

15 Natural Dog Treat Recipes that are Easy to Make and Your Dog Will LOVE



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The recipes in this book are NOT designed to be a meal substitute or act as day to day nutrition for your dog but to be used as occasional treats for your canine companion.

The intention of this book is for it to be as reference only. **If you are in any doubt about your pet's health you should seek professional help from a qualified veterinarian.**

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About Sharon Bolt

To date, Sharon Bolt has been interviewed on the Chris Evan's Show on BBC Radio 2, The Independent, The Guardian, The Sunday People, The Sunday Post, The Metro, GMTV, BBC South Today, BBC South East Today, BBC Look North and she was the dog expert in the BBC Documentary "Britain's Most Embarrassing Pets". Her incredible knowledge and remarkable skills have been called upon by over 30 different newspapers, magazines, TV and radio stations and she has a regular slot on BBC Radio Sussex and Surrey giving advice to numerous listeners' dog dilemmas. Sharon has helped an endless number of people including celebrities and has conducted training for Battersea Dogs and Cats home.

Sharon has produced 4 Puppy and Dog Training DVDs, 3 CDs and 3 E-Books. She offers on-line dog training courses and many other products. For more information please visit <http://www.good-dogs.co.uk>

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Introduction

There are many reasons why making your own dog treats is better than buying bought ones:

- You know exactly what is included in the recipe.
- You can ensure that your dog is getting a nutritious and healthy snack.
- You can include only the ingredients that are in line with any dietary requirements your dog may have, such as food allergies, losing weight etc.
- You can tailor make the ingredients to suit your dogs favourite tastes.
- You can prevent any unhealthy additives or preservatives from being added.
- It is fun and rewarding watching your dog enjoy the wholesome treat you have cooked for them.

Many of the commercial dog treats available contain preservatives (which help the treat to stay fresher for longer) which can be toxic to animals. Some treats are made from fillers and/or by-products rather than using top quality ingredients, so making your own treats gives you complete control of what your dog is fed.

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Suggestions

In order to make the treats included in this book the healthiest they can possibly be here are some suggestions:

- Wherever possible use organic ingredients.
- Use low fat or reduced fat products where available.
- Use wheat free flour whenever possible (for example substitute with rice or rye flour. Unbleached flour is also a good option).
- Use lactose free ingredients whenever possible (particularly if you know your dog is lactose intolerant).
- Do not use artificial sweeteners as a sugar substitute, pure honey is the best option.
- For a longer shelf life store the treats in a sealed container and keep in the refrigerator.

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Apple Crunch Pupcakes

2¾ cups water

¼ cup unsweetened applesauce

2 tablespoons honey

1 medium egg

⅛ teaspoon vanilla extract

4 cups whole wheat flour

1 cup apple, dried

1 tablespoon baking powder

Preheat oven to 350°F/180°C. In a small bowl, mix together the water, applesauce, honey, egg, and vanilla. In a large bowl, combine the flour, apple chips, and baking powder. Add liquid ingredients to dry ingredients and mix until very well blended. Pour into greased muffin pans and cook for 1¼ hours, or until a toothpick inserted in the centre comes out dry.

Store in a sealed container.

Makes 12 to 14 pupcakes



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Baker's Bagels

1 cup whole wheat flour

1 cup unbleached flour

1 package yeast - ¼ ounce

1 cup chicken broth - warmed

1 tablespoon honey

1. Preheat oven to 375°F/190°C.

2. In large bowl combine the whole wheat flour with the yeast. Add $\frac{2}{3}$ of the cup of chicken broth plus the 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 a spoon and gently pull the dough so the hole is about $\frac{1}{2}$ " 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 for 5 minutes. Bake for 25 minutes. Turn the heat off and allow the bagels to cool in the oven.



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Delightful Doggie Biscuits

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 the hot water over the oatmeal, margarine, and bouillon, let it stand for about 6 minutes. Stir in the milk, cornmeal and egg. Add flour, 1/2 a cup at a time, mix well after each addition. Knead for 3 - 4 minutes, 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 a cookie cutter. Bake at 325°F/160°C for 50 minutes on a greased baking tray. Allow to cool and dry out until hard.

Store in a sealed container



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Tasty Bone Bonanza

½ pound ground beef - uncooked

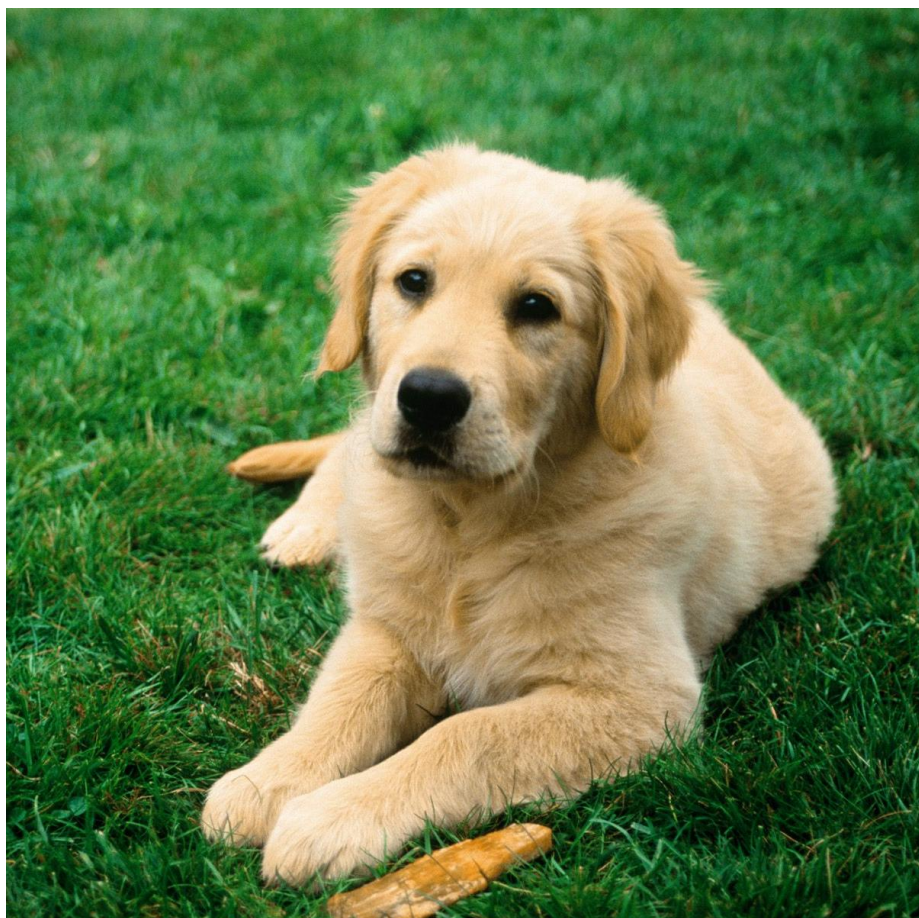
¼ cup chicken broth

⅓ cup black beans, cooked and mashed

⅓ cup cottage cheese

Combine ground meat and chicken broth in a bowl. Add the black beans and cottage cheese. Mix all of the ingredients together thoroughly. Mould the mixture into bone shapes and place on a cookie sheet. Bake for 45 minutes in a 375°F/190°C oven. Let cool.

Store in a sealed container in the refrigerator.



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Canine Carrot Cookies

2 cups carrots - boiled and pureed

2 eggs

2 tablespoons garlic - crushed

2 cups unbleached flour, or rice or rye flour.

1 cup rolled oats

¼ cup wheat germ

Combine the carrots, eggs and garlic. Mix until smooth. Add the dry ingredients. Roll out on heavily floured surface and cut into bars or desired shapes. Bake at 300°F/150°C for 45 minutes or to desired crunchiness. The centres will continue to harden as they cool. Brush with egg white before baking for a glossy finish.

Store in a sealed container.



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Cheese and Garlic Doggie Cookies

1½ cups whole wheat flour

1¼ cups low fat cheese - grated

¼ pound margarine or corn oil

1 clove garlic - crushed

Cream the cheese with the softened margarine, garlic and flour. Add enough milk to form into a ball. Chill for ½ hour. Roll onto a floured board. Cut into shapes and bake at 375°F/190°C for 15 minutes or until slightly brown, and firm.

Makes 2 to 3 dozen, depending on size.

Store in a sealed container.



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Scrumptious Carob Bake

6 cups white rice flour

$\frac{1}{8}$ cup peanut oil

$\frac{1}{8}$ cup margarine

1 tbsp brown sugar

4 ounces carob chips, melted

1 cup water

$\frac{1}{4}$ cup molasses

$\frac{1}{2}$ 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 $\frac{1}{2}$ " thick. Bake at 300°F/150°C for 1 hour.

Store in a sealed container.



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Peanut Butter Cookies

2 cups whole wheat flour

1 cup wheat germ

1 cup peanut butter

1 egg

¼ cup vegetable oil

½ cup water

Preheat oven to 350°F/180°C.

Combine the flour and wheat germ in a large bowl then mix in the peanut butter, egg, oil and water. Roll dough out onto a lightly floured surface until it's about ½" thick and then cut out the biscuits using a cookie cutter, or make squares. Put the biscuits onto a baking sheet. Bake for 15 minutes for the smaller sized cookies and up to 35 minutes for larger shaped ones.

Store in the refrigerator.



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Delicious Doggie Cookies

1½ cups white rice flour

1¼ cups grated cheddar cheese (low/reduced fat)

¼ pound low fat butter or 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 ½ hour. Roll onto floured board. Cut into shapes and bake at 375°F/190°C for 15 minutes or until slightly brown and firm.

Makes 2 to 3 dozen, depending on size.



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Sensational Salmon Treats

1 can pink salmon

½ cup chopped parsley

3 eggs - shells included

½ cup sesame seeds - ground in coffee grinder

½ cup flax seeds - ground in coffee grinder

2-3 cups potato flour

Put all the ingredients except the potato flour into a food processor, mix very well. Pour potato flour through the opening while the motor is running until the dough forms, like a pie crust. When it looks like it will roll into a ball it is ready to take out. Put the mixture onto a potato floured counter or board. Knead more flour into it if need be and then roll out to about 14 inches thick. A pizza cutter can be used to cut the dough into long strips and then cut crosswise to make small squares, or use a cookie cutter if you have one. Bake on cookie sheets or greaseproof paper. Cook in a 375°F/190°C oven for 20 minutes. Then turn and rotate the cookie sheets and bake for a further 10 minutes. You can make them as soft or as hard as you want.

Store in a sealed container in the refrigerator.



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Tantalizing Turkey Treats

2 cups cooked turkey - cut up

2 cloves garlic

4 teaspoons grated cheese (low/reduced fat)

1 tablespoon parsley - freshly chopped

2 eggs

2 cups whole wheat flour

2 tablespoons brewers yeast

2 tablespoons vegetable oil

Combine the turkey, garlic, cheese, parsley and mix well. Beat the eggs in a bowl and pour over turkey mixture. Add the flour, yeast, and oil. Stir until thoroughly mixed and all ingredients are coated. Place small lumps onto a cookie sheet. Cook in a 350°F/180°C oven for 20 minutes or until they are brown and firm.

Store in sealed container in the refrigerator.



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Tempting Training Treats

2 $\frac{1}{3}$ cups flour - all-purpose or whole wheat

$\frac{1}{4}$ cup olive oil

$\frac{1}{4}$ cup applesauce

$\frac{1}{2}$ cup grated cheese - like parmesan (low/reduced fat)

1 large egg

1 teaspoon garlic powder

$\frac{1}{4}$ cup powdered milk - non-fat

Combine all ingredients in a large bowl and mix well. Roll the dough out to the 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 the 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 flavour. Bake in a 350°F/180°C oven for 15 minutes or until golden brown. Turn off the oven and let them cool for a few hours, they will keep hardening the longer you leave them.

Store in a sealed container in the refrigerator.



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Frozen Peanut Butter Yogurt Treats

32 ounces low fat vanilla or plain yogurt

1 cup peanut butter

1. Gently melt the peanut butter.
2. Mix the yogurt and the melted peanut butter in a bowl.
3. Pour mixture into cupcake papers and freeze.



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Fruity Yogurt Treats

2 kiwi fruit or another fruit of your choice - mashed

8 ounces of strawberry or other flavoured low fat yogurt

Mix together, freeze in an ice cube tray and serve.



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Chicken Garlic Birthday Cake

1 chicken bouillon cube

1 cup whole-wheat flour

2 cups wheat germ

½ cup cornmeal

2 eggs

½ cup vegetable oil

1 tablespoon crushed garlic

2 cups water

Vegetable oil spray - garlic flavour if possible.

Preheat oven to 375°F/190°C. Dissolve the bouillon cube in warm water. Combine the flour, wheat germ, cornmeal, eggs, oil, garlic and water. Spray two cake pans with garlic-flavoured oil, and sprinkle with flour. Bake for 50 minutes. After removing cake from oven, turn upside down and let cool.

Makes 2 small cakes.

