Crushed  
1 teaspoon honey  
1 teaspoon apple cider vinegar  
1 teaspoon kelp seaweed powder -- \*see Note  
1 teaspoon alfalfa powder -- \*see Note  
1 digestive enzyme -- for dogs Optional  
1 teaspoon flax seed oil -- \*see Note  
1/4 cup kibble -- optional

Soak rolled oats in yogurt overnight. Mix all ingredients and serve. Add kibble if desired.

Note: shredded, lightly steamed or pureed. carrots, celery, spinach, yams and/or broccoli, apples etc.

Note: items can be purchased at health food store or pet store.

## Homemade Dog Food Recipe Guide

### ***BARF Dinner (med size dog)***

3/4 pound Raw Meat -- \*see Note  
1 egg -- raw  
1/2 clove garlic -- chopped  
2 tablespoons yogurt  
1 teaspoon honey  
1 tablespoon apple cider vinegar  
1/2 teaspoon flax seed oil -- \*see Note  
1 teaspoon kelp seaweed powder -- \*see Note  
1 teaspoon alfalfa powder -- \*see Note  
250 mgs vitamin C -- for dogs  
1/4 cup kibble -- optional

Mix together and serve.

\*Note: raw beef chunks (not ground), raw chicken, mackerel, or lamb etc. twice a week use liver or kidney.

Note: found in health food store or pet store

## Homemade Dog Food Recipe Guide

### *Barking Barley Brownies*

- 1 1/4 pounds beef liver -- or chicken liver
- 2 cups wheat germ
- 2 tablespoons whole wheat flour
- 1 cup cooked barley
- 2 whole eggs
- 3 tablespoons peanut butter
- 1 clove garlic
- 1 tablespoon olive oil
- 1 teaspoon salt -- optional

Pre heat oven to 350.

Liquefy liver and garlic clove in a blender, when its smooth add eggs and peanut butter. Blend till smooth.

In separate mixing bowl combine wheat germ, whole wheat flour, and cooked Barley. Add processed liver mixture, olive oil and salt. Mix well. spread mixture in a greased 9x9 baking dish. Bake for 20 minutes or till done.

When cool cut into pieces that accommodate your doggies size. Store in refrigerator or freezer.

## Homemade Dog Food Recipe Guide

### *Basenji Stew*

4 small parsnip -- \*\*see Note  
2 whole yellow squash -- cubed  
2 whole Sweet potatoes -- peeled and cubed  
2 whole Zucchini -- cubed  
5 whole tomatoes -- canned  
1 can garbanzo beans, canned -- \*see Note 15 oz  
1/2 cup Couscous  
1/4 cup Raisins  
1 teaspoon Ground coriander  
1/2 teaspoon Ground turmeric  
1/2 teaspoon Ground cinnamon  
1/2 teaspoon Ground ginger  
1/4 teaspoon Ground cumin  
3 cups Water -- \*see Note

\*\* kohlrabi may be substituted for the parsnips.

\*Chick-peas\*or 3 cups chicken stock

Combine all the ingredients in a large saucepan. Bring to a boil, lower the heat, and simmer until the vegetables are tender, about 30 minutes. Place over cook brown rice or barley

## Homemade Dog Food Recipe Guide

### ***Beef and Rice Mochies***

- 1 jar baby food, dinner, vegetables and beef, strained
- 2 1/2 cups flour, all-purpose
- 1 cup whole wheat flour
- 1 cup rice
- 1 package unflavored gelatin
- 1 whole egg
- 2 tablespoons vegetable oil
- 1 cup powdered milk
- 1 package yeast
- 1/4 cup warm water
- 1 beef bouillon cube

Dissolve yeast in warm water. Mix dry ingredients in large bowl. Add yeast, egg, oil, baby food and dissolved beef bouillon. Mix well. Mixture will be very dry, knead with hands until it forms a ball. Roll out on floured surface to 1/4 inch thickness, cut in 1 or 2 inch circles. Bake on un-greased cookie sheet 30 minutes at 300 degrees. Store in refrigerator.

## Homemade Dog Food Recipe Guide

### *Beef Twists*

3 1/2 cups flour, all-purpose  
1 cup cornmeal  
1 package unflavored gelatin  
1/4 cup milk  
1 egg  
1/4 cup corn oil  
1 jar Baby food, meat, beef, strained  
1 beef bouillon cube  
3/4 cup boiling water -- or beef stock

Dissolve bouillon cube in water. Sift dry ingredients in large bowl. Add milk, egg, oil, beef and beef bouillon. Stir until well mixed. Roll out on a floured surface to 1/4 inch thickness. Cut in 1/4 inch by 3 inch strips, twisting each stick 3 turns before placing on cookie sheet. Bake 35-40 minutes at 400 degrees. Store in refrigerator.

## Homemade Dog Food Recipe Guide

### *Birthdays Cake for Pups*

- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 cup soft butter
- 1/2 cup corn oil
- 1 jar baby food, meat, beef, strained
- 4 eggs
- 2 strips beef jerky -- (2 to 3)

Preheat oven to 325 degrees. Grease and flour an 8x5x3 inch loaf pan. Cream butter until smooth. Add corn oil, baby food, and eggs. Mix until smooth. Mix dry ingredients into beef mixture until batter is smooth. Crumble beef jerky and fold into batter. Pour batter into loaf pan. Bake 1 hour and 10 minutes. cool on wire rack 15 minutes. Ice with plain yogurt or cottage cheese. Store uneaten cake in refrigerator.



## ***Biscuits For Dogs***

1 cup oatmeal -- uncooked  
1/3 cup margarine  
1 tablespoon beef bouillon granules  
5 1/2 cups hot water  
1 tablespoon garlic powder -- optional  
3/4 cup powdered milk  
3/4 cup cornmeal  
3 cups whole wheat flour  
1 whole egg -- beaten

Pour hot water over oatmeal, margarine, and bouillon; let stand for 6 min. Stir in milk, cornmeal, and egg. Add flour, 1/2 c. at a time; mix well after each addition. Knead 3 - 4 min., adding more flour if necessary to make a very STIFF dough. Roll or pat dough to 1/2" thickness. Cut into dog bone shapes with cookie cutter. Bake at 325 degrees for 50 min. on baking parchment Allow to cool and dry out until hard. Store in container.

### ***BJ'S Peanuttty Pupcicles***

1 ripe banana  
1/2 cup peanut butter  
1/4 cup wheat germ  
1/4 cup chopped peanuts

Mash banana's and peanut butter, stir in wheat germ. Chill 1 hour.  
Place in container, store in refrigerator or freezer.

## ***Bone A Fidos***

2 1/4 teaspoons Dry yeast  
1/4 cup warm water  
1 Pinch sugar  
3 1/2 cups All-purpose flour  
2 cups Whole wheat flour  
2 cups Cracked wheat  
1 cup Rye flour  
1/2 cup Nonfat dry milk  
4 teaspoons Kelp powder  
4 cups Beef broth -- or chicken  
GLAZE: 1 large egg  
2 tablespoons Milk

Equipment: Cookie sheets lined with parchment or aluminum foil; rolling pin; 3-3 1/2" bone cutter or 2 1/2" round cookie cutter.

Place 2 oven racks in the upper and lower thirds of the oven. Preheat oven to 300 degrees. Sprinkle the dry yeast or crumble the compressed yeast over the water (110 degrees if dry yeast, 100 degrees if compressed yeast). Add a pinch of sugar and allow the yeast to sit in a draft-free spot for 10 - 20 minutes. The mixture should be full of bubbles. If not, the yeast is too old to be useful.

In a large bowl, place all the dry ingredients and stir to blend them. Add the yeast mixture and 3 cups of the broth. Using your hands, in the bowl, mix to form the dough, adding more broth if needed to make the dough smooth and supple. Half a batch at a time, knead the dough briefly on a lightly floured counter. (Keep the second batch of dough covered with a moist towel while shaping and cutting the fast.)

Roll out the dough into an 18 x 13 x 1/4" rectangle. Cut it into desired shapes, using a 3 - 3 1/2-inch bone cutter or a 2 1/2-inch round cookie cutter. Re-roll the scraps. Repeat the procedure with the remaining dough.

For an attractive shine, lightly beat together the egg and milk. Brush the glaze on the cookies. Bake for 45 to 60 minutes or until brown and firm.

For even baking rotate the cookie sheets from top to bottom three quarters of the way through the baking period. Use a small, angled metal spatula or pancake turner to transfer the cookies to wire racks to cool completely.

Store in an airtight container at room temperature. The dough must be used immediately. The baked cookies will keep for many months. Allow cookie sheets to cool completely between batches.

## ***Bone Bonanza***

1/2 pound ground beef -- uncooked  
1/4 cup chicken broth  
1/3 cup black beans, cooked -- mashed  
1/3 cup cottage cheese  
1 teaspoon soy sauce

Combine ground meat and chicken broth in a bowl. Add the black beans and cottage cheese. Add soy sauce. Mix all of the ingredients together thoroughly. Mold the mixture into bone shapes and place on a cookie sheet. Bake for 45 minutes in a 375 degree oven. Let cool.

### ***Boo's Biscuits***

3 1/2 cup whole wheat flour  
2 cup Quaker oats  
1 cup milk  
1/2 cup hot water  
2 beef or chicken bouillon cubes  
1/2 cup meat drippings

Dissolve bouillon cubes in hot water. Add milk and drippings and beat. In a separate bowl, mix flour and oatmeal. Pour liquid ingredients into dry ingredients and mix well. Press onto an ungreased cookie sheet and cut into shapes desired. Bake at 300 degrees for 1 hour. Turn off heat and leave in the oven to harden. Refrigerate after baking.

## ***Bow Wow Biscuits***

2 1/2 cups whole wheat flour  
1/2 cup wheat germ  
1/2 cup powdered milk  
1/2 teaspoon salt  
1/2 teaspoon garlic powder  
8 tablespoons bacon grease -- or margarine  
1 egg -- beaten  
1 teaspoon brown sugar  
2 tablespoons beef broth -- or chicken  
1/2 cup ice water  
6 slices Bacon -- crumbled, optional  
1/2 cup cheddar cheese, shredded -- optional

In a big mixing bowl, mix all the ingredients thoroughly to form a dough. Roll the dough out with a rolling pin and use a cookie cutter to make shapes for cookies, Bake cookies at 350 degrees for 20 - 25 min.

## ***Bow Wow Burritos***

1 tablespoon oil  
12 ounces cooked beef -- \*see Note  
1 clove garlic -- minced  
3 tablespoons chunky peanut butter  
1 can sweet potatoes -- (23-oz.) drained  
1 can black beans -- (15-oz.) rinsed  
1 teaspoon chili powder  
1 teaspoon cumin  
1/2 teaspoon cinnamon  
2 teaspoons beef bouillon -- powder  
6 flour tortillas -- (10-inch)  
2 tablespoons cilantro -- chopped  
6 tablespoons cheese -- shredded  
6 tablespoons vegetables -- \*see Note

Heat oil in large skillet over medium heat until hot. Add garlic; cook and stir 2 to 3 minutes or until tender. Stir in peanut butter, sweet potatoes and beans; mash slightly. Add cumin, cinnamon and chili powder, beef bouillon; mix well. Reduce heat to low; add beef, cover and simmer 2 to 3 minutes or until thoroughly heated, stirring occasionally.

Meanwhile, heat tortillas according to package directions. To serve, spoon and spread scant 1/2 cup mixture across center third of each tortilla with one piece of meat in center.

Top each with 1 tablespoon sour cream, 1 teaspoon cilantro, 1 tablespoon Cheese spread to cover mixture.

Fold sides of each tortilla 1 inch over filling. Fold bottom 1/3 of tortilla over filling; roll again to enclose filling.

\*Note: Beef or chicken cut into 1/2 inch strips, or "meatless" meat for the vegetarian doggies.

\*Note: Optional... Shredded veggies for added nutrition, carrots, green beans, broccoli etc.

Serving Ideas : Add 1 Teaspoon Dog Oil Supplement and 1 teaspoon Dog Powder Mix Supplement for added nutrition before folding burritos.

## ***Bread Machine Dog Biscuits***

3/4 cup Beef stock -- \*see Note  
1 egg  
3 tablespoons oil  
1 cup all-purpose flour  
1 cup whole wheat flour  
1/3 cup Bulgur -- \*see Note  
1/3 cup Bran  
1/4 cup nonfat dry milk  
1/4 teaspoon Garlic powder  
1 1/2 teaspoons yeast

Place ingredients in bread pan according to manufacturers directions and press "Dough" cycle.

When machine beeps, remove dough to lightly floured countertop and with a rolling pin, roll dough out to 1/4" thickness.

Using a dog bone cookie cutter (or any small seasonal cookie cutters), cut out dog biscuits and place on a lightly greased cookie sheet or one sprinkled with cornmeal. Re-roll scraps and repeat till all dough is used up. Place in a warm location and let rise 30 minutes.

Bake at 325 for 30 minutes until brown and no longer soft. Place on a rack to cool. Store in an airtight container.

\* Chicken, Vegetable Or use hot water and 2 or 3 -bouillon cubes.

\*\*If you don't have bulgur try substituting something like a 7-grain cereal.



### ***Breath Busters Biscuits***

1 1/2 cups whole wheat flour  
1 1/2 cups Bisquick ® baking mix  
1/2 cup mint leaves -- loosely packed  
1/4 cup milk  
4 tablespoons margarine 1 egg  
1 1/2 tablespoons maple syrup -- or corn syrup

Combine all ingredients in food processor, process until well mixed, mint is chopped, and a large ball forms. Press or roll on non-stick surface (floured board or ceramic) to a thickness of 1/4-1/2". Cut into 1x2" strips or with bone-shaped cookie cutter and place on non-stick cookie pan. Bake at 375° for 20 minutes or until lightly browned. Cool and store in air-tight container. Makes about 30 medium biscuits.

## ***Buddy Boys Dog Biscuits***

1 cup whole wheat flour  
1/2 cup all-purpose flour  
3/4 cup nonfat dry milk powder  
1/2 cup oats, rolled (raw) -- quick cooking  
1/2 cup yellow cornmeal  
1 teaspoon sugar

Cut in 1/3 cup shortening until mix is coarse crumbs. Stir in 1 egg. Dissolve 1 tablespoon instant chicken or beef bouillon granules in 1/2 cup water. Stir liquid into flour mix with a fork. Form dough into a ball and knead on floured board for 5 minutes. Divide ball in half and roll each portion until 1/2 inch thick. Use a cookie cutter or shape biscuits. Put 6 on a plate and microwave at medium for 5 to 10 minutes or until firm and dry to touch. Turn biscuits over after 1/2 cooking time

## ***Bulldog Banana Bites***

2 1/4 cups whole wheat flour  
1/2 cup powdered milk -- nonfat  
1 egg  
1/3 cup banana -- ripe, mashed  
1/4 cup vegetable oil  
1 beef bouillon cube  
1/2 cup water -- hot  
1 tablespoon brown sugar

Mix all ingredients until well blended. Knead for 2 minutes on a floured surface. Roll to 1/4 " thickness. Use a 2 1/2" bone shaped cookie cutter (or any one you prefer). Bake for 30 minutes in a 300 degrees oven on ungreased cookie pans.

## ***Bulldog Brownies***

1/2 cup shortening  
3 tablespoons honey  
4 eggs  
1 teaspoon vanilla  
1 cup whole wheat flour  
1/4 cup carob flour  
1/2 teaspoon baking powder

### Frosting

12 ounces nonfat cream cheese  
2 teaspoons honey

Cream shortening and honey together thoroughly. Add remaining ingredients. Beat well. Bake in a greased cookie sheet (10x15") for 25 minutes at 350 degrees. Cool completely.

FROSTING: Blend together. Spread frosting over cool brownies. Cut into 3 inch or 1 1/2 inch squares

### ***Canine Carrot Cookies***

2 cups carrots -- boiled and pureed  
2 eggs  
2 tablespoons garlic -- minced  
2 cups unbleached flour -- \*see Note  
1 cup rolled oats  
1/4 cup wheat germ  
\*or rice flour or rye flour.

Combine carrots, eggs and garlic. Mix until smooth. Add dry ingredients. Roll out on heavily floured surface and cut into bars or desired shapes. Bake at 300 degrees for 45 minutes or to desired crunchiness. The centers will continue to harden as they cool. Brush with egg white before baking for a glossy finish.

## ***Canine Cookies #1***

1 1/2 cups whole wheat flour  
1 cup all-purpose flour  
1 cup powdered milk -- non-fat  
1/3 cup bacon grease -- \*see Note  
1 egg -- lightly beaten  
1 cup cold water

In a bowl, combine flour and milk powder. Drizzle with melted fat. Add egg and water; mix well. Gather dough into a ball. On floured surface, pat out dough. Roll out to 1/2 inch thickness. Cut into desired shapes. Gather up scraps of dough and repeat rolling and cutting. Bake on ungreased baking sheets in 350 degree oven for 50 - 60 minutes or until crispy.

Note: Beef fat or Chicken fat can be used

Makes about 36 - 2 1/2 inch biscuits. Store in the fridge.

## ***Canine Cookies #2***

1/2 cup nonfat dry milk  
1 egg -- well beaten  
1 1/4 cups all-purpose flour  
1 1/4 cups wheat flour  
1/2 teaspoon garlic powder  
1/2 teaspoon onion salt  
1 1/2 teaspoons brown sugar  
1/2 cup water  
6 tablespoons gravy  
2 jars baby food, meat, beef, strained

Combine ingredients and shape into ball. Roll out on floured board, Use extra flour if needed. Cut with knife or cookie cutter. Bake at 350 degrees for 25 to 30 min. Cool. Should be quite hard.

### ***Canine Meat and Grain Menu***

2 cups cooked brown rice  
2/3 cup Lean beef  
2 teaspoons lard -- or veggie oil  
1/4 cup vegetables -- no onion\*  
Supplements

Mix the above. You can cook the meat if you want to, use your judgment. Serve slightly warm.\*For supplements, add 2 tsp. powder and 1 tsp. oil to feed daily- now this is for a 5-15 lb. dog



## ***Carob Cornered Crunchies***

2 1/4 cups whole wheat flour  
1 egg  
1/4 cup applesauce  
1/4 cup vegetable oil  
1 beef bouillon -- or chicken  
1/2 cup hot water 1 tablespoon honey  
1 tablespoon molasses  
1 cup carob bar -- about

Mix all ingredients together until well blended. Knead dough two minutes on a lightly floured surface. Roll to 1/4" thickness. Bake on an ungreased cookie sheet for 30 minutes in a 300 degree oven. Cool. Melt carob chips in microwave or saucepan. Dip cool biscuits in carob or lay on a flat surface and brush carob over the biscuits with a pastry brush. Let cool.

## ***Champion Cheese & Veggies Chews***

1/2 cup grated cheese -- room temp.  
3 tablespoons vegetable oil  
3 teaspoons applesauce  
1/2 cup vegetables -- what ever you like  
1 clove garlic -- crushed  
1 cup whole wheat flour  
nonfat milk

Mix cheese, oil and applesauce together. Add veggies, garlic, and flour. Combine thoroughly. Add just enough milk to help form a ball. Cover and chill for one hour. Roll onto a floured surface and cut into shapes. Bake in a preheated 375 degree oven for 15 minutes or until golden brown. Let cool.

## ***Cheese and Bacon Dog Biscuits***

3/4 cup Flour  
1/2 teaspoon Baking Soda  
1/2 teaspoon Salt  
2/3 cup Butter  
2/3 cup Brown Sugar  
1 Egg  
1 teaspoon Vanilla extract  
1 1/2 cups oatmeal  
1 cup Cheddar Cheese -- shredded  
1/2 cup Wheat Germ  
1/2 pound Bacon -- or bacon bits

Combine flour, soda and salt; mix well and set aside. Cream butter and sugar, beat in egg and vanilla. Add flour mix mixing well. Stir in oats, cheese, wheat germ and bacon. Drop by rounded tablespoon onto ungreased baking sheets. Bake at 350 for 16 minutes. Cool and let the critters enjoy!

## ***Cheese And Garlic Dog Cookies***

1 1/2 cups whole wheat flour  
1 1/4 cups cheddar cheese -- grated  
1/4 pound margarine -- corn oil  
1 clove garlic -- crushed  
1 Pinch salt

Cream the cheese with the softened margarine, garlic, salt, and flour. Add enough milk to form into a ball. Chill for 1/2 hour. Roll onto floured board. Cut into shapes and bake at 375 for 15 minutes or until slightly brown, and firm.

MAKES 2 to 3 dozen, depending on size.

### ***Cheese N Garlic Bites***

1 cup wheat flour  
1 cup cheddar cheese -- grated  
1 tablespoon garlic powder  
1 tablespoon butter -- softened  
1/2 cup milk

Mix flour and cheese together. Add garlic powder and softened butter. Slowly add milk till you form a stiff dough. You may not need all of the milk. Knead on floured board for a few minutes. Roll out to 1/4 inch thickness. Cut into shapes and place on ungreased cookie sheet. Bake 350 degrees oven for 15 minutes. Let cool in oven with the door slightly open until cold and firm. Refrigerate to keep fresh.

## ***Cheesey Dog Cookies***

2 cups All-Purpose flour -- un-sifted  
1 1/4 cups cheddar cheese -- shredded  
2 cloves Garlic -- finely chopped  
1/2 cup Vegetable oil  
4 tablespoons Water -- (4 to 5)

Combine everything except water. Whisk in food processor until consistency of cornmeal. Then add water until mixture forms a ball. Roll it into 1/2" thickness and cut into shapes. Bake on ungreased cookie sheets about 10 min. (depending on size of shapes) at 400. Cool and store in refrigerator.

## ***Cheesy Carrot Muffins***

1 cup all-purpose flour  
1 cup whole wheat flour  
1 tablespoon baking powder  
1 cup cheddar cheese -- Shredded  
1 cup carrot -- grated  
2 large eggs  
1 cup milk

Preheat oven to 350 degrees. Grease a muffin tin or line it with paper baking cups. Combine the flours and baking powder and mix well. Add the cheese and carrots and use your fingers to mix them into the flour until they are well-distributed. In another bowl, beat the eggs. Then whisk in the milk and vegetable oil. Pour this over the flour mixture and stir gently until just combined. Fill the muffin cups three-quarters full with the mixture. Bake for 20-25 minutes or until the muffins feel springy. Be sure to let the muffins cool before letting your dog do any taste testing! One muffin for medium to large dog, half a muffin for a toy or small dog.

## ***Chewy Cheesy Chihuahua Pizza***

### Crust

2 cups cake flour  
1 1/4 cups whole wheat flour  
1/4 cup olive oil  
1 egg  
1 cup water  
1 teaspoon baking soda

### Sauce & Toppings

1 tomato  
1 cup tomato puree  
1 clove garlic  
1/4 cup parmesan cheese -- grated  
1/2 teaspoon oregano  
1/2 teaspoon basil  
2/3 cup cooked rice

**CRUST:** Mix all ingredients together. Knead on a lightly floured surface. Spray a regular sized, 12 " pizza pan with nonstick spray. Next, spread the dough to the edges of the pan, forming a lip around the ends. Set aside.

**Sauce & Toppings:** In a food processor, blend tomato, tomato puree and garlic. Spoon the mixture over the pizza crust. Sprinkle the cheese and spices evenly over sauce. Cut the pizza into slices with a pizza cutter or sharp knife.

Bake in a 325 degree oven for 25 minutes. Take out and sprinkle rice evenly over pizza. Return to oven and bake 25 minutes more.

Yield: one 12 inch pizza.



## ***Chicken Flavored Dog Biscuits***

2 1/2 teaspoons dry yeast  
1/4 cup warm water  
1 teaspoon salt -- optional  
1 egg  
1 cup chicken broth -- slightly warmed  
1 cup whole wheat flour  
1/2 cup rye flour -- optional  
1/2 cup cornmeal  
1 cup cracked wheat  
1 1/2 cups all-purpose flour

In a large bowl, dissolve yeast in warm water. Add salt, one beaten egg, and the warmed chicken broth. Add all flour except the all-purpose flour and mix well. Slowly add all-purpose flour until a stiff dough is formed and it can be kneaded by hand. Knead for only a couple minutes, just enough to get the dough to hold together. Roll out dough about 1/4" thick and cut with cookie cutters, Place biscuits on a large cookie tray and place directly in a 300 degree oven, they don't need to rise. Bake for 45 min. and then turn off the oven. You can let them sit in the oven overnight and in the morning they will be real hard and good for your dog's teeth. You could also vary this recipe by adding milk for a milk-bone type biscuit or shortening for a little extra fat. Try different liquids and even honey or molasses, Check with your veterinarian for any other nutritional suggestions.

### ***Chicken Garlic Birthday Cake***

1 chicken bouillon cube  
1 cup Whole-wheat flour  
2 cups Wheat germ  
1/2 cup Cornmeal  
2 Eggs  
1/2 cup Vegetable oil  
1 tablespoon Minced garlic  
2 cups water  
vegetable oil spray -- Garlic Flavor

Preheat oven to 375 degrees. Dissolve bouillon cube in warm water. Combine flour, wheat germ, cornmeal, eggs, oil, garlic and water. Spray two cake pans with garlic-flavored oil, and sprinkle with flour. Bake 50 minutes. After removing cake from oven, turn upside down and let cool.

MAKES two small cakes

## ***Chow Chow Chicken***

2 chicken thighs -- or white meat  
1 stalk celery -- sliced thick  
3 carrot -- peeled and halved  
2 small potato -- peeled and cubed  
2 cups rice -- uncooked

Place chicken pieces in large pot. Cover with cold water (5 -6 cups). Add carrots, celery, and potatoes to water. Add salt to taste if you want. Cover and simmer on low heat about 2 hours until the chicken becomes tender. Add the rice, cover and cook over low heat for about 30 minutes until the rice is tender and most of the liquid is absorbed. Remove soup from heat. Pull the chicken meat off the bone ( if will practically fall off), discard bones. Return shredded pieces to pot. Stir well. Let cool. Store in the refrigerator or freeze.

## ***Chow Chow Stew***

1 tablespoon olive oil  
2 pounds beef -- \*see Note  
2 cups cabbage -- chopped  
3 cloves garlic -- minced, up to 4  
18 ounces canned sweet potatoes -- drained and chopped  
14 1/2 ounces canned tomato wedges -- undrained  
1 1/2 cups tomato juice  
3/4 cup apple juice  
1 teaspoon ginger root -- up to 2, grated  
2 cups green beans, frozen -- cut crosswise  
1/3 cup peanut butter  
6 cups cooked brown rice

Heat the oil in a large skillet over medium-high heat. Cook Beef, Add the cabbage and garlic; cook, stirring, until the cabbage is tender-crisp, about 5 minutes. Stir in the sweet potatoes, tomatoes, tomato juice, apple juice, ginger. Reduce the heat to medium-low; cover. Simmer until hot and bubbling, about 6 minutes. Stir in the green beans and simmer, uncovered, for 5 minutes. Stir in the peanut butter until well-blended and hot, about 1 minute. Spoon over rice.

\*Note: Low Fat, or use chicken, lamb, fish. Liver can be used as well.

## ***Classic Canine Cookies***

4 cups whole wheat flour  
1/4 cup cornmeal  
1/4 cup cooked rice  
1 egg  
2 tablespoons vegetable oil  
Juice from a small orange  
1 2/3 cups water

Mix all ingredients together well. Turn out onto a lightly floured surface and knead. Roll out dough to about 1/8 inch thickness and cut out desired shapes... doggy bones, paws, balls, etc.

### Dipping Sauce:

#1

3 cups vanilla chips  
1 Tbsp. spinach powder  
1 tsp. garlic powder  
1 tsp. vegetable oil

#2

3 cups carob chips  
1 tsp. vegetable oil  
1 tsp. turmeric powder

Melt chips in a double boiler or microwave. Add oils and seasonings. Dip tips of cookies, when cooled, into desired sauce and place on a pan lined with wax paper until set.

## ***Corgi Crumpets***

2 1/2 cups cornmeal  
1 1/2 cups cake flour  
2 tablespoons vegetable oil  
1 egg  
2/3 cup honey  
1/2 teaspoon baking powder  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1 small apple  
1 1/3 cups water  
1/2 cup rolled oats

Preheat oven to 350. In a bowl, mix all ingredients except the apple and rolled oats. Grate apple into mixture. With an ice cream scoop, fill into muffin pans lined with paper baking cups and sprinkle with oats. Bake for 40 minutes.

### ***Darlene's Favorite Dog Cookie***

2 cups rye flour  
1/2 cup vegetable oil  
2/3 cup warm water  
1/2 cup white flour  
1/4 cup cornmeal

Mix well. I usually add about 1/4 tsp. either vanilla or mint flavor. Roll out to 1/4" thick. Cut into shapes (I usually use about a 3-4" bone-shape cutter). Bake on lightly greased cookie sheet for 30 minutes at 350 degrees.

## ***Divine Doggy Dinner***

1/2 pound ground beef -- or turkey, chicken, lamb  
1/4 cup cooked rice  
1 small potato  
1/4 cup green beans -- about 5-8 beans  
1/4 teaspoon garlic powder

Brown the meat in a pan. When completely cooked, drain the fat. Add the cooked rice; mix well. Set aside. Cut the potato and beans into small bite-sized pieces. Place in a pot with water; bring to a boil. Simmer until veggies are tender (about 15-20 minutes). Drain. Add the vegetables to the meat mixture. Add garlic powder; toss thoroughly under low heat. Let the dinner cool thoroughly before serving to prevent burning.

Yield: about 2 dinners



## *Dixie's Delights*

1 ripe banana  
1/2 cup peanut butter  
1/4 cup wheat germ  
1/4 cup unsalted peanuts -- chopped

In a small bowl, mash banana and peanut butter together using a fork. Mix in wheat germ. Place in refrigerator for about an hour until, firm. With your hands, roll rounded teaspoonfuls of mixture into balls. Roll balls in peanuts, coating them evenly. Place on cookie sheet in freezer. When completely frozen, pack into airtight containers and store in freezer.

## ***Dog Mini Cakes***

2 cups whole wheat flour  
1/2 cup soybean flour  
1 cup skim milk -- or water  
1 tablespoon honey  
1 tablespoon canola oil -- or sunflower  
1 teaspoon sea salt

Mix dry ingredients. Add liquid and honey. Mix and let the dough rest in a warm place for 15 minutes. Add oil and allow to sit another 1/2 hour. Take walnut size portions of dough and flatten into small cakes. Bake in oven at 400 for 1/2 hour.

## ***Dog Biscuits #1***

2 1/2 cups whole wheat flour  
1 teaspoon brown sugar  
1/2 cup powdered milk  
6 tablespoons butter  
1/2 teaspoon salt  
1 egg -- beaten  
1/2 teaspoon garlic powder  
1/2 cup ice water

Combine the flour, milk, salt, garlic powder and sugar. Cut in butter until mixture resembles cornmeal. Mix in egg; then add enough ice water to make a ball. Pat dough to 1/2" thick on a lightly oiled cookie sheet. Cut out shapes with a cookie cutter or biscuit cutter and bake on cookie sheet for 25 minutes at 350 degrees. Remove from the oven and cool on a wire rack.

To vary the flavor and texture, at the time the egg is added, add any of the following: 1 c. purred cooked green vegetables or carrots; 6 T. whole wheat or rye kernels; 3 T. liver powder. (The last two items are available in health food stores.)

Butter, margarine, shortening, or meat juices may be used.

## ***Dog Biscuits #2***

1 envelope dry yeast  
1 cup rye flour  
1/4 cup warm water  
1/2 cup nonfat dry milk  
1 pinch sugar  
4 teaspoons kelp powder  
3 1/2 cups all-purpose flour  
4 cups beef or chicken broth  
2 cups whole wheat flour  
2 cups cracked wheat or 1 c. cornmeal

GLAZE: 1 large egg 2 tablespoons milk

Place 2 oven racks in the upper and lower thirds of the oven. Preheat oven to 300 degrees. Sprinkle the dry yeast or crumble the compressed yeast over the water. Add the pinch of sugar and allow yeast to sit in a draft-free spot for 10 - 20 minutes.

The mixture should be full of bubbles. If not, the yeast is too old to be useful. Stir well to dissolve the yeast. In a large bowl, place all the dry ingredients and stir well to blend them. Add the yeast mixture and 3 cups broth.

Using your hands, in the bowl, mix to form the dough adding more broth if needed to make the dough smooth and supple. Half a batch at a time, knead the dough briefly on a lightly floured counter. (Keep the second batch of dough covered with a moist towel while shaping and cutting the first.)

Roll out the dough into 18 x 13 x 1/4" rectangle. Cut into desired shapes using 3 1/2" one cutter or 2 1/2" cookie cutter. Re-roll the scraps. Repeat procedure with remaining dough.

For an attractive shine, lightly beat together the egg and the milk. Brush the glaze on the cookies. Bake for 45 - 60 min. or until brown and firm. For even baking, rotate the cookie sheets from top to bottom 3/4 of the way thru the baking period. Use a small, angled metal spatula to transfer the cookie to wire racks to cool completely before using for the next batch.

### ***Dog Biscuits #3***

3 1/2 cups flour  
4 teaspoons salt  
2 cups whole wheat flour  
1/2 cup dry milk  
1 cup rye flour  
1 egg  
1 cup cornmeal  
1 package dry yeast (1 T.)  
2 cups cracked wheat  
1 pint chicken stock

(Ingredients not generally available at grocery stores may be found at health food stores.)

Dissolve yeast in 1/4 c. warm water. Add chicken stock and pour into dry ingredients. Knead for 3 minutes, working into a stiff dough. Roll dough into a 1/4" thick sheet and cut with cookie cutters (cutters shaped like dog biscuits are available). Bake in 300 degree oven for 45 min., then turn oven off and leave biscuits in oven overnight. In the morning the biscuits will be bone hard.

NOTE: This dough is extremely stiff to work with, but the end product is excellent!

### ***Dog Biscuits #4***

2 3/4 cups whole wheat flour  
1/2 cup powdered milk  
1 teaspoon salt  
1/4 teaspoon garlic powder  
1 egg  
6 tablespoons vegetable oil  
8 tablespoons water -- (8 to 10)  
2 jars Babyfood, Meat, Beef, Strained -- \*see Note

Mix all ingredients together and knead for 3 min. Roll out to 1/16 inch thick. Use a dog bone shaped cookie cutter, and place biscuits on an ungreased baking sheet. Bake in preheated oven at 350 degrees for 20 to 25 min.

MAKES approx. 2 dozen doggie biscuits

Note: Strain. Use beef, chicken or lamb

### ***Dog Biscuits #5***

1 cup whole wheat flour  
1 cup white flour  
1/2 cup powdered milk  
1/2 cup wheat germ  
1/2 teaspoon salt  
6 tablespoons shortening  
1 egg -- slightly beaten  
1 teaspoon brown sugar  
1/2 cup cold water

Stir dry ingredients well and then cut in the shortening. Stir egg and brown sugar into the flour mixture. Blend in water. Knead dough 10 to 12 strokes. Flour surface if dough sticks. Roll dough out to approximately 3/8 inches. Cut with a bone shaped cookie cutter.

Bake at 325 degrees for 30 minutes or until dough is firm to the touch.

Makes about 40.

## ***Dog Biscuits For Your Favorite Dog***

2 cups whole wheat flour  
1 cup cornmeal  
2/3 cup Brewer's yeast  
2 teaspoons garlic powder  
1/2 teaspoon salt  
2 egg yolks  
3 beef bouillon -- or chicken  
1/2 cup boiling water

Preheat oven to 375 degrees.

Mix well. Working with half the dough at a time, roll dough to 3/8 inch thickness. Cut into desired shapes.

Bake for 20 minutes on ungreased cookie sheet. Turn oven off but leave biscuits in oven until crunchy.

Makes about 1 pound of dog biscuits that you dog is sure to love



## ***Dog Bones***

2 1/4 cups whole wheat flour  
1/2 cup nonfat dry milk  
1 egg  
1/2 cup vegetable oil  
1 beef bouillon cube  
1/2 cup hot water  
1 Tablespoon brown sugar

Preheat the oven to 300 degrees.

In a large mixing bowl, combine all ingredients, stirring until well blended. Knead dough 2 minutes.

On a floured surface, use a floured rolling pin to roll out dough to 1/4-inch thickness. Using a bone shaped cookie cutter cut out bones. Bake 30 minutes on an ungreased baking sheet. Remove from pan and cool on wire rack.

## ***Dog Cookies***

1 c Beef, chicken, or vegetable stock  
1 c Bread or all-purpose flour  
1 c Whole wheat or rye (or other-dark) flour  
1 c Bulgar wheat  
1/4 c Non-fat dry milk powder  
1/2 ts Salt  
1 1/2 ts Yeast

Use dough cycle. Roll dough to 1/4" thickness. Cut with cookie cutters or knife. Place on baking sheets sprinkled with cornmeal. Cover with clean kitchen towels and let rise in warm place about 45 minutes. Bake at 325-degrees for 45 minutes. When all are baked, turn off oven and return all cookies to cooling oven overnight to harden. Store in airtight container.

(Using a 3.5" bone shaped cutter, you'll get about 30-35 cookies from this recipe.)

### ***Dog Cookies With Chicken Broth***

2 cups whole wheat flour  
2/3 cup yellow cornmeal  
1/2 cup sunflower seeds -- shelled  
2 tablespoons corn oil  
1/2 cup chicken broth  
2 eggs  
1/4 cup low-fat milk  
1 egg -- beaten

Heat oven to 350 degrees. In a large bowl, mix together flour, cornmeal and seeds. Add oil, broth and egg mixture. The dough should be firm. Let sit 15-20 minutes. On a lightly floured surface, roll out dough 1/4 inch thick. Cut into shapes and brush with beaten egg. Bake for 25-35 minutes, until golden brown. Remove and cool. Store in airtight container.

### ***Dog Oil Supplement***

1/4 cup olive oil  
1/4 cup canola oil  
1/4 cup cod liver oil  
1/4 cup flax seed oil

Place oils in brown bottle and shake well. Store in refrigerator.  
Add two teaspoons to the dogs food each day. Can be add to dry food as well.

Safflower and Sunflower oil may used as well.

## ***Dog Pooch Munchies***

3 cups Whole wheat flour  
1 teaspoon Garlic salt  
1/2 cup Soft bacon fat  
1 cup Shredded cheese  
1 Egg -- beaten slightly  
1 cup Milk

1. Preheat oven to 400 F. degrees.
2. Place flour and garlic salt in a large bowl. Stir in bacon fat. Add cheese and egg. Gradually add enough milk to form a dough. Knead dough and roll out to about 1 inch thick.
3. Use dog bone cookie cutter to cut out dough. Place on greased cookie sheet. Bake about 12 minutes, until they start to brown. Cool and serve.

### ***Dog Powder Mix***

1 cup brewer's yeast  
1 cup bone meal  
1/2 cup kelp powder  
1/2 cup alfalfa powder

Mix well add to air-tight container. Keep in freezer if desired  
add one tablespoon to dogs food each day.

## ***Doggie Biscuits***

3/4 c Hot water or meat juice  
1/3 c Margarine  
1/2 c Powdered milk  
1/2 ts Salt  
1 Egg, beaten  
3 c Whole wheat flour

Mix well - roll in to small logs in your hands and bake at 325 degrees for about 50 mins.

## ***Doggie Bone Treats***

1 cup all-purpose flour  
1 cup whole wheat flour  
1/2 cup wheat germ  
1/2 cup nonfat dry milk  
3 tablespoons vegetable shortening  
1 teaspoon brown sugar  
1/2 teaspoon salt  
1 egg  
1/3 cup water

Preheat the oven to 350 degrees.

Coat a cookie sheet with nonstick cooking spray. In a large bowl, combine both flours, wheat germ, nonfat dry milk, shortening, brown sugar, and salt; mix until crumbly. Add the egg and water; mix well. On a lightly floured surface, knead the dough until smooth. Using a rolling pin, roll out to a 1/2-inch thickness. Using a dog bone-shaped cookie cutter or a knife, cut out biscuits. Place on the cookie sheet and bake for 25 to 30 minutes, or until lightly browned.

Remove to a wire rack to cool completely. Of course, beware of any of your dog's possible allergies to wheat, eggs, or dairy products.



## ***Doggie Quiche***

4 whole egg  
1 tablespoon cream  
2/3 cup milk, skim  
3 ounces meat -- \*see Note  
2 ounces shredded lowfat cheddar cheese -- or other type  
1 whole pie crust (9 inch)  
1/2 teaspoon garlic powder -- optional  
1 sprig parsley -- chopped fine

Pre-heat oven to 375F degrees.

Wisk egg, cream, milk together, then pour into pie crust. Add meat, cheese evenly Bake for 30-45 min. Till done. Let it cool. Sprinkle fresh parsley.

Note: fine chopped, any type of meat they like. Pre cooked, unless you use liver.

Fresh shredded veggies can be used as well.

## ***Doggy Biscuits***

1 package dry yeast  
1/4 cup warm water  
2 cups beef broth -- at room temperature  
1/4 cup milk  
1/2 cup honey  
1 egg -- beaten  
1/4 cup margarine  
1 teaspoon salt  
2 1/2 cups flour  
1 cup cornmeal  
1 cup wheat germ  
2 cups cracked wheat  
3/4 cup wheat bran  
3/4 cup oatmeal  
3/4 cup grated cheddar cheese  
3 cups whole wheat flour

### TOPPING

1 cup beef broth  
1/2 teaspoon garlic powder  
3 tablespoons oil

In a small bowl, dissolve yeast in warm water. In a large bowl, combine beef broth, milk, honey, egg, bacon grease or margarine, and salt. Add yeast/water mixture and mix well. Stir in flour, corn meal, wheat germ, cracked wheat, wheat bran, oatmeal, and cheese. Add whole wheat flour, 1/2 cup at a time, mixing well after each addition. Knead in the final amounts of flour by hand to make a stiff dough. Continue to knead for 4 to 5 minutes.

Pat or roll to 1/2 inch thickness. Cut into bone shapes and place on a greased baking sheet. Cover lightly and let set (rise) for 30 minutes

## ***Doggy Dip***

3 tablespoons peanut butter  
2 tablespoons honey  
1 banana -- \*See Note  
16 ounces vanilla yogurt  
1 tablespoon whole wheat flour

Mix the peanut butter, honey, and fruit together until well blended. In a separate bowl, combine the yogurt and flour, mix well. Add the fruit mixture to the yogurt and blend together. Keep cold in refrigerator. Use this dip to coat or dip biscuits and treats into. Allow treats to chill in refrigerator until coating is set and firm; this prevents big messes!

Note: Very Ripe, or a large jar of baby food fruit, any flavor

### ***Ellie's Dog Biscuits***

1 cup bran  
1 1/2 cups whole meal flour  
1/2 cup olive oil -- sunflower or SoyaOlive is great for their coat  
1/2 cup sunflower seeds  
1 cup oatmeal  
1 egg  
1 cup milk or water  
1 teaspoon brewers yeast  
1/2 teaspoon salt or kelp  
1/2 cup coconut  
1 comfrey leaf -- finely chopped. -- (can add parsley etc.)

Mix everything together and form balls (or shapes!) with your hands. Place on baking tray and flatten with a fork. Bake slowly at 150 degrees C until hard - about 40 - 45 minutes. I double the recipe and it makes heaps - about 2 trays.

## ***Ellie's Dog Loaf***

2 1/8 cups water  
2 cups brown rice  
2 large potatoes  
2 large carrots  
1 1/8 pounds pumpkin  
1 large onion  
2 cloves garlic  
3/4 bunch silver beet  
1 cup whole meal pasta -- or Soya pasta  
2 cups rolled oats  
1 cup whole meal flour  
1 1/8 pounds mince (or liver or fish)  
3 eggs

Boil the rice in water for 10 - 15 minutes and chop the veggies (I put them through the food processor) Add the veggies and pasta to the rice and cook for 10 minutes. Turn off the heat and leave to cool (not vital if you're like me and in a rush!) Add mince, eggs, herbs, rolled oats and flour and mix together. Add more oats or flour if mixture is sticky (should be like a fruit cake mix)

Spoon into oiled and floured loaf tins and bake in a hot oven 180 degrees CENTIGRADE for 1 hour.

Remove from tins ,turn oven off and return loaves to oven for 5 - 10 minutes to firm bottom crust.

Take out of oven, leave to cool and use immediately or wrap in foil and freeze.

Makes about 3 - 4 loaves.

### ***Fido's Cheese Nuggets***

1 cup Oatmeal -- uncooked  
1 1/2 cups Hot Water -- or Meat Juices  
4 oz Grated Cheese -- one cup  
1 Egg -- beaten  
1 cup Wheat Germ  
1/4 cup Margarine  
1/2 cup Powdered Milk  
1/4 teaspoon Salt  
1 cup Cornmeal  
3 cups Whole Wheat Flour

In large bowl pour hot water over oatmeal and margarine: let stand for 5 minutes. Stir in powdered milk, grated cheese, salt and egg. Add cornmeal and wheat germ. Mix well. Add flour, 1/3 cup at a time, mixing well after each addition. Knead 3 or 4 minutes, adding more flour if necessary to make a very stiff dough. Pat or roll dough to 1/2 inch thickness. Cut into bone shaped biscuits and place on a greased baking sheet. Bake for 1 hour at 300 degrees. Turn off heat and leave in oven for 1 1/2 hours or longer.

Makes approximately 2 1/4 pounds.

### ***Fido's Favorite Treats***

1 cup oatmeal  
1/3 cup butter  
1 teaspoon beef bouillon granules  
1/2 cup hot water  
3/4 cup powdered milk  
3/4 cup cornmeal  
1 egg -- beaten  
3 cups whole wheat flour

Combine oatmeal, butter, and bouillon granules in a large bowl. Pour hot water over this and let stand for 5 minutes. Stir in powdered milk, cornmeal, and egg. Add flour 1/2 c. at a time, mixing well after each addition. Knead for 3-4 minutes, adding more flour if needed to make a very stiff dough. Pat or roll out dough to 1/2" thickness, then cut into bone shaped pieces. Place in a greased baking sheet. Bake at 325\* for 50 minutes. Allow to cool and dry out till hard.

## ***Frozen Peanut Butter Yogurt Treats***

32 ounces vanilla yogurt

1 cup peanut butter

1. Put the peanut butter in a microwave safe dish and microwave until melted.
2. Mix the yogurt and the melted peanut butter in a bowl.
3. Pour mixture into cupcake papers and freeze.



### ***Fruity Yogurt Treats***

2 kiwi fruit -- mashed, or jar baby food fruit  
8 ounces strawberry yogurt -- or other

Mix together, freeze in ice cube tray. serve.

## ***Gingham Dog and Cat Biscuits***

1 cup whole wheat flour  
2 tablespoons wheat germ  
1/4 cup bran flakes  
1/4 cup soy flour  
1 tablespoon molasses  
2 tablespoons oil -- or fat  
1 tablespoon kelp -- or salt  
1 teaspoon sage  
1/2 teaspoon bone meal 1/3 cup milk -- or water

Mix all ingredients together. Knead and shape into crescents, rounds or sticks for dogs. For cats, roll out and cut into narrow strips or ribbons. Bake 25-30 minutes in a moderate oven (350 degrees) until lightly toasted. Watch the narrow strips as they tend to get done sooner than the others. If the biscuits are not hard enough, leave them in the oven with the heat turned off for an hour or as long as desired.

## ***Glazed Beagle Biscuits***

2 teaspoons beef bouillon granules  
1/3 cup Canola Oil  
1 cup boiling water  
2 cups rolled oats  
3/4 cup cornmeal  
1/2 cup milk  
1 cup grated cheese  
1 egg -- beaten  
1 cup rye flour  
2 cups white flour

Add bouillon and oil to boiling water then add oats. Let mixture stand for a few minutes. Stir in the cornmeal, milk, cheese, and egg. Slowly stir in the flours. Knead on a lightly floured surface until the dough is smooth and no longer sticky. Roll out to about 1/4 inch thick and cut into bone shapes. Place on a greased baking sheet. Spoon topping over biscuits. Turn them over and repeat with other side. Bake at 325 for 45 minutes or until lightly browned on bottom. Turn off the oven and leave biscuits in until cool.

### ***Good for You Gobblers***

1 cup white flour  
1 cup whole wheat flour  
1/4 cup sunflower seeds -- chopped  
2 tablespoons applesauce  
1 tablespoon peanut butter  
1/4 cup molasses  
2 eggs -- beaten  
1/4 cup milk

Mix the dry ingredients (flour and seeds) together. Add applesauce, peanut butter and molasses and stir well. In a separate bowl mix the egg and milk together. Add to the dough. Add a little more milk if the mixture is too dry - you want a firm dough. Knead for a few minutes. Roll out to 1/2" thickness. Cut into desired shapes. Bakes at 350 degrees for 30 minutes, or until biscuits are brown and firm.

## ***Goulash***

1 pound ground beef -- \*see Note  
2 cups cooked brown rice  
2 cans vegetables -- \*see Note  
2 whole eggs -- \*see Note  
1 can mackerel, canned  
2 cloves garlic -- minced  
1 pound chicken liver -- or gizzards

Pulverize veggies, either in a blender, processor, grinder, etc. Mix all ingredients together in a big pot. Add enough water to cover, mix well. if you feed raw, which we do, place into containers, enough for one feeding in each, and freeze. We use plastic baggies. If you don't feed raw, cover the pot and simmer for about 2 hrs, stirring occasionally. When it is done cooking, cool, and place into containers or baggies, enough for one feeding in each and freeze. Simply get out in the morning to thaw in the fridge.

Note: ground beef, ground turkey, ground venison, etc.

Note: fresh veggies (about 3 cups)- broccoli, asparagus, sweet potatoes, green beans, carrots, spinach, kale. CUT UP.

Note: shells crushed and added Dogs get this every evening for dinner, with 1/4-1/2c kibble mixed in, depending on size of dog. feed 1cup per 15 lbs body weight.

### ***Greyhound Green Bean Grub***

1 pound green beans -- fresh or frozen, sliced

1 can cream of mushroom soup

1/2 cup milk

1/2 cup cheddar cheese -- plus extra

Mix all ingredients together except beans. Place beans in oven casserole, add sauce mixture and stir well. Cover and bake in a 350 degree oven for 25 minutes. Uncover the casserole and sprinkle top with more cheddar cheese. Bake 5 minutes more. Let cool.

## ***Healthy Snacks***

1 cup white rice flour  
1/4 cup soy flour  
1/4 cup egg substitute  
1 tablespoon molasses -- unsulphered  
1/3 cup milk  
1/3 cup powdered milk  
2 tablespoons safflower oil

Preheat oven to 350 degrees. Mix dry ingredients together. Add molasses, egg, oil and milk. Roll out flat onto oiled cookie sheet and cut into dally bite-sized pieces. Bake for 20 minutes. Let cool and store in tightly sealed container.

## ***Home Made Dog Biscuits***

1 package active dry yeast  
1 cup warm chicken broth  
2 tablespoons molasses  
1 3/4 cups all purpose flour -- (1 3/4 to 2)  
1 1/2 cups whole wheat flour  
1 1/2 cups cracked wheat  
1/2 cup cornmeal  
1/2 cup non fat dry milk powder  
2 teaspoons garlic powder  
2 teaspoons salt 1 tablespoon milk  
1 egg -- beaten

Dissolve yeast in 1/4 cup warm water, 110 to 115 degrees. Stir in broth and molasses. Add 1 cup only of the all purpose flour, all the whole wheat flour, cracked wheat, cornmeal, dry milk, garlic salt and mix well. On floured board, knead in remaining flour. Roll out 1/2 at a time to 3/8" thick. Cut in desired shapes. Place on ungreased baking sheet, brush tops with beaten egg and milk mixture. Repeat remaining dough. Bake at 300 degrees for 45 minutes. Turn oven off and let dry overnight.

Makes 42 to 48.



## ***Home Made Party Cake***

2/3 cup ripe mashed bananas  
1/2 cup softened butter  
3 large eggs  
3/4 cup water  
2 cups Unbleached Flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
2 teaspoons cinnamon  
1/2 cup chopped pecans  
1/2 cup raisins

### Frosting:

2 cup mashed banana  
1 tablespoon butter  
6 tablespoon carob flour  
2 teaspoons vanilla  
3 tablespoon unbleached flour  
1 teaspoon cinnamon

**Cake:**In mixing bowl, beat together mashed banana and butter until creamy. Add eggs and water. Beat well. Stir in dry ingredients. Beat until smooth. Add nuts and raisins. Spoon batter evenly into oiled and floured bundt pan. Bake at 350 degrees for about 35 minutes. Cool on wire rack 5 minutes, remove from pan, replace on rack and cool.

**Frosting:**Blend thoroughly and spread on cool cake. Sprinkle with chopped pecans. The frosting contains carob, which is a safe (almost tastes like) chocolate substitute.

## ***Homemade Liver Treats***

1 cup whole wheat flour  
1 cup cornmeal  
1/2 cup wheat germ  
1 teaspoon garlic powder  
1 pound beef liver

Pre-heat oven to 350.

Liquefy liver in blender, add dry ingredients. Grease cookie sheet. Drop teaspoonfuls of mixture onto cookie sheet and flatten with bottom of glass dipped in water and cornmeal. Bake for 15-20 minutes.

You may store baked or unbaked dough in freezer.

## ***Hors D'ogs***

1/4 cup cheddar cheese -- grated  
2 tablespoons safflower oil  
1/2 cup rice krispies®  
1/2 teaspoon minced garlic  
1/4 cup swiss cheese -- grated

Combine cheeses, garlic and oil. Using plastic wrap, shape mixture into a log about 1 inch in diameter and 8 inches long. Roll log in Rice Krispies. Refrigerate. Slice into half-inch rounds and serve.

## ***Icy Paws***

2 cartons plain or vanilla yogurt (32 oz each)  
1 small can tuna in water (8oz.)  
2 tsp. garlic powder  
24 3 oz. plastic cups (not paper)

Open yogurt, if they are full to the top use a spoon & scoop out one cup.(these will be frozen as plain yogurt). Put half of the can of tuna in each yogurt container add the garlic powder (1 tsp. in each) & stir thoroughly.

Use a spoon & scoop the mixture into the cups. Place on a tray & freeze overnight.

Makes about 24 treats.

VARIATIONS: Mix in garlic powder, brewers yeast & fennel seed. Veggie Delight: Mix in cooked peas or other vegetables. Chicken Icy Paws: use canned chicken instead of tuna Potassium Boost: Add in a mashed banana.

### ***Jake's Dog Biscuits***

2 1/2 cups whole wheat flour  
1/2 cup powdered milk  
1/2 teaspoon garlic powder  
1/2 teaspoon salt  
1 teaspoon brown sugar  
6 tablespoons margarine -- or shortening  
1 egg -- beaten  
3 tablespoons liver powder  
1/2 cup ice water

Preheat oven to 350 degrees. In a large bowl, combine flour, powdered milk, garlic powder, salt and sugar. Cut in margarine. Mix in egg, then add liver powder. Add ice water until mixture forms a ball. Pat out dough 1/2" thick on a lightly oiled cookie sheet. Cut with any size cutter. Remove scrapes and redo. Bake 30 min.

### ***Lab Liver-Chip Cookie***

2 cups Whole wheat flour  
1/3 cup Butter -- melted  
1 Egg -- beaten  
6 tablespoons Water  
1/4 cup liver -- dried or jerky-style treats -- chopped

Preheat oven to 350 degrees. Combine flour, butter, egg, and water. Mix well. Blend in liver bits. Turn onto a greased baking pan. Bake 20 to 25 minutes. Cool and cut.

## ***Labrador Loaf***

1 cup Amaranth  
1 cup Dates -- dried  
1 cup boiling water -- or beef broth  
2 cups whole wheat flour  
2 teaspoons baking powder -- non aluminum sulfate  
2 tablespoons canola oil  
4 ounces Egg Beaters ® 99% egg substitute  
2 cups beef broth  
1/2 pound ground beef, extra lean

Put Amaranth and Dates in a bowl, pour boiling water over and allow to soak 30 minutes. Pre-heat oven to 350.

In a large bowl, mix egg beaters and canola oil and beef broth and beef, mix well. Add whole wheat flour and baking soda, and the soaked Amaranth and Dates. Mix well.

Pour into an oiled loaf pan, bake for 1 hour or till done.

\*Note: Use Vegetable Broth and 1/2 Pound of Textured Vegetable Protein for a Vegetarian Diet

### ***Lhasa Apso Lamb***

1 pound lamb, ground -- cooked  
2 cups cooked brown rice  
2 cups cooked white rice  
1 cup yogurt, skim milk  
4 cloves garlic -- crushed  
1/4 cup green beans, frozen -- chopped  
1/4 cup carrots, frozen -- chopped  
1/4 cup kale, frozen -- chopped

Cook Lamb and drain off excess fat if desired. Defrost frozen veggies, but don't cook them and chop to desired size.

In a large bowl mix cooked lamb, cooked rice, chopped vegetables, garlic and yogurt.

Slightly heat if desired to serve.

Refrigerate or freeze portions in zip lock bags. Should yield 3 to 6 servings.



## ***Liver Brownies***

1lb. chicken or beef liver  
½ lb. PLAIN cornmeal (non rising)  
½ lb. plain old-fashioned oatmeal  
1 can salmon or mackerel (with juice)  
1 Cup chicken broth or water  
1 Tablespoon minced garlic  
1 egg  
Dash of salt  
¼ Cup parsley flakes

Place liver, egg, fish, broth, garlic, salt and parsley flakes in a blender or food processor and blend until smooth. Mix corn and oatmeal's, and then add liver mixture. Mix well. Once mixed, batter should be like a slightly wet brownie mix. Add more broth or water if necessary. Pour mixture onto well-greased cookie sheet and bake at 250 degrees for 1 ½ to 2 hours. Cut into squares while still warm. Cool, and then freeze what you won't use in 1 week or less.

## ***Liver Treats***

1 pound beef liver

All you need are beef livers. Try your local meat packers; they often throw them away. Or you can buy fresh liver from the supermarket. Cut the liver into approximately 1 inch slices.

Place in your food dehydrator for 24 hours\*. Use Pam or the equivalent on the drying racks, so the liver won't stick. Let dry for 24 hours.

\*Or you could place them on a cookie sheet and bake in a 325 degree oven for about 45 minutes to help dry them out.

### ***Liver Treats For Dogs***

1 pound beef liver  
2 garlic cloves  
1 Box corn muffin mix

Preheat oven to temperature in corn muffin directions.

Mix liver and garlic in a blender or food processor, then process till liquid. Stir in muffin mix, then scrape onto a baking sheet and pat to app. 1/2-1" thickness. Bake till very firm, but not burned.

Cut into squares, then store in refrigerator or freezer.

## ***Lucy's Liver Slivers***

1/2 pound chicken livers -- cooked  
1 cup chicken stock  
1/2 cup corn oil  
1 tablespoon chopped parsley  
1 cup powdered milk  
1 cup rolled oats  
1/2 cup brewer's yeast  
1 cup soy flour  
1 cup cornmeal  
3 cups whole wheat flour

Preheat oven to 350°. In food processor or blender, process chicken livers, chicken stock, corn oil and parsley until smooth. Transfer to large bowl. Add powdered milk, rolled oats, brewer's yeast, soy flour and cornmeal. Mix well. Gradually add whole wheat flour. You'll have to use your hands here, kneading in as much of the flour as it takes to create a very stiff dough.

Roll dough out to 1/4" thick and cut into stick shapes, about 1/2" by 4" (depending on the size of your dog). A pizza cutter works great! Bake on ungreased cookie sheet for 20 to 25 minutes until lightly browned and crisp. Turn off heat and let biscuits dry out in oven for several hours. Store in the refrigerator.

## ***Massive Mastiff Munchy Muffins***

2 carrots  
2 3/4 cups water  
1 egg  
1/4 teaspoon vanilla extract  
2 tablespoons honey  
1 1/2 banana -- \*see Note  
4 cups whole wheat flour  
1 tablespoon baking powder  
1 tablespoon cinnamon  
1 tablespoon nutmeg

Shred the carrot with a hand shredder or in a blender. Mix all wet ingredients together in a bowl, then add the pureed banana. Mix together thoroughly. Set aside. Combine the dry ingredients. Add the wet ingredients to the dry and mix thoroughly, leaving no dry mixture on the bottom. Coat a 12 muffin pan with nonstick spray. Fill each muffin hole 3/4 full. Bake about 1 hour at 350 degrees.

Note: over ripe. Try replacing the banana with one apple for a different flavor!

## ***Meat and Grain Menu***

2 cups brown rice -- cooked  
2/3 cup meat -- lean  
2 teaspoons lard -- or veggie oil  
1/4 cup Vegetables -- grated, no onion  
\*Supplements

Mix the above. You can cook the meat if you want to, use your judgment.

Serve slightly warm.

\*For supplements, add 2 tsp. powder and 1 tsp. oil to feed daily- this is for a 5-15 lb. dog, use double supplements for a puppy.

## ***Meatball Mania***

1/2 pound ground beef  
2 tablespoons grated cheese  
1 carrot -- finely grated  
1/2 teaspoon garlic powder  
1/2 cup bread crumbs -- w/w is best  
1 egg -- beaten  
1/2 tablespoon tomato paste

Preheat oven to 350 degrees. Combine all ingredients together; mix thoroughly. Roll into meatballs - whatever size is appropriate for your dog.

Place on a cookie sheet sprayed with non-fat cooking spray. Bake for 15-20 minutes, or until they are brown and firm.

Cool and store in the fridge or freezer.

## ***Munchie Crunchy Meat Treats***

1/2 cup powdered milk -- non-fat  
1 egg -- beaten  
1 1/2 cups rice flour  
1/2 teaspoon honey  
1/2 cup water  
5 teaspoons chicken broth -- or beef  
1 jar baby food, meat, beef, strained -- meat, any flavor

Combine all ingredients well. Form into a ball. Roll dough out on a floured surface. Cut out desired shapes. Bake in a 350 degree oven for 25-30 minutes. Let cool. The treats should be hard and crunchy.



## ***MuttLoaf***

1/2 cup amaranth -- \*see Note  
1 1/2 cups chicken broth  
1 1/2 pounds ground chicken -- or turkey  
1/2 cup cottage cheese  
2 whole egg  
1/2 cup oats, rolled (raw)  
1/4 cup carrot -- finely chopped  
1/4 cup spinach -- finely chopped  
1/4 cup zucchini -- finely chopped  
2 cloves garlic  
1 tablespoon olive oil

Add amaranth and chicken broth to sauce pan and bring to a boil, reduce heat and simmer for 20 minutes. Set aside and let cool.

Preheat oven to 350.

In a large mixing bowl add meat, cottage cheese, veggies, and eggs. Mix thoroughly. Add wheat germ, cooled amaranth and olive oil mix well.

Add mixture to loaf pan, bake at 350 for 1 hour or until done.

Note: Amaranth can be found in a health food store, if not use barley. Barley will need 4 cups of broth and 50 minutes to cook.

### ***Mutt's favorite rice n' hamburger***

2 cups rice  
1/2 pound hamburger meat  
1 teaspoon vegetable oil  
1 clove garlic  
1/2 cup carrots or broccoli or spinach  
4 cups water

Put all ingredients into a large pot, boil until done, then cool off and serve.

## ***Muttzoh Balls***

1 cup natural dry dog food  
2 Eggs -- beaten lightly  
1 teaspoon cod liver oil  
1/3 cup Cold water  
2 dashes garlic powder  
1/2 cup cream of chicken soup, condensed

Grind dry dog food smooth in a food processor or blender. Lightly beat egg and add oil. Mix all moist ingredients together except soup. Add to dry ingredients. Form into 1/2" balls. In large pan, bring 1 quart water to boiling to which you have added 1/2 cup chicken soup or the 2 bouillon cubes. Drop balls into boiling water. Boil for 3 minutes. Remove from water, drain and cool. Refrigerate

## ***Peanut Butter and Honey Dog Biscuits***

3/4 cup flour  
1 egg  
1 Tablespoon Honey  
1 teaspoon peanut butter  
1/4 cup vegetable shortening  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/4 cup rolled oats  
1/2 teaspoon vanilla

Heat honey and peanut butter until runny (about 20 seconds in the microwave). Mix ingredients together and drop by 1/2 teaspoonful onto cookie sheet and bake at 350 degrees Fahrenheit for 8 to 10 minutes. My dog is a Pug, and a half a biscuit is plenty for her. So if you have a bigger or smaller dog, adjust the biscuit size (and the cooking time). This normally makes about 45 to 50 biscuits.

## ***Peanut Butter Cookies***

2 cups whole wheat flour  
1 cup wheat germ  
1 cup peanut butter  
1 egg  
1/4 cup vegetable oil  
1/2 cup water  
1/2 teaspoon salt

Preheat oven to 350 degrees F.

Combine flour wheat germ and salt in large bowl then mix in peanut butter, egg oil and water. Roll dough out onto a lightly floured surface till about 1/2 inch thick, then cut out the biscuits using a cookie cutter -- (or make squares). Put the biscuits onto an ungreased baking sheet. Bake 15 mins for the smaller sized cookies and up to 35 mins. for larger shaped ones.

Store in the fridge .

### ***Peanut Butter Dog Biscuits***

2 1/2 Cups Whole Wheat Flour  
1/2 Cup Powdered Milk -- non-fat  
1 1/2 Teaspoons Sugar  
1 Teaspoon Salt  
1 Whole Egg  
8 Ounces Peanut Butter -- (1 jar)  
1 Tablespoon Garlic Powder  
1/2 Cup Cold Water

Mix above ingredients together, adding water after other ingredients are mixed. Knead for 3 to 5 minutes. Dough should form a ball. Roll to 1/2 inch thick and cut into doggie bone shapes. Bake on a lightly greased cookie sheet for 30 minutes at 350 degrees.

## ***Peanut Butter & Oats Glazed Goodies***

1 cup water  
1 cup quick cooking oats  
1/4 cup butter -- half stick  
1/2 cup cornmeal  
1 tablespoon sugar  
1 teaspoon salt  
1/2 cup milk  
1/3 cup peanut butter  
3 cups whole wheat flour

Boil water in a saucepan. Add oats and butter. Let oats soak for ten minutes. Stir in the cornmeal, sugar, salt, milk, peanut butter, and egg. Mix thoroughly. Add the flour, one cup at a time (you may not need the entire amount) until a stiff dough forms.

Knead dough on floured surface until smooth, about 3 minutes. Roll to 1/2" thickness. Place on a greased cookie sheet.

Glaze:

1 large egg  
2 tbsp. milk

Mix well. Brush glaze on dough with a pastry brush. Bake in a pre-heated 325 degree oven for 35-45 minutes or until golden brown. Cool completely.

### ***Pet Party Mix***

2 cups Cheerios®  
2 cups Chex mix  
2 teaspoons gravy, dry mix, brown  
1/2 cup Bacos®  
2 cups Shredded Wheat® -- spoon size  
1/2 cup melted butter -- or margarine  
1/2 cup American Cheese -- grated  
1 pieces Beef Jerky -- dog treats (pupperoni, Jerky Treats, etc.)

1. Preheat oven to 275 .
2. Pour melted butter/margarine into a 33x23 cm baking pan. Stir in cheese,bacon bits, and gravy mix. Add cereal and stir until all pieces are coated.
3. Heat until crisp, approx. 45 min.
4. Let cool and store in tightly sealed container.



## ***Pet Puffs***

1 package Dry yeast  
1/4 cup Warm water(110-115F.)  
1 1/2 cups Whole wheat flour  
1 cup All-Purpose flour  
1 package Unflavored gelatin  
1 cup Non-fat dry milk powder  
1/4 cup Corn oil  
1 Egg  
1 Can pet food -- (6 to 8 oz)  
1/4 cup Water

Dissolve yeast in 1/4 cup warm water. Mix dry ingredients. Add all ingredients together. (Dough will be very stiff; it may be necessary to mix with your hands.) Drop dough by level half-teaspoons onto ungreased cookie sheet. Bake in a preheated 300F. oven 25 minutes.

## ***Pooch Peanut Butter Swirls***

### Dough #1

4 cups whole wheat flour  
1/2 cup cornmeal  
1 1/3 cups water  
1/3 cup peanut butter  
1 egg

### Dough #2

4 cups whole wheat flour  
2/3 cup cornmeal  
1/2 cup banana -- mashed  
1 egg  
1 1/4 cups water  
2 tablespoons vegetable oil  
2 tablespoons molasses  
2 tablespoons cinnamon

Combine all #1 ingredients and mix thoroughly. Knead on a lightly floured surface. Set aside.

Combine all #2 ingredients and mix thoroughly. Knead on a lightly floured surface.

Roll each dough separately to a 1/8 inch thickness, into rectangles. Lightly brush a little water over the top of the light dough. Place the dark dough on top, then roll up like a jelly roll. Wrap the roll in plastic and chill in the freezer for one hour. Cut the roll into 1/4 inch slices. Place them on a cookie sheet sprayed with non-stick spray. Bake at 350 degrees for one hour.

### ***Poochie Pint-Sized Carrot Treats***

1/2 cup cheddar cheese -- shredded  
1/4 cup margarine -- half stick  
1 drop red food coloring -- or more if needed  
1 drop yellow food coloring -- or more if needed  
1 jar baby food carrots  
1 cup all-purpose flour  
1/2 garlic powder  
1/4 cup milk -- or more if needed

Melt cheese and margarine in a saucepan, stirring frequently. Take off heat. Stir in food dye, to make orange color. Add carrots, flour, and garlic powder. Stir until well blended. Add enough milk to form into a ball. Transfer to a mixing bowl and chill for one hour.

Roll dough on a lightly floured, flat surface to 1/4" thickness. Place on a cookie sheet lightly sprayed with nonfat cooking spray. Bake in a preheated 350 degree oven for 20 - 30 minutes, or until golden brown. Cool completely.

## ***Poodle Pasta***

3 1/2 cups whole wheat flour  
8 ounces beef liver  
3 whole egg  
1 tablespoon olive oil  
8 tablespoons butter -- optional

Puree beef liver in blender until smooth. Add eggs and blend for about a minute. Put flour in a large mixing bowl and make a well in the center of the flour. Pour liver and egg mixture into well along with olive oil. Mix well until thoroughly combined. Turn dough out on floured board and knead well for at least 5 minutes or until smooth and shiny. Wrap dough in plastic wrap and let dough rest in refrigerator for at least 1 hour, no longer than 2 days. When ready to make pasta, divide dough into 8 equal portions, approximately 4 oz. each.

Form into desired pasta shapes with hands or use pasta machine. Cook in rapidly boiling water until al dente. For thin noodles, approximately 10 minutes, for thicker noodles a few minutes longer. Drain noodles and toss with 1 tablespoon butter per serving, if desired. Instead of butter, try tossing noodles with 1 tablespoon olive oil, canola oil or other oil high in omega-3 and omega-6 fatty acids.

Yield: "2 pounds"

Serving Ideas : Toss cooked pasta with finely shredded fresh vegetables such as carrots, zucchini, broccoli, sweet potatoes, etc. before serving. Mix cooked pasta with 2 tablespoons low-fat cottage cheese and/or yogurt per serving for a smooth, creamy sauce.

### ***Potatoes Au Canine***

3 cups boiled potatoes -- sliced  
2 tablespoons vegetables -- grated  
1/2 cup Creamed cottage cheese  
1 tablespoon Nutritional Yeast  
2 tablespoons Grated carrots  
1/4 cup Whole milk  
1/4 cup Grated cheese

Layer in a casserole dish the first 5 ingredients. Then pour the milk on top of all; sprinkle with cheese. Bake about 15 minutes at 350 until cheese melts and slightly browns. Serve cool.

Notes: As a potato substitute, you can use 3 cups of cooked oatmeal or 3 cups cooked brown rice.

### ***Pumpkin-Patch Dog Biscuits***

1 1/2 cups whole wheat flour  
1 tablespoon brown sugar  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
4 tablespoons butter-flavored Crisco  
1/2 cup pumpkin, canned  
1 whole egg  
1/2 cup buttermilk

Preheat oven to 400 degrees. Combine flour, cinnamon and nutmeg and cut in shortening. Beat egg with milk and pumpkin and combine with flour, mixing well. Stir until soft dough forms. Drop by tablespoons onto ungreased cookie sheet and bake for 12 to 15 minutes. Let cool and serve.

## ***Puppy Formulas***

### **Recipe #1**

2/3 Cup Goat milk canned (or just regular canned milk)  
1/3 Cup water or Pedialyte  
1 teaspoon Karo Syrup  
1 egg yolk  
1 teaspoon Dyne or pediatric vitamin

Strain a couple of times to make sure there is no albumin in the mixture, although it has been used successfully without egg at all.

Variation: 1 can of Condensed Milk rather than goat's milk (it may be too high in protein and put a strain on the puppy's kidneys 1 envelope of Knox unflavored gelatin in addition to other ingredients (helps keep stools solid).

### **Recipe #2**

1 cup of canned Condensed milk or evaporated milk  
4 ounces plain, full-fat yogurt  
1 egg yolk  
1 dropper full of baby vitamins  
Mix well.

### **Recipe #3**

2 cups hot water  
1 can Evaporated milk (Not condensed--both are in bakery section of store but different products)  
2 eggs  
2 tablespoons Karo syrup  
2 envelopes Knox unflavored gelatin.  
Mix thoroughly to get the gelatin working.

### **Recipe #4**

4 ounces Carnation EVAPORATED milk  
4 ounces FULL FAT natural, plain yogurt  
1 tablespoon Mayonnaise, (NOT salad dressing and definitely NOT DIET)  
1 egg yolk  
1 dropper full of human baby pediatric liquid vitamin, no fluoride.  
Whiz in blender...feed baby.

## ***Puppy Pretzels***

1 teaspoon brown sugar  
2 teaspoons active dry yeast  
2/3 cup water  
3/4 cup whole wheat flour  
3 tablespoons soy flour, low fat  
1/4 cup nonfat dry milk  
1 tablespoon dried liver powder  
1 tablespoon bone meal flour  
3/4 teaspoon salt  
1 egg -- beaten (1/2 in recipe, 1/2 in glaze)  
2 tablespoons cooking oil 3 tablespoons wheat germ

Dissolve yeast and sugar in warm water.

Combine dry ingredients. Add half of the beaten egg, oil and yeast-water mixture. Mix well.

Knead on a well floured board until dough is firm. Place in oiled bowl, cover and let rise until double in bulk.

Shape into pretzels and place on greased cookie sheet. Bake in preheated 375 degree oven for 15 minutes. Remove and brush with beaten egg and sprinkle with wheat germ. Return to oven and bake at 300 degrees for about 15 minutes until nicely browned and quite firm.

Note: You may omit liver powder and bone meal flour if you have difficulty locating them.



## ***Ravioli Woofer Stuffing***

3 tablespoons whole wheat flour  
3/4 cup cottage cheese, 2% fat  
2 eggs  
1/2 cup cooked Atlantic salmon -- finely diced  
2 tablespoons parsley sprig -- finely chopped

Prepare the Poodle Rice and Meat Dinner

1 cup meat -- \*see Note  
4 cups rice  
1 cup vegetables -- \*see Note  
1 tablespoon vegetable oil  
2 cloves garlic

Boil all ingredients together in a large pot. Be sure that pork is cooked all the way through. Cool food off and serve.

Note: choose one: hamburger, ground pork (cook all the way through), ground chicken, ground turkey, or liver

Note: choose one or more of these: sweet potato, regular potato, green beans, carrots, spinach

For Variety: Noodles and Meat Same ingredients as Rice and Meat Dinner, except for this: Boil 1 pound noodles separately. Mix noodles in with meat and vegetable mixture when ready to serve. Italian and Chinese noodles will both work.

Try to substitute mackerel (a fish) for meat in some meals. I usually buy the canned stuff which has little bones in it. They can eat these bones. A little of the canned stuff goes a long way though--it has a lot of salt!

### ***Rice Flour Dog Cookie***

1 1/2 cups white rice flour  
1 1/4 cups grated cheddar cheese  
1/4 pound safflower oil -- margarine  
1 clove garlic -- crushed

Grate the cheese and let stand until it reaches room temperature. Cream the cheese with the softened margarine, garlic, and flour. Add enough milk to form into a ball. Chill for 1/2 hour. Roll onto floured board. Cut into shapes and bake at 375 for 15 minutes or until slightly brown, and firm. Makes 2 to 3 dozen, depending on size.

## ***115 Rover's Reward***

1 package active dry yeast  
1 teaspoon sugar  
2 cups all-purpose flour  
2 cups whole-wheat flour  
2 cups cornmeal  
2 cups oatmeal -- uncooked  
1 cup fresh mint leaves -- chopped, loose packed  
1 cup parsley sprigs -- chopped, loose packed  
1/2 cup toasted wheat germ  
1 can beef broth -- (13 3/4 to 14 1/2 ounces) 3/4 cup milk

1. Preheat oven to 350 degrees F. In small bowl, combine yeast, sugar, and 1/4 cup warm water (105 degrees to 115 degrees F.). Let stand until yeast foams, about 5 minutes.

2. In very large bowl, combine all-purpose flour, whole-wheat flour, cornmeal, oats, mint, parsley, and wheat germ. With wooden spoon, stir in yeast mixture, broth, and milk until combined. With hands, knead dough in bowl until blended, about 1 minute.

3. Divide dough in half. Cover 1 piece with plastic wrap to prevent drying out. Place remaining piece of dough on lightly floured surface. With floured rolling pin, roll dough to 1/4-inch thickness. With large (about 5 inches) or small (about 2 inches) cookie cutter, such as bone\* or mailman, cut out as many biscuits as possible, reserving trimmings. With spatula, transfer biscuits to large ungreased cookie sheet. Reroll trimmings and cut more biscuits. Repeat with remaining dough.

4. Bake small biscuits 30 minutes, bake large biscuits 40 minutes. Turn oven off; leave biscuits in oven 1 hour to dry out.

5. Remove biscuits from cookie sheet to wire rack. When cool, store at room temperature in tightly covered container up to 3 months.  
Yields: about 4 dozen large biscuits or 24 dozen small biscuits Work

## **Salmon Treats**

1 can salmon, canned, pink  
1/2 cup chopped parsley  
3 eggs -- shells included  
1/2 cup sesame seeds -- ground in coffee grinder  
1/2 cup flax seeds -- ground in coffee grinder  
2 cups potato flour -- (2 to 3)

Put these ingredients into a food processor, mix VERY WELL. Pour potato flour through the opening while the motor is running. I can't tell you exactly how much, but I would guess about 2-3 cups. When the dough forms, like a pie crust, and rolls into a ball it is ready to take out. Dump this mess onto potato floured counter or board. Knead more flour into this and when it is a rolled out cookie consistency, it is ready to roll out into about 1/4 inch thick. I use a pizza cutter to roll out long strips and then cut crosswise to make small squares . If you want FANCY you may use a cookie cutter. Bake on cookie sheets, sprayed Pam or line the sheet with parchment paper. I put in as many as will fit. Usually two whole cookie sheets suffices. I bake this in a 375° oven for 20 min. Turn and rotate the cookie sheets and bake about 10 more minutes. You can make them as soft or as hard as you want.

## **Scrumptious Carob Bake**

6 cups white rice flour  
1/8 cup peanut oil  
1/8 cup margarine -- safflower oil type  
1 Tbsp brown sugar  
4 ounces carob -- chips, melted  
1 cup water  
1/4 cup molasses  
1/2 cup powdered milk

Mix dry ingredients in a large bowl. Add remaining ingredients and mix until blended. Dough will be stiff. Chill. Roll dough on a greased cookie pan and cut into shapes 1/2 inch thick. Bake at 300 for 1 hour.

## **Sheltie Scones**

2 1/2 cups self-rising flour  
1 cup beef liver -- chopped  
1/2 cup water -- or beef stock  
1/2 cup milk  
2 tablespoons butter  
1/4 teaspoon salt

(Chopped Liver: Just boil the liver until it is gray and a rubbery consistency. Or if you have a microwave, cook it on high for about 8 mins. Chop it up into small pieces and when cool put the pieces into a number of airtight bags and store in the fridge. Use liver pieces as treats when training)

Scones: Sift flour and salt into a bowl, rub in butter. Add chopped liver. Use a knife to stir in milk and enough water to mix to a sticky dough. Turn dough onto lightly floured surface, knead quickly and lightly until dough is smooth. Press dough out evenly to about 2 cm and cut into rounds. Place on prepared tray and bake in very hot oven for 15 minutes.

Makes about 16-18.

## **Shih Tzu Sushi**

1 can salmon, canned, pink -- reserve liquid  
1 cup brown rice  
2 cups water -- plus salmon liquid  
1 whole egg, hard-boiled -- chopped  
1/2 cup peas and carrots, frozen -- or more if desired  
1 tablespoon fresh parsley -- chopped  
2 tablespoons cod liver oil  
1 package Nori Sheets -- \*see Note

Drain salmon, reserve liquid for rice. do not remove bones or skin, flake with fork. Defrost peas and carrots.

In a sauce pan add salmon liquid, water, brown rice, cook. let cool to touch.

In a mixing bowl add salmon, brown rice, chopped egg, peas and carrots, and parsley, cod liver oil. Mix well.

Place one nori sheet on a flat surface and spread mixture 1/4 inch over nori, leave 1/4 inch edge of nori and dampen with water. And roll, repeat till nori sheets are used, or mixture is gone.

Individually wrap in plastic wrap, refrigerate till ready to serve. Cut rolls into size for your dog.

Note: Nori Sheets is dried seaweed found in the oriental section of your grocery store or specialty shop. This recipe freezes well also.

## **Snickerpoodles Dog Treats**

1/2 cup vegetable oil  
1/2 cup shortening  
1 cup honey  
2 eggs  
3 3/4 cups white flour  
2 teaspoons cream of tartar  
1 teaspoon baking soda  
1/2 cup cornmeal  
2 teaspoons cinnamon

Mix vegetable oil, shortening and honey together until smooth. Add eggs and beat well. Blend in flour, baking soda and cream of tartar. Knead dough until mixed well. Shape dough by rounded teaspoons into balls. Mix the cornmeal and cinnamon together in a bowl and roll balls in mixture. Place 2 inches apart on a cookie sheet that has been sprayed with a nonstick spray. Press the balls down with a fork twice going in 2 different directions or press with your favorite stamp. Bake 8 minutes at 400. Remove from baking sheet and cool on a rack. Pasta recipe. form into the desired ravioli shape and size. Cover with damp cloth and set aside.

In a bowl, mix yogurt, whole wheat flour and eggs. Add salmon and parsley mix a few more moments.

Depending on ravioli size, place 1 to 4 teaspoons in center of each, moisten edges and fold.

Ravioli can be boiled or baked. If boiling, place in rapid boiling water for 10 to 15 minutes or till done. If baking pre-heat oven to 375, place ravioli on a baking sheet, put in oven for 20 to 25 minutes.

Note: use leftover meat such as beef, chicken, lamb etc. Also shredded veggies like carrots, sweet potato, etc. or chopped veggies such as green beans, broccoli, kale etc. raw oat meal and cooked rice or cooked barley, can be used in place of meat.



## **Surprise Snacks**

1/4 cup hot water  
8 chicken bouillon cube -- or beef  
1 package dry yeast  
1 1/2 cups tomato juice  
2 cups flour -- divided  
2 cups wheat germ  
1 1/2 cups whole wheat flour

Place the hot water and bouillon cubes in a large mixing bowl and mash with a fork. Sprinkle yeast over this mixture and let stand about 5 minutes, until yeast is dissolved. Add the tomato juice, half the flour and the wheat germ and stir to form a smooth batter. Gradually work in the remaining flour and the whole wheat flour with your hands.

Divide the dough into 4 balls. Roll each ball out on a floured board to about 1/4" thick. Cut into shapes and place on ungreased cookie sheets about an inch apart. Bake in a 325F. oven for 1 hour, then turn off the heat and let biscuits dry in oven for about 4 hours or overnight with the door propped open slightly. Store in airtight container.

## **Tempting Training Treats**

2 1/3 cups flour -- all-purpose or whole wheat  
1/4 cup olive oil  
1/4 cup applesauce  
1/2 cup grated cheese -- like parmesan  
1 large egg  
1 teaspoon garlic powder  
1/4 cup powdered milk -- non-fat

Combine all ingredients in a large bowl; mix well; Roll the dough out to size of a cookie sheet; Pat the dough onto a lightly greased cookie sheet, bringing it to the edges. Using a sharp knife or a pizza cutter, cut desired sizes into dough (just score through). If you're using as training treats, cut them into small pieces; Sprinkle a little extra cheese and garlic powder if desired on dough for flavor. Bake in a 350 degree oven about 15 minutes until golden brown. Turn off the oven and let cool for a few hours; They will keep hardening the longer you leave them. Break them apart; store tightly covered or in the freezer.

## **Tess' Tantalizing Treats**

1 cup oatmeal -- quick  
1/4 cup margarine  
1 1/2 cups hot water  
1/2 cup powdered milk  
1 cup grated cheddar cheese -- or Swiss, Colby  
1/4 teaspoon garlic powder  
1 egg -- beaten  
1 cup cornmeal  
1 cup wheat germ  
3 cups whole wheat flour  
1 tablespoon beef bouillon -- or chicken

1. Preheat oven to 300°.

2. In large bowl pour hot water over oatmeal and margarine (cut-up melts faster); let stand 5 minutes. Stir in powdered milk, grated cheese, garlic powder, bouillon and egg. Add cornmeal and wheat germ. Mix well. Add flour, 1/2 cup at a time, mixing well after each addition. Knead 3-4 minutes, adding more flour if necessary to make very stiff dough. Pat or roll dough to 1/2 inch thickness.

3. Cut into bone shaped biscuits and place on a greased baking sheet. Bake for 1 hour. Turn off heat and leave in oven an additional 1 1/2 hours or longer.

Makes approximately 2 1/4 pounds.

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