



FOR MAN'S BEST







FOR MAN'S BEST

This book is printed on acid-free paper. ⊚

Copyright © 2005 by Wiley Publishing, Inc., Hoboken, New Jersey. All rights reserved.

Howell Book House

Published by Wiley Publishing, Inc., Hoboken, New Jersey

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under Sections 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Publisher, or authorization through payment of the appropriate per-copy fee to the Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923, (978) 750-8400, fax (978) 646-8600, or on the web at www.copyright.com. Requests to the Publisher for permission should be addressed to the Legal Department, Wiley Publishing, Inc., 10475 Crosspoint Blvd., Indianapolis, IN 46256, (317) 572-3447, fax (317) 572-4355, or online at http://www.wiley.com/go/permissions.

Wiley, the Wiley Publishing logo, Howell Book House, and related trademarks are trademarks or registered trademarks of John Wiley & Sons, Inc. and/or its affiliates. All other trademarks are the property of their respective owners. Wiley Publishing, Inc. is not associated with any product or vendor mentioned in this book.

The publisher and the author make no representations or warranties with respect to the accuracy or completeness of the contents of this work and specifically disclaim all warranties, including without limitation warranties of fitness for a particular purpose. No warranty may be created or extended by sales or promotional materials. The advice and strategies contained herein may not be suitable for every situation. This work is sold with the understanding that the publisher is not engaged in rendering legal, accounting, or other professional services. If professional assistance is required, the services of a competent professional person should be sought. Neither the publisher nor the author shall be liable for damages arising here from. The fact that an organization or Website is referred to in this work as a citation and/or a potential source of further information does not mean that the author or the publisher endorses the information the organization or Website may provide or recommendations it may make. Further, readers should be aware that Internet Websites listed in this work may have changed or disappeared between when this work was written and when it is read.

For general information on our other products and services or to obtain technical support please contact our Customer Care Department within the U.S. at (800) 762-2974, outside the U.S. at (317) 572-3993 or fax (317) 572-4002.

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books. For more information about Wiley products, please visit our web site at www.wiley.com.

Library of Congress Cataloging-in-Publication Data available from the publisher

ISBN-10: 0-7645-9773-6

ISBN-13: 978-0-7645-9773-2

Printed in the United States of America

10 9 8 7 6 5 4 3 2 1

Book design by LeAndra Hosier Cover design by José Almaguer Cover art by Troy Cummings Book production by Wiley Publishing, Inc. Composition Services

Table of Contents

Acknowledgments	vi
Introduction	1
Cooking and Baking Terms	2
Minimum Equipment	2
Taste Tests	3
Chapter 1: Cookies by the Spoonful	4
Chapter 2: Cookie-Cutter Treats	32
Chapter 3: Special Goodies for Special Occasions	54
Chapter 4: Good Dogs Deserve Tasty Treats!	80
Chapter 5: Delicacies for Dogs with Special Needs	96
Meat-Free Treats	98
Grain-Free Treats	102
Wheat-Free Treats	104
Reduced-Fat Treats	110
Index	114

Acknowledgments

Thank you to Deb Eldredge, DVM, who scrutinized all these recipes to make sure our canine best friends could safely indulge in them! Thanks, Deb!

Introduction

y grandmother was not a demonstrative woman, yet all of us grandkids knew without a doubt that she loved us very much. After all, she was always cooking for us. There were simple yet homemade lunches, nourishing dinners, and wonderful desserts. Grandma showed her love by cooking and baking.

I have found myself following in her footsteps—not for people, though, but for dogs. It's easy to make good treats, especially for my dogs, because they'll eat anything I hand them, and they always appreciate my efforts. By making homemade dog treats, I can also control the ingredients I use. I can make sure that the ingredients are of good quality, and I can avoid things that I prefer my dogs not eat. It's important to me that my dogs eat well; after all, I want them to be with me, hale and hearty, for as long as they can be. Treats are important, and I want the ones my dogs get to be good ones made from quality ingredients.

All the treats in this book were tested in my kitchen and in the kitchens of several willing volunteers. I hope that we caught any glaring errors. However, cooking techniques vary, ovens vary, and so do microwaves. (Yes, there are a couple of microwave recipes in this book.) So, when you try a recipe for the first time, watch your cooking time; if your oven is hot, shorten the cooking times, and if your oven is cooler, extend the cooking times.



You will find two different types of sidebars throughout the book. "Nutritional Notes" help you understand the nutritional values of the ingredients found in various recipes. "Treats and Tidbits" share with you some information about cooking, treat storage, and other things that will assist you.

So have fun! Keep in mind that these recipes are for treats—not a daily diet—and should never exceed 10% of your dog's daily diet.

Cooking and Baking Terms

This book is written in an easy-to-understand style, using the following cooking and baking terms:

- **Chop:** To cut food into pieces, from small (finely chopped) to large (coarsely chopped)
- Dice: To cut into equal-sized small cubes (usually between ¼ and ½ inch)
- Grate: To shred a solid food by using a hand grater, a blender, or a food processor
- **Grind:** To use a blender or food processor to change a solid food into fine pieces
- **Knead:** To work dough with your hands, usually on a floured surface, in order to thoroughly blend the ingredients
- **Puree:** To mash food in a food processor or blender until it becomes a smooth paste or liquid

Minimum Equipment

You will not need a kitchen full of stuff to make dog treats, but you will have to have a few basics:

- A large metal or glass bowl for mixing ingredients
- \bullet A set of measuring cups that includes ½ cup, ½ cup, ½ cup, and 1 cup
- A set of measuring spoons that includes ¼ teaspoon, 1 teaspoon, and 1 tablespoon
- Two cookie sheets

- A breadboard
- A rolling pin
- Cookie cutters (plastic or metal)

Some of the recipes also specify to use a blender or a food processor. An electric mixer is not necessary because most of these recipes are best mixed by hand.

Taste Tests

My dogs, Australian Shepherds Dax, Riker, and Bashir, will eat just about anything I hand them. They eagerly at every treat in this book as well as several that didn't make the cut for the book. So I needed to set up taste tests with dogs who might be a little pickier. I thank the following dogs and their owners for being my first round of taste testers; all the recipes were tested on these dogs before being included in this book:

- Petra Burke and her dogs Kona and Logan (Aussies) and Teddy (a German Shepherd Dog)
- Katy Silva and Sasha (a Rottie), Jasper, and Lily (Parson Russell Terriers)
- Kate Abbott and Gina (a Rottie) and Walter (a mixed breed)
- Sally Kayser and Ludwig (a German Shepherd Dog)

If the treats were well accepted by these dogs, they went on to the next round of taste tests. I have to thank all the students attending classes at Kindred Spirits Dog Training in Vista, California, who participated in taste tests before or after classes; or who used these treats as training treats during classes. The treats that were well received by the majority of those dogs made it into this book.

Thank you, all!



Cookies by the Spoonful

THE COOKIES IN THIS CHAPTER ARE MEASURED OUT BY THE SPOONFUL TO MAKE BITE-SIZE TREATS. YOU CAN VARY THE SIZE OF THE SPOONFUL FOR YOUR DOG, MAKING SMALLER ONES FOR TOY BREED DOGS AND LARGER COOKIES FOR BIGGER DOGS. If you vary the Size, however, carefully watch the cooking times. Smaller treats will need less cooking time than the recipe calls for, and larger treats more.

MOST OF THESE RECIPES WILL CREATE A DOUGH THAT IS EASILY MIXED BY HAND, ALTHOUGH YOU CAN USE A MIXER IF YOU WISH. IF YOU SHOULDN'T USE A MIXER BECAUSE DOING SO COULD DAMAGE THE INGREDIENTS, THE RECIPE WILL STATE THIS.

WHEN SPOONING THE DOUGH OUT ONTO COOKIE SHEETS, MAKE UNIFORMLY SIZED TREATS IN EACH BATCH. IF YOU HAVE TREATS OF VARIOUS SIZES ON ONE COOKIE SHEET, THEY WILL NOT COOK UNIFORMLY; YOU MAY HAVE SOME OVERDONE AND SOME UNDERDONE.

MOST OF THESE RECIPES ASK YOU TO PLACE THE DOUGH ONTO GREASED COOKIE SHEETS. YOU CAN USE OIL, BUTTER, OR NONSTICK SPRAY ON THE COOKIE SHEET TO KEEP THE TREATS FROM STICKING. WATCH THE TREATS DURING BAKING; OVENS AND MICROWAVES VARY, AND SO WILL THE BAKING TIMES.

MICROWAVED TREATS CAN BE COOKED ON A HEAVY-DUTY PAPER PLATE (NOT STYROFOAM) OR ON A PAPER TOWEL ON A MICROWAVE-SAFE PLATE.



Chunk Chicken and Sweet Potato Treats

Microwave Oatmeal Balls 8

Peanut Butter–Honey Nut Cheerios Balls 10

Taco Treats 12

Tummy-Tempting Chicken Soup Cookies 14

Italian Beef Treats 16

Molasses Granola Balls 18

Ginny's Bonanza Treats 20

Cheesy Chicken Delights 22

Chicken Liver Treats 24

Gina's Three-Cheese Cookies 26

Bisquick and Beef Treats 28

Riker's Favorite Liver Treats 30

Chunk Chicken and Sweet Potato Treats

→ Makes 40 to 50 bite-size treats →

These treats have tasty chunks of chicken and sweet potato and appeal to even the fussiest eaters.

- 1¼ cups of ½-inch pieces of cooked chicken
- ½ cup of ½-inch pieces of cooked sweet potato
- 2 cups all-purpose whole wheat flour
- 1 cup evaporated lowfat milk
- ½ teaspoon salt
- ½ teaspoon baking powder
- 2 large eggs
- 1. Preheat the oven to 350 degrees.
- 2. Mix all the ingredients together well, making sure the pieces of chicken and sweet potato are thoroughly coated.
- **3.** Drop by rounded teaspoon onto greased cookie sheets.
- **4.** Bake 14 to 18 minutes or until golden brown.
- **5.** Remove from oven, let cool thoroughly, and store in an airtight container in the refrigerator.

TREATS AND TIDBITS: STORING TREATS

You can make the best recipe in the world, but if the end product isn't stored correctly, your efforts will be in vain. Let treats thoroughly cool on a wire rack before packaging them; if you don't, too much moisture will build up in the container, and the treats will soften and can even spoil.

Always store your dog's treats in an airtight container, whether a plastic bowl with a tightfitting lid or a zipper-top plastic bag with all the air pressed out; this seals in the freshness and keeps moisture out.

Treats and cookies containing meats should always be stored in an airtight container in the refrigerator to prevent spoilage. To use them, take out as many treats as you wish to feed your dog and then return the container to the refrigerator. Most treats in the refrigerator have a shelf life of about 2 weeks; if you wish to keep them longer, freeze them. Treats can be frozen for up to 4 months. To use the treats, take from the freezer as many as you wish to thaw and let them thaw in the refrigerator.



Microwave Oatmeal Balls

→ Makes 60 round bite-size treats →

These cookies are small, round, very hard, and crunchy. If made small enough, they can also serve as great training treats. If you make these as training treats — by making them smaller than recommended — reduce the cooking time. You want the treats to be firm and dry when taken out of the microwave but not scorched. They will harden as they cool.

```
% cup nonfat dry milk
% cup all-purpose flour (white, whole wheat, barley, or potato)
1 cup quick oats
% cup flaxseeds
% cup cornmeal
2 tablespoons low-sodium beef bouillon powder
% cup melted butter
1 large egg
% cup warm water
1 cup quick oats, for coating treats
```

- **1.** Mix the first six ingredients well.
- 2. Add the butter, egg, and water and mix until the mixture forms a ball of dough.
- **3.** Spread the second cup of quick oats on a breadboard.
- **4.** Form marble-size pieces of dough into balls, rolling each in the oats.
- **5.** Place 12 oat-covered balls on a heavy-duty paper plate (not Styrofoam).

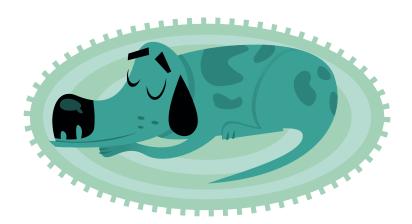
- **6.** Microwave the plate of treats at 50% power for 4 to 5 minutes.
- **7.** Remove from the microwave, let cool thoroughly, and store in an airtight container.

NUTRITIONAL NOTES: FLAXSEED

These tiny, red-brown seeds are a rich source of anticarcinogens called *lignans*. They are also rich in omega-3 fatty acids. These have many health benefits for dogs, including contributing to a healthy heart, and they also contribute to smooth, supple skin and a shiny coat. Their low calories, fat, and sodium make flaxseeds a healthy ingredient for most dog treats.

1 tablespoon of flaxseeds contains:

- 25 calories
- 1 gram protein
- 3 grams fat
- 1.5 grams carbohydrates
- 5 mg sodium



Peanut Butter-Honey Nut Cheerios Balls

→ Makes 50 to 60 bite-size treats →

These cookies are soft and slightly crumbly, and they smell wonderfully peanutty! The Cheerios add a unique texture and taste to these cookies.

¼ cup natural peanut butter (creamy or chunky)
2 cups Honey Nut Cheerios
1 cup all-purpose flour
½ cup vegetable oil
2 large eggs

- 1. Preheat the oven to 350 degrees.
- 2. Warm the peanut butter in the microwave for about 1 minute, until it's soft enough to mix with the other ingredients.
- **3.** Add the rest of the ingredients to the peanut butter, mixing gently but thoroughly.
- **4.** Form rounded teaspoons of the dough into balls, squeezing each ball in your hand to press it all together. This will reduce some crumbling during baking.
- **5.** Place on greased cookie sheets.
- **6.** Bake for 8 to 10 minutes or until the bottoms are golden brown.
- 7. Remove from the oven, let cool thoroughly, and store in an airtight container.

TREATS AND TIDBITS: AVOIDING WHEAT

If you need to avoid flour or wheat because your dog has allergies, you can use a flour made of ground quick oats; simply put quick oats in a blender or food processor and grind into a coarse flour. For more information about making treats for dogs who have allergies, see chapter 5.



Taco Treats

→ Makes 60 to 70 soft bite-size treats →

These nutritious treats have a touch of spice!

- 2 cups ground beef, precooked with a dash of minced garlic
- ¼ cup grated cheddar cheese
- 2 tablespoons mild salsa
- 1 small ripe avocado
- 1 cup whole wheat flour
- 2 large eggs
- ⅔ cup water
- 1. Preheat the oven to 350 degrees.
- **2.** Blend together the first four ingredients until thoroughly mixed.
- **3.** Add the rest of the ingredients, and continue to mix until the dough is well combined. The dough will be sticky.
- **4.** Drop by teaspoon onto greased cookie sheets.
- **5.** Bake 12 to 15 minutes or until golden brown.
- **6.** Remove from the oven.
- **7.** When the treats are thoroughly cool, store them in an airtight container in the refrigerator.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

NUTRITIONAL NOTES: AVOCADO

Avocados are originally from Mexico, although many are now grown in California and Florida. Most dogs love avocados, which are high in fat and flavor. Although obese dogs should not be fed avocados (because of their high fat and calorie count), other dogs need not avoid them. They are a great source of energy for active or working dogs, and the high fat content is great for healthy skin and a shiny coat. Plus, as a fruit, avocados contain no cholesterol.

1 medium-size avocado contains:

- 370 calories
- 5 grams protein
- 40 grams fat
- 13 grams carbohydrates
- 9 mg sodium
- 22 mg calcium
- 90 mg phosphorus
- 2 mg iron
- 1300 mg potassium
- 170 RE vitamin A
- 30 mg vitamin C



Tummy-Tempting Chicken Soup Cookies

→ Makes 50 to 60 bite-size treats →

These soft cookies are quick and easy to make yet will have your dog begging for more. Ludwig, a German Shepherd Dog, loves this recipe made with Campbell's Savory Chicken with White and Wild Rice.

- 1 cup ground high-quality dry dog food kibble
- 2 cups Bisquick baking mix
- 1 18.8-ounce can Campbell's Chunky Chicken Soup
- **1.** Preheat the oven to 350 degrees.
- 2. Put the dog food kibble in a food processor or blender and grind to a coarse flour. Measure 1 cup after grinding.
- **3.** In a large bowl, mix together the ground kibble and the remaining ingredients until well combined.
- **4.** Drop by teaspoon onto greased cookie sheets.
- **5.** Bake for 15 minutes or until golden brown.
- **6.** Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

NUTRITIONAL NOTES: PROTEIN

Complete proteins, which contain all the amino acids needed for good canine health, can be found in eggs, meat, fish, poultry, milk, and other dairy products. Incomplete proteins — those that are lacking one or more essential amino acids — are found in beans, peanuts and other nuts, grains, and potatoes. Proteins are needed for all the functions of life, including growth, repair of injuries, energy, and much more. From the shape of their teeth to the functioning of their bodies, dogs are designed to eat meats and proteins. 1 gram of protein supplies the body with 4 calories, the same as 1 gram of carbohydrates.



Italian Beef Treats

→ Makes 40 to 50 bite-size treats →

These treats are colorful and smell great. Make them for your dog on a night when you fix Italian food for your family.

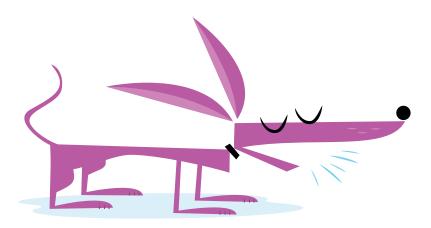
- 2 cups cooked ground beef
- 1 tablespoon minced garlic
- 1 6-ounce can tomato paste
- ½ cup canned grated Parmesan and Romano cheese
- 1½ cups all-purpose flour
- ½ cup nonfat dry milk
- 2 large eggs
- 1. Preheat the oven to 350 degrees.
- 2. Mix together the first three ingredients until the meat is well coated. Add the remaining ingredients and mix well.
- **3.** Drop by teaspoon onto greased cookie sheets.
- **4.** Bake for 10 to 15 minutes or until the bottoms are golden brown.
- **5.** Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

NUTRITIONAL NOTES: TOMATO PASTE

Tomato paste is highly concentrated tomatoes or tomato sauce. Some tomato pastes are strictly tomatoes, while others have added spices and citric acid. For dog treats, choose one that contains only tomatoes. The health benefits of tomatoes for dogs are many. They provide good nutrition, including lycopene, an antioxidant that is a known anti-cancer agent. Most dogs also enjoy the taste of tomatoes (some to the point of helping themselves to ripe tomatoes in the garden) and so treats containing tomatoes and tomato paste are very appealing.

1 tablespoon of tomato paste contains:

- 14 calories
- 1 gram protein
- 0 fat
- 3 grams carbohydrates
- 129 mg sodium
- 6 mg calcium
- 13 mg phosphorus
- 150 mg potassium
- 40 RE vitamin A
- 7 mg vitamin C



Molasses Granola Balls

→ Makes 30 to 40 bite-size treats →

These balls are crunchy yet have a touch of sweetness for a dog's sweet tooth.

- 1 cup granola cereal without raisins
- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup molasses
- 1 large egg
- ¼ cup evaporated lowfat milk
- 1 cup granola without raisins, for coating treats
- 1. Preheat the oven to 350 degrees.
- 2. Mix all the ingredients except the second cup of granola. Use a large spoon, not a mixer, so that the granola is not crushed.
- **3.** Spread the second cup of granola on a breadboard.
- **4.** Roll a teaspoon of the dough into a ball in your hand and then roll it in the granola to coat it.
- **5.** Place the treats on greased cookie sheets.
- **6.** Bake for 7 to 10 minutes or until golden brown.
- 7. Remove from the oven, let cool thoroughly, and store in an airtight container.

TREATS AND TIDBITS: SOME FOODS TO AVOID

Although dogs and people can eat many of the same foods quite safely, there are several foods people eat often that dogs should not eat. Some, such as chocolate, can be deadly, while others, such as raw eggs, simply have the potential to cause problems.

Here are some foods to avoid:

- Chocolate: Theobromine, an ingredient in chocolate, can cause a variety of problems, from diminishing blood flow to the brain to triggering heart attacks. Theobromine is in both dark and milk chocolate, but because milk chocolate is diluted with milk and other ingredients, theobromine is more concentrated in dark chocolate.
- Grapes and raisins: These foods contain a toxin that damages the kidneys.
- Macadamia nuts: These nuts contain a toxin that affects the nervous system and muscles.
- · Onions: Onions, both raw and cooked, contain sulfoxides and disulfides, which damage red blood cells and cause anemia.
- Raw eggs: Raw eggs contain an enzyme called avidin, which interferes with vitamin B absorption. They also may contain salmonella.



Ginny's Bonanza Treats

→ Makes 30 to 40 bite-size treats →

Ginny, a lovely 10-year-old German Shepherd Dog, is very particular about her treats, but she really likes these. In taste tests with other treats, she chooses these every time.

- 2 cups cooked ground beef
- ½ cup grated carrot
- ½ cup canned grated Parmesan cheese
- ½ teaspoon minced garlic
- ½ cup ground high-quality dry dog food kibble
- 1 large egg
- 1 tablespoon tomato paste
- **1.** Preheat the oven to 350 degrees.
- 2. Put the dog food kibble in a food processor or blender and grind to a coarse flour. Measure 1 cup after grinding.
- **3.** Combine all the ingredients, mixing thoroughly.
- **4.** Form the dough into teaspoon-size balls.
- **5.** Place on greased cookie sheets.
- **6.** Bake for 13 to 16 minutes or until golden brown.
- **7.** Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

NUTRITIONAL NOTES: GARLIC

After reading about all the benefits of garlic, you might consider it a medicine as much as a food ingredient. Garlic has been said to fight cancer, lower blood glucose, boost the immune system, and fight viruses for both people and dogs. In addition, dogs are attracted to foods containing garlic, perhaps because the foods both smell and taste good. However, too much garlic can be toxic, so follow the recipe guidelines; lots more is not necessarily better!

1 clove of garlic contains:

- 4 calories
- 0.2 grams protein
- 0 fat
- 1 gram carbohydrate
- 1 mg sodium
- 5 mg calcium
- 71 mcg folic acid



Cheesy Chicken Delights

→ Makes 20 to 30 bite-size treats →

These soft cookies are full of cheese and chunks of chicken. Walter, a small, black, fuzzy mixed breed, gobbles these down like there is no tomorrow!

- 1 7.75-ounce package of Bisquick Complete Three Cheese Biscuits
- ½ cup precooked chicken, chopped into ¼-inch pieces
- ¼ cup grated cheddar cheese
- ½ cup water
- 1. Preheat the oven to 350 degrees.
- **2.** Mix together all the ingredients into a sticky dough.
- **3.** Drop by teaspoon onto greased cookie sheets.
- **4.** Bake for 10 to 15 minutes or until golden brown.
- **5.** Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

NUTRITIONAL NOTES: CHEDDAR CHEESE

Rich and flavorful, cheddar cheese is a favorite with both dogs and their owners. Because cheddar cheese is so appealing to almost all dogs, it can be used as a treat by itself (or to hide a pill a dog must take), or it can be used as an ingredient in treats. A great source of protein, calcium, and other minerals, cheddar cheese is a healthy food as well as a tasty one.

1 ounce of cheddar cheese contains:

- 110 calories
- 7 grams of protein
- 9 grams fat
- 1 gram carbohydrate
- 175 mg sodium
- 204 mg calcium
- 145 mg phosphorus
- 28 mg potassium



Chicken Liver Treats

→ Makes 40 to 50 bite-size treats →

All the dogs who participated in our taste tests, from Newfoundlands to Chihuahuas, ate these treats with enthusiasm.

- 1 pound cooked chicken livers, chopped finely
- 1 cup cornmeal
- 1 cup all-purpose flour
- 2 large eggs
- ¼ cup vegetable oil
- ¼ cup warm water
- 1 cup cornmeal, for coating treats
- 1. Preheat the oven to 350 degrees.
- 2. Mix together all the ingredients, making sure that the liver is well coated. The dough will be stiff.
- **3.** Form the dough into teaspoon-size balls, then roll each ball in cornmeal.
- **4.** Place on greased cookie sheets.
- **5.** Bake for 10 to 15 minutes or until golden brown. (Be careful not to let the bottoms scorch.)
- **6.** Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

NUTRITIONAL NOTE: CORN AND CORNMEAL

Corn originated in Central America and was a food staple for thousands of years, although not quite in the form we see today; it was a much smaller, spindlier plant. Today, corn is a highfiber, high-carbohydrate food that is also a source of vitamin C and some of the B vitamins. Cornmeal is made from dried corn kernels. The husks are removed, and the inside kernel is ground. Although many dogs eat corn and cornmeal with no problems (indeed, it is a main ingredient in many commercial dog foods), some dogs cannot tolerate it and develop a food allergy. If your dog is allergic to corn, avoid the recipes using cornmeal or substitute a flour for the cornmeal.

1 cup of cornmeal contains:

- 490 calories
- 12 grams protein
- 2 grams fat
- 100 grams carbohydrates
- 450 mg calcium
- 858 mg phosphorus
- 57 RE vitamin A
- 1 mg thiamin
- 1 mg riboflavin



Gina's Three-Cheese Cookies

→ Makes 20 to 30 bite-size treats →

Gina, a lovely feminine Rottweiler, suffered horrible abuse in her first home. But Gina's a lucky one; today, she's a treasured companion. Gina can be a picky eater but loves these cheesy cookies.

- 1 cup all-purpose flour ¼ cup grated canned Parmesan and Romano cheese ¼ cup grated cheddar cheese 1 large egg ½ cup evaporated lowfat milk
- 1. Preheat the oven to 350 degrees.
- **2.** Mix together all the ingredients well.
- **3.** Form the dough into teaspoon-size balls.
- **4.** Place on greased cookie sheets.
- **5.** Bake for 8 to 12 minutes or until golden brown.
- 6. Remove from the oven, let cool thoroughly, and store in an airtight container.

TREATS AND TIDBITS: ALL ABOUT FLOUR

Flour is made by grinding or pulverizing grains and other plants, but all flours are not the same nor created equally. The most popular flours are wheat flours; most flours sold in grocery stores for baking are bleached (chemically treated with benzoyl peroxide or a similar chemical) wheat flours. The more natural unbleached wheat flours are gaining in popularity, though. Flours can be made from many plants — from wheat to rye and from potatoes to garbanzo beans. If your dog has a food allergy to wheat, you can use one of the many alternatives.

Here are some of the most common flours:

- All-purpose flour: This contains protein-rich hard wheat and starch-rich soft wheat.
- **Durum flour:** Made from hard durum wheat, this is a high-gluten flour. (Gluten is the combination of two proteins: gliadin and glutenin.)
- **Garbanzo flour:** This is made from dried garbanzo beans (also known as chickpeas).
- Gluten flour: Dehydrated gluten is added to make this a high-protein flour.
- Gluten-free flour: This flour contains no gluten and is often made from potato starch, garbanzo, and other flours.
- **Potato starch flour:** Made from potatoes, this is a gluten-free flour.
- **Rye flour:** This flour is made from rye, a grass.
- Whole wheat flour: This flour contains the germ, bran, and husk of the wheat seed.



Bisquick and Beef Treats

→ Makes 40 to 50 bite-size treats →

Here's a great way to get rid of leftover beef: Make treats out of it. You can use cooked hamburger, pieces of leftover roast, or even steak. Your dog will love you for it.

1 cup shredded or crumbled cooked beef

1 cup quick oats

1¼ cup Bisquick baking mix

½ cup evaporated lowfat milk

1 teaspoon minced garlic

2 to 3 teaspoons low-sodium beef bouillon powder

- **1.** Preheat the oven to 350 degrees.
- 2. Mix together all the ingredients well.
- **3.** Drop by rounded teaspoon onto greased cookie sheets.
- **4.** Sprinkle each treat with a pinch of beef bouillon.
- **5.** Bake for about 15 minutes or until golden brown.
- **6.** Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

NUTRITIONAL NOTES: BISQUICK

Bisquick is a staple in many households. It can be used for biscuits, coffee cakes, pancakes, and much more. Although there are no dog treat recipes on the Bisquick box, it's also a great base for dog treat recipes. Bisquick contains all-purpose flour with added vitamins, oil, baking soda, sugar, and salt. Bisquick is a convenience food for dog treat bakers; it's easy to use and already contains many of the ingredients you must normally add to a recipe. If your dog is on a low-sodium diet, however, avoid recipes using Bisquick.

½ cup of Bisquick contains:

- 160 calories
- 3 grams protein
- 6 grams fat
- 26 grams carbohydrates
- 1 gram sugar
- 35 mg potassium
- 490 mg sodium



Riker's Favorite Liver Treats

→ Makes 50 to 60 bite-size treats →

Riker, one of my Australian Shepherds, is not a picky eater; he eagerly samples all my culinary efforts. He really gets excited about these treats, though, and even though he knows he's not allowed to beg, he begs for more!

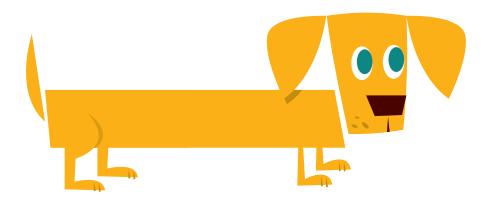
- 4 cups quick oats
 1 cup minced or shredded cooked chicken livers
 ½ cup vegetable oil
 4 large eggs
- 1. Preheat the oven to 350 degrees.
- 2. Mix together all ingredients well, making sure that all the oats are well coated with oil and egg.
- 3. Drop by teaspoon onto greased cookie sheets.
- **4.** Bake for 10 to 15 minutes or until golden brown.
- **5.** Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

NUTRITIONAL NOTES: OATMEAL

Oatmeal is made from oat grains that have been husked, steamed, and rolled. Quick oats (or quick-cooking oats) were introduced in the 1920s. Oats are one of the most nutritious grains and when cooked, are easily digested by most dogs. In addition, oats do not cause nearly as many allergy problems as do other cereal grains, especially wheat, corn, and rice.

1 cup of cooked quick oats contains:

- 145 calories
- 6 grams protein
- 2 grams of fat
- 25 grams carbohydrates
- 2 mg sodium
- 20 mg calcium
- 175 mg phosphorus
- 2 mg iron



Cookie-Cutter Treats

There's something wonderful about making dough: working it with your hands, rolling it out, and making something creative with it. Granted, I always make a mess, with my arms covered in flour up to the elbows, but even that's enjoyable since it's a part of the process.

ALL THE TREATS IN THIS CHAPTER ARE MADE FROM DOUGH THAT YOU ROLL OUT ON A BREADBOARD. YOU CAN USE EITHER FLOUR OR CORNMEAL ON THE BOARD TO KEEP THE DOUGH FROM STICKING.

From there, you can use cookie cutters to cut the treats into shapes, or you can use a pizza cutter to cut the dough. If you're really creative, you can use a knife to cut fanciful shapes. After you've cut out the shapes, gather the scraps of dough, form them into a ball, and knead them to mix the dough well. Then reroll the dough and cut out another batch of cookies.

The baking times given in each recipe are for the thickness of dough given as well as the size and type of cookie cutter named. Obviously, if you roll the dough to a different thickness or cut the dough in a different manner or size, your cooking times will vary. Just watch the treats; most should be taken out of the oven when the bottoms are golden brown.

You can make any of these treats crunchier by putting the entire batch of treats back on one or two cookie sheets and returning them to the oven when the baking is finished. Turn off the oven and leave the cookies in the slowly cooling oven for several hours or even overnight.



Basic Bones 34

Beefy Bacon Dog Bones 36

Crispy Cheese Circles 38

Flaxseed Twists 40

Carrot Crunchies 42

Kashi Cookies 44

Texmati Rice & Lentils

Doghouses 46

Peanut Butter, Honey, and Oat

Cookies 48

Sunflower Sensations 50

Quick-and-Easy Cheese Circles 52

Basic Bones

→ Makes 25 to 30 3-inch-long dog bone–shaped cookies ¼-inch thick
or 20 to 25 3-inch-long dog bone–shaped cookies ¾-inch thick
→

This is a basic dog bones recipe that you can make just as is, or you can vary the ingredients to make slightly different treats.

- 3 cups all-purpose flour
- ½ cup nonfat dry milk
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1/2 cup low-sodium beef or chicken bouillon powder
- 2 large eggs
- 1 cup warm water
- 1. Preheat the oven to 350 degrees.
- 2. Mix all the dry ingredients in a large bowl. Slowly add the warm water and eggs and mix well. The dough will be stiff.
- **3.** Use your hands to knead the dough until it is smooth and easy to handle, and then form it into a ball.
- **4.** Place the ball on a floured breadboard. Roll the dough out to ¼ to ¾ inch thick; slightly thicker is fine.
- 5. Use a 3-inch dog bone–shaped cookie cutter to cut out the dough.
- **6.** Place the bones on greased cookie sheets.
- **7.** Bake for 15 to 20 minutes or until golden brown.

- **8.** Take the cookie sheets out of the oven and, using a spatula, flip the bones over. Return to the oven for about 5 minutes or until the bones are golden brown on both sides.
- **9.** Remove from the oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

Garlic Bones: The smell and taste of garlic are very appealing to many dogs; you'll find your dog begging for more! To add some garlic zip to your dog's bones, add 1 teaspoon minced garlic to the recipe. If the dough is too sticky when you form it into a ball, add a little more flour to the dough as you knead it.

Sunflower: Sunflower seeds add a nutty flavor to these bones as well as some healthy oils for your dog's skin and coat. Grind 1 cup sunflower seeds in a blender or food

processor until they become a coarse powder. When you roll out the dough, add the ground sunflower seeds to the flour on the breadboard.

Valentine's Day Treats: Do you like to give your two-legged friends treats on Valentine's Day? Here are some for your four-legged friends. Add 1 teaspoon red food coloring (or a color alternative) and 1 teaspoon vanilla extract to the dough as you mix the water with the dry ingredients.

Christmas Cookies: Share the spirit of the season with your dog by making up a batch of these seasonal treats. Add 1 teaspoon red food coloring (or a color alternative) and ½ teaspoon peppermint oil flavoring to the mixture as you mix the water with the dry ingredients.



Beefy Bacon Dog Bones

These hard, crunchy bones smell strongly of bacon. Dax, a 10-year-old Australian Shepherd, and Gordan, a 2-year-old Pug, both choose these treats over a variety of others in taste tests.

- 1 cup beef broth
- 1 cup crumbled cooked hamburger
- 4 tablespoons bacon fat
- 4 to 6 slices bacon, well cooked and crumbled
- 1 large egg
- 4 cups all-purpose flour
- ½ cup nonfat dry milk
- ¾ teaspoon baking powder
- ½ cup warm water
- 1 cup cornmeal, for rolling out treats
- **1.** Preheat the oven to 350 degrees.
- 2. Mix the first five ingredients until well combined. Stir in the flour, powdered milk, and baking powder.
- **3.** Add the warm water slowly, up to ½ cup, until a ball of dough forms. (The entire ½ cup of water may not be needed.) The dough may be a bit sticky.
- **4.** Knead the dough until all the ingredients are well mixed.
- 5. Put the cornmeal on a breadboard, place the dough on it, and flatten the dough with your hands. If it's sticky, turn it over in the cornmeal a couple times. With a rolling pin, roll the dough out to slightly over ¼ inch thick.

- **6.** Use a 3-inch-long bone–shaped cookie cutter to cut out the dough.
- **7.** Place on greased cookie sheets.
- 8. Bake for 20 to 25 minutes or until the bottoms are golden brown.
- 9. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

TREATS AND TIDBITS: DOUGH THICKNESS

Here's a hint to help you roll dough out to a certain thickness. Find two pieces of wood the same thickness as you want your dough to be. Place one on each end of your breadboard, close enough together so your rolling pin will touch them. Then roll out your dough. When the rolling pin is rolling on the boards, your dough is the correct thickness.

Remember that it's okay to roll out your treats thicker or thinner than recommended in these recipes. Just be sure to adjust the baking time so you bake them to perfection. The number of bones that the recipe makes will change also, depending on the thickness of the dough.



Crispy Cheese Circles

→ Makes 15 to 20 2½-inch circles →

With a wonderful cheesy smell and taste, these round, crispy treats will disappear quickly.

- 2 cups all-purpose flour

 ½ cup grated fresh Parmesan cheese

 ½ cup cornmeal

 1 tablespoon low-sodium beef bouillon powder

 1 large egg

 ¾ to 1 cup warm water

 1 cup cornmeal, for rolling out treats
- 1. Preheat the oven to 350 degrees.
- 2. Mix the first four ingredients together and then add the egg and ¾ cup warm water. Mix to form a dough. If the mixture is too dry, add more of the remaining water.
- 3. Spread the cornmeal on a breadboard. Form half the dough into a ball. Drop it on the cornmeal, flatten slightly, and turn it over to get cornmeal on both sides. Roll the dough out to ¼ inch thick.
- **4.** Use a circular cookie cutter 2½ inches in diameter to cut the dough into circles.
- **5.** Place on greased cookie sheets.
- **6.** Bake 15 to 20 minutes or until the bottoms are golden brown.
- **7.** Repeat steps 3–6 with the other half of the dough.

8. Remove from the oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

NUTRITIONAL NOTES: CARBOHYDRATES

Carbohydrates are fuel for the body. A body, whether human or canine, runs on carbs, much as a car runs on gasoline. These sugars and starches (from plants and plant products) provide the body with energy and are necessary for the metabolism of other foods.

Simple carbohydrates are found in glucose (sugar), fructose (fruit sugar), and galactose (milk sugar). Dogs digest these very quickly. Complex carbohydrates (such as potatoes, rice, dried beans, and grains) are configurations of hundred of sugar molecules. These also contain larger amounts of fiber than do simple carbohydrates and take longer for a dog to digest, thereby providing fuel over a longer period of time.

All carbohydrates, no matter what the form, supply the body with 4 calories per gram of weight.



Flaxseed Twists

Hilly, a Golden Retriever—Labrador Retriever mix, likes these treats so much that her owner is using them for training. Flaxseeds in the dough and in the cornmeal add both a nutty flavor and excellent nutrition.

2 cups all-purpose flour
¼ cup low-sodium beef or chicken bouillon powder
¼ cup flaxseed meal
1 large egg
¾ cup warm water
1 cup cornmeal, for rolling out treats
½ cup flaxseed meal, for rolling out treats

- **1.** Preheat the oven to 325 degrees.
- 2. Mix together the first five ingredients until well combined. Then knead the mixture with your hands until it forms a ball of dough.
- 3. Put the cornmeal and ½ cup flaxseed meal on a breadboard. Drop the ball of dough on the mixture and flatten slightly. Flip the dough over to get cornmeal and flaxseed meal on both sides. Roll out the dough to about ¼ inch thick.
- **4.** Use a sharp knife to cut the circle of dough into sections about 4 inches wide. Then cut the dough in each section into strips about ½ inch wide. (Each strip will be 4 inches by ½ inch.) Twist each strip several times.
- **5.** Place strips on greased cookie sheets.

- **6.** Bake for 10 to 15 minutes or until golden brown on the bottom.
- 7. Remove from oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

NUTRITIONAL NOTES: BOUILLON

When you buy bouillon powder, read the labels carefully. Some brands have more spices and additives than others. Most are primarily dehydrated meat flavors, with salt, yeast, and fat as well as onion and garlic added. Because ingredients vary according to brand, so does the nutritional information. For these recipes, look for low-sodium bouillon with no added onion; this type is healthier for your dog. Dogs suffering from heart, liver, and kidney disease should avoid extra salt in their diet. Plus, even though the amount of onion in bouillon is small, onions can pose a threat to your dog's health. Onions contain sulfoxides and disulfides, which can damage red blood cells and cause anemia in dogs.



Carrot Crunchies

These colorful, crunchy cookies use unsweetened applesauce as a sweetener. You can use applesauce with cinnamon to add a different flavor to the cookies.

- ½ cup ground high-quality dog food kibble
- 2 cups grated carrots
- ½ cup applesauce
- ½ cup plain lowfat yogurt
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- **1.** Preheat the oven to 400 degrees.
- 2. Put the dog food kibble in a food processor or blender and grind to a coarse flour. Measure ½ cup after grinding.
- **3.** Use a food processor or blender to pure the grated carrots.
- **4.** Add the applesauce and yogurt to the food processor or blender and puree again, until the mixture is a smooth, thick, pale orange cream.
- **5.** Spoon the pureed mixture into a large bowl. Add the flour, ground dog food kibble, and baking powder. Mix until a dough forms, and then knead with your hands until mixed well. If the dough is too sticky, add a little more flour.
- **6.** Drop the ball of dough onto a floured breadboard and roll out to slightly thicker than ¼ inch. The dough will be soft; don't roll it too thin.
- 7. Use a 3-inch dog bone–shaped cookie cutter to cut the rolled dough into shapes.

- **8.** Place the cookies on greased cookie sheets.
- **9.** Bake for about 10 minutes or until the bottoms are golden brown. Flip them over and bake for another 10 minutes, until both sides are golden brown.
- **10.** Remove from the oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

NUTRITIONAL NOTES: CARROTS

Carrots may have been one of the first foods cultivated by humans. Native to Asia, they were introduced to the Mediterranean, then to Europe, and then to the Americas. Today, carrots are grown throughout the world. Most dogs enjoy carrots for their sweetness and crunchiness. Dog owners like to use carrots as a treat and an ingredient in treats because they are rich in nutrients, especially antioxidants.

1 medium-size raw carrot contains:

- 30 calories
- 1 gram protein
- 0 fat
- 7 grams carbohydrates
- 25 mg sodium
- 20 mg calcium
- 32 mg phosphorus
- 2000 RE vitamin A
- 7 mg vitamin C



Kashi Cookies

Sunny, a Golden Retriever, likes crunchy treats. He chooses these whole-grain cookies every time, even over treats that contain meat.

- 2 cups Honey Puffed Kashi cereal
- 1 cup flour
- 1 teaspoon baking powder
- ½ cup water
- 1 large egg
- 1 cup Honey Puffed Kashi cereal, for rolling out treats
- **1.** Preheat the oven to 350 degrees.
- 2. Use a blender or food processor to grind 2 cups Kashi cereal to a coarse powder.
- 3. In a large bowl, mix the ground Kashi with the flour and baking powder. Add the water and egg and mix until a dough forms. Knead the dough with your hands until the ingredients are well mixed.
- **4.** Place the ball of dough on a floured breadboard and flatten. Roll out about halfway and turn over. Sprinkle ½ cup unground Kashi cereal over the dough and roll it into the dough as you finish rolling it out to about ¼ inch thick.
- **5.** Use a 3-inch dog bone–shaped cookie cutter to cut the dough into shapes.
- **6.** Place the cookies on greased cookie sheets.
- **7.** Bake for 10 minutes or until the bottoms are golden brown. Turn the cookies over and put them back in the oven for another 5 minutes, until the cookies are golden brown on both sides.

8. Remove from the oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

NUTRITIONAL NOTES: KASHI

Honey Puffed Kashi cereal is sold at health food stores and many regular grocery stores. It contains whole grains, including red winter wheat, brown rice, oats, barley, triticale, rye, buckwheat, and sesame seeds. (Note that triticale is a wheat hybrid. The triticale and the red winter wheat in Kashi make it unsuitable for dogs with wheat allergies.) For dogs without any wheat allergies, Kashi adds a nutritious, tasty crunch to dog treats.

1 cup of Kashi contains:

- 120 calories
- 3 grams protein
- 1 gram fat
- 25 grams carbohydrates
- 6 mg sodium



Texmati Rice & Lentils Doghouses

→ Makes more than 100 1-inch doghouse-shaped cookies →

This recipe uses Royal Blend Texmati & Lentils as a primary ingredient. (See the following Nutritional Notes.) The red and brown rice and red lentils add color to these tasty treats.

- 3 cups all-purpose flour 2 cups cooked Royal Blend Texmati & Lentils ½ cup nonfat dry milk 1 large egg 1 cup warm water
- 1. Preheat the oven to 350 degrees.
- 2. Mix together all the ingredients, using your hands to make sure that they are combined well.
- **3.** Form the dough into a ball and place on a floured breadboard. Roll out to ¼ thick.
- **4.** Use a 1-inch doghouse-shaped cookie cutter to cut out the dough.
- **5.** Place the cookies on greased cookie sheets.
- **6.** Bake for about 15 minutes or until the bottoms are golden brown.
- **7.** Remove from the oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

NUTRITIONAL NOTES: ROYAL BLEND TEXMATI & LENTILS

The ingredients in this mixture include white, red, and brown rice and red lentils. Rice is a nutritious grain that is high in carbohydrates, low in fat, and low in sodium. Rice is a good source of energy for active dogs, and although some dogs have developed allergies to rice, far fewer are allergic to rice than to some other carbohydrate sources. Lentils are high in fiber and protein, and they are an excellent source of many minerals. As an added plus, most dogs digest lentils very easily and metabolize them well.

¼ cup dry Royal Blend Texmati & Lentils contains:

- 130 calories
- 3 grams protein
- 0 fat
- 28 grams carbohydrates
- 5 mg sodium



Peanut Butter, Honey, and Oat Cookies

→ Makes 50 3-inch-long dog bone-shaped cookies →

These peanut butter cookies smell just like the ones Grandma used to make — so much so that you'll have a hard time saving these soft, crumbly cookies for the dogs in the family!

- 1 cup crunchy (or extra-crunchy) natural peanut butter
- 3 cups quick oats
- ⅓ cup honey
- 1/2 cup low-sodium chicken or beef bouillon powder
- ½ cup warm water
- 1. Preheat the oven to 350 degrees.
- 2. Warm the peanut butter in the microwave for about 1 minute, until it's soft enough to mix with the other ingredients.
- **3.** Grind 2 cups of the quick oats in a food processor or blender until a coarse flour.
- **4.** In a large bowl, thoroughly mix together all the ingredients.
- **5.** Drop the dough onto a breadboard sprinkled with flour or more ground quick oats. Work the dough on the board until you can make a ball. Roll out the dough to about ¼ inch thick.
- **6.** Use a 3-inch dog bone–shaped cookie cutter to cut the dough into shapes.
- **7.** Place the cookies on greased cookie sheets. (The dough is soft and crumbly, so transfer the cut-out shapes gently.)
- **8.** Bake for about 10 minutes or until the bottoms of the cookies are golden brown.
- 9. Remove from the oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

NUTRITIONAL NOTES: SALT

Salt, or sodium chloride, has gotten a bad rap lately. We are told it's bad for our blood pressure, and dogs under veterinary care for many serious ailments are put on low-sodium diets. However, salt is also a very necessary ingredient in dogs' diets. Every cell in a dog's body contains salt, and without salt, the dog would die. The key is achieving a balance. As a dog treat maker, you need to know your dog. If your dog suffers from heart, liver, or kidney disease, a low-sodium (not no-sodium) diet is recommended by most veterinarians. Talk to your vet about how much salt your dog should consume daily and then read the labels on everything your dog eats. If your dog is healthy and active, the amounts of sodium contained in the treats in this book will not cause any problems.

Here are some hints for reading labels regarding quantities of salt:

- **Salt-free:** There can be no more than 5 mg of salt per serving.
- No salt added: The salt in the food is from the ingredients, with no extra salt added.
- **Reduced salt:** The salt content has been reduced by 25%.
- Low sodium: No more than 140 mg of salt per serving.
- Very low sodium: No more than 35 mg of salt per serving.



Sunflower Sensations

Rusty, a Cavalier King Charles Spaniel, begs for these cookies. When they are baking, he positions himself in the doorway to the kitchen to make sure he doesn't miss out on them!

- 2 cups all-purpose flour
- 1 cup ground roasted, unsalted sunflower seeds
- ¾ cup cornmeal
- 1 teaspoon salt
- 2 large eggs
- ¼ cup evaporated lowfat milk
- ¼ cup vegetable oil
- 1/4 cup molasses
- 1. Preheat the oven to 350 degrees.
- 2. In a large bowl, mix together all the ingredients. Knead with your hands until the dough is smooth and easy to work.
- **3.** Form the dough into a ball and place it on a floured breadboard. Roll it out to ¼ inch thick.
- **4.** Use a 3-inch dog bone–shaped cookie cutter to cut the rolled dough into shapes.
- **5.** Place the cookies onto greased cookie sheets.
- **6.** Bake for about 20 minutes or until the bottoms of the cookies are golden brown.
- **7.** Remove from the oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

NUTRITIONAL NOTES: SUNFLOWER SEEDS

Sunflower seeds used to be just for birdfeeders but today have become a popular snack food as well as an ingredient in many other foods. Sunflower seeds contain carbohydrates and protein for energy and fats for healthy skin and coat, and they are a good source of minerals for vital body functions. As an added plus, they give an appealing nutty taste to dog treats.

1 ounce of roasted, unsalted husked sunflower seeds contains:

- 175 calories
- 6 grams protein
- 16 grams fat
- 4 grams carbohydrates
- 16 mg calcium
- 320 mg phosphorus
- 2 mg iron
- 1 mg sodium



Quick-and-Easy Cheese Circles

→ Makes 25 to 30 ½-inch circles →

You can make these treats in a half an hour, and that includes cleanup and time for the treats to cool! They're quick and easy, and your dog will love them.

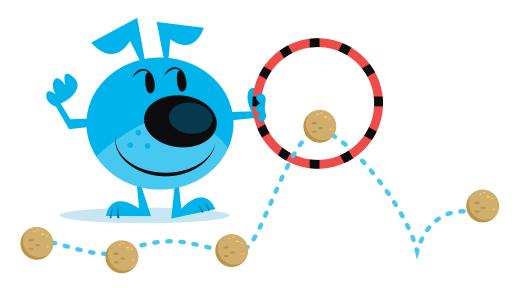
½ cup all-purpose flour
1 tablespoon low-sodium beef bouillon powder
1 can refrigerated pizza crust
½ cup grated cheddar cheese

- **1.** Preheat the oven to 350 degrees.
- 2. Put the flour and bouillon on a breadboard and mix them together. Take the pizza crust out of the can and gently stretch it in your hands. Work out the curves and kinks in the dough, but be careful not to tear it. Set it down on the breadboard, on top of the flour-bouillon mixture.
- 3. Use a 2½-inch-diameter cookie cutter to cut out as many circles as you can. Then form the scraps into a ball, roll the dough back out as if it were cookie dough, and cut out some more circles.
- **4.** Place all the circles on greased cookie sheets. Top each cookie with grated cheese.
- **5.** Bake for 10 to 12 minutes or until the bottoms of the cookies are golden brown.
- **6.** Remove from the oven, let cool thoroughly, and store in an airtight container.

Dog treats made from rolled, canned pizza dough are quick and easy to make, and variations can add flavor and nutrition. Using the pizza dough cuts down on the mess in the kitchen, too! Making treats this way can also be a family project since it's so easy; get the kids involved — they'll enjoy making the treats and feeding the dog!

Pigs in a Blanket: Take the pizza dough out of the can, stretch it gently, and place it on a floured breadboard. Roll it out to form a rectangle. Using a knife, make several strips about 1 inch wide and 4 inches long. Count the number of pieces of dough. Take some leftover meat (precooked chicken or beef) or hot dogs and cut the same number of pieces of meat as you have pieces of dough. Wrap the meat in the dough, making a spiral. Place on a cookie sheet and bake at 350 degrees for 10 to 15 minutes or until golden brown. Makes about 20 to 30 treats.

Vegetable Circles: Take the pizza dough out of the can, stretch it gently, and place it on a floured breadboard. Roll it out until it's about ¼ to ¾ inch thick. Using seasonal or fun cookie cutters (Easter bunny, Christmas trees, summer suns, or other fun shapes), cut out the dough and place on a greased cookie sheet. Finely chop some vegetables (¼ inch cubes are good) and use them to decorate the shapes. For example, finely diced red, green, and orange bell peppers make colorful decorations for Christmas trees. Other vegetables could include squash, broccoli, zucchini, and pumpkin. (Remember: no onions!) Baking times will vary, depending on the size of the cookie cutter shapes; bake until golden brown on the bottom.



Special Goodies for Special Occasions

FOOD HAS BEEN AN INTEGRAL PART OF HUMAN CELEBRATIONS FOR AS LONG AS WE'VE KEPT HISTORY. LONG AGO, SUMMER AND WINTER SOLSTICES WERE CELEBRATED WITH DANCES, SONGS, AND FEASTS. GOOD HARVESTS MADE FOR SPECIAL MEALS. FOOD WAS VITAL TO SURVIVAL, AND THEREFORE A FEAST WAS A SPLURGE — A SHOWING OF HOW WELL THE PERSON, FAMILY, OR COMMUNITY WAS THRIVING.

Today, we still celebrate with food, and many dog owners enjoy sharing celebrations with the family dog. However, the foods people eat are not always in a form that should be fed to the family dog. Gastrointestinal upset can follow a feast of unfamiliar foods. But that doesn't mean Fido can't have some special treats of his own!

HERE ARE SOME TREATS YOUR DOG CAN HAVE TO SHARE IN THOSE SPECIAL OCCASIONS THAT YOU AND YOUR FAMILY CELEBRATE.



Birthday Blueberry Pupcakes 56
Banana Birthday Pupcakes 58
Valentine Hearts 62
Beat-the-Heat Yogurt Yummies 64
Halloween Hidden Treats 66
Turkey Day Treats 68
Christmas Cranberry Corn Muffins 70
Potato Cranberry Christmas Cookies 72
Striped Peppermint Christmas Cookies 74
Peppermint Christmas Cookies 76

Birthday Blueberry Pupcakes

→ Makes 12 pupcakes →

These colorful blueberry treats — perfect for a dog's birthday celebration — can be frosted with whipped cream cheese. People will be tempted to try them, too!

½ cup high-quality dry dog food kibble
1 7-ounce package Jiffy Blueberry Muffin mix
1 cup fresh or frozen blueberries
2 large eggs
½ cup evaporated lowfat milk

- 1. Preheat the oven to 350 degrees.
- 2. Put the dog food kibble in a food processor or blender and grind to a coarse flour. Measure ½ cup after grinding.
- 3. In a large bowl, combine ground dog food kibble and the remaining ingredients until well mixed. The batter should be like a slightly grainy cake batter.
- **4.** Grease or line muffin cups with paper baking cups. (Avoid foil baking cups; paper ones are digestible, so there's no danger in case your dog accidentally eats one, but foil could cause problems.) Pour the batter into the cups, filling each ½ to ¾ full.
- **5.** Bake 15 to 20 minutes or until golden brown. (The baking time may vary, depending on the composition of the dry dog food used and the fullness of the baking cups.)
- **6.** Remove pupcakes from the oven, allow them to cool thoroughly, and store them in an airtight container.
- 7. If desired, frost with a thin layer of whipped cream cheese. You may press a couple blueberries into the frosting or sprinkle each pupcake with a pinch of ground dog food.

NUTRITIONAL NOTES: BLUEBERRIES

Although the fresh blueberry season is short, frozen unsweetened berries are available all year. Blueberries not only taste good but have so many health benefits (for dogs and people) that it's impossible to list them all here. In short, blueberries are rich in antioxidants, which fight free radicals, thereby helping to prevent many diseases as well as premature aging. In addition, anthocyanin (the pigment that makes the berries blue) has several benefits, including improving vision. Plus, blueberries have been found to help animals learn and retain what they've learned. These berries have so many benefits that many commercial dog food companies are now including blueberries in their formulas.

1 cup of blueberries contains:

- 80 calories
- 1 gram protein
- 1 gram fat
- 20 grams carbohydrates
- 9 mg sodium
- 9 mg calcium
- 15 mg phosphorus
- 130 mg potassium
- 15 RE vitamin A
- 20 mg vitamin C



Banana Birthday Pupcakes

→ Makes 12 pupcakes →

You'll want to make these tasty cakes for more than just birthdays. When these treats are baking, everyone in the house (two-legged and four-legged) follows their nose to the oven!

- 1 large ripe banana, mashed ½ cup high-quality dry dog food 1 7-ounce package Jiffy Banana Nut Muffin mix 2 large eggs ½ cup evaporated lowfat milk
- 1. Preheat the oven to 350 degrees.
- 2. Peel the large banana and mash it with a fork.
- **3.** Put the dog food kibble in a food processor or blender and grind to a coarse flour. Measure ½ cup after grinding.
- **4.** Put the ground dog food in a large bowl with the mashed banana. Add the remaining ingredients and mix thoroughly.
- **5.** Grease or line muffin cups with paper (not foil) baking cups. Pour the batter into the cups, filling each ½ to ½ full.
- **6.** Bake for 15 to 20 minutes or until golden brown. (The baking time may vary, depending on the composition of the dry dog food used and the fullness of the baking cups.)
- **7.** Remove pupcakes from the oven, allow them to cool thoroughly, and store them in an airtight container.

8. If desired, frost with a thin layer of whipped cream cheese. If you want to dress up the pupcakes, press a small slice of banana into the frosting or sprinkle each pupcake with a pinch of ground dog food.

continued

NUTRITIONAL NOTES: BANANAS

Bananas are thought to be one of the first domesticated fruits. They are known to have been cultivated in Asia as well as Egypt, and they were introduced into Europe and then the Western Hemisphere. Bananas are easily digested, and very few dogs are allergic to them, so they are a tasty and tempting food that almost all dogs can enjoy. Bananas are great for working and performance dogs because they contain natural sugars (sucrose, fructose, and glucose), which metabolize quickly, thereby providing instant energy. Dogs recuperating from illness or injury, as well as debilitated dogs, can benefit from this fruit's superior nutrition as it contains several essential amino acids, electrolytes, and minerals.

1 medium-size banana contains:

- 100 calories
- 1 gram protein
- 1 gram fat
- 27 grams carbohydrates
- 1 mg sodium
- 7 mg calcium
- 23 mg phosphorus
- 450 mg potassium
- 9 RE vitamin A
- 10 mg vitamin C

Banana Birthday Pupcakes (continued)

TREATS AND TIDBITS: THROWING A CANINE BIRTHDAY PARTY

Do you celebrate your dog's birthday? If you do, good for you! Every dog needs a day when she's made to feel special, and a birthday is a great excuse to do just that. Throwing a birthday party for your canine best friends is not hard.

First of all, decide where you are going to hold the party. Is your backyard open enough for several dogs to run and play? Make sure all potted plants, ornaments, and anything else that could be knocked down, trampled, or destroyed is put away. Several dogs running and playing can be an unstoppable force.

Then you need to decide who is going to be invited. Obviously, all the dogs need to know each other and get along well. A dog fight could take all the fun out of the day. It's also a lot more fun if the dogs participating are well behaved.

The food for the party is easy: Just make up a couple different types of treats and a batch or two of pupcakes. You can do this a day or two ahead of time so you aren't stressed the morning of the party. Don't forget to have some cold drinks and munchies for the dog owners, too, and maybe even a birthday cake for the humans.

Then just sit back and enjoy. Watching the dogs run and play is great fun, especially with other dog owners who share your enjoyment of canines!



Valentine Hearts

→ Makes 35 to 40 2-inch heart-shaped cookies →

Every sweetheart deserves a heart (or two or three) on Valentine's Day. Who is more loving and loyal than your canine companion?

- 3 cups all-purpose flour
- ½ cup nonfat dry milk
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup low-sodium chicken bouillon powder
- 2 large eggs
- 1 cup warm water
- 1 teaspoon red food coloring or a red dye alternative (optional)
- 1 teaspoon vanilla extract
- **1.** Preheat the oven to 350 degrees.
- 2. Combine all the dry ingredients in a large bowl and stir until well mixed. Slowly add the eggs, water, food coloring, and vanilla to form a stiff dough. Knead the dough with your hands for 2 minutes.
- **3.** Form the dough into a ball and place it on a floured breadboard. Roll the dough out to about ¼ inch thick.
- **4.** Use a 2-inch heart-shaped cookie cutter to cut the rolled dough into cookies.
- **5.** Place the cookies on a greased cookie sheet.
- **6.** Bake for about 15 minutes or until golden brown.

7. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

TREATS AND TIDBITS: RED DYES

Some people are concerned about the effects red dyes can have on their health and the health of their dogs. Although the recipes in this book do not use a lot of the coloring, if you would prefer to avoid red food coloring, you can either skip it altogether or check for alternatives at a local health food store. You can also get inventive and create a natural red color by using some juice from a can of beets, or pureeing a few cranberries or strawberries. However, keep in mind that the color of the cookies isn't important to your dog. She's more concerned about the smell and taste of the cookies, as well as the fact that you're giving her these special treats!



Beat-the-Heat Vogurt Yummies

→ Makes 8 to 12 frozen treats in 3-ounce cups →

This cold treat is a wonderful, healthy treat for hot summer days. Your dog will love them for celebrating Memorial Day, Fourth of July, the summer solstice, or just about any other occasion.

- 1 6-ounce can tuna in water2 cups plain lowfat yogurt
- 1. Dump the tuna and its water into a bowl and break up the chunks. Add the yogurt and mix well.
- 2. Spoon the mixture into small paper cups, such as those you would stock in a bathroom. Place in the freezer, and leave them there at least several hours, until frozen.
- 3. To serve, turn over a frozen treat and pop it out of the cup or tear the cup away from it. This treat can be messy if your dog eats it slowly, so serve it outside and wipe off her front legs before allowing her inside the house.

Salmon Yogurt Yummies: Many dogs love fish of any kind—tuna, salmon, whitefish, or shark. If your dog enjoys fish, you can make yogurt yummies with salmon, too. Just substitute 1 6-ounce can of salmon for the tuna.

Berries Yogurt Yummies: Dogs love the sweetness of ripe berries. One of my dogs, Dax, will nip a ripe strawberry off the plants in my backyard just as the fruit is ripe enough for me to pick. I know it's her because her white paws are invariably stained red by the juice! Puree some berries (blueberries, strawberries, raspberries, or any others your dog enjoys). Use 1 cup of pureed berries in place of the tuna in the original recipe.

Peanut Butter Yogurt Yummies: Peanut butter is a perennial canine favorite ingredient. Just use ½ cup of natural peanut butter in place of the tuna.

Dry Dog Food Yogurt Yummies: To make everyday dog food more fun and exciting, use ¼ cup of dry dog food, ground to a coarse powder, in place of the tuna.



Halloween Hidden Treats

→ Makes 15 to 17 1½-inch cookies →

These treats can be great fun because they're really easy to make, and you can hide all kinds of treats inside the dough. For Halloween, decorate them with jack-o'-lantern faces; for other holidays, use different designs.

2 cans refrigerated pizza crust ¼ cup canned cooked pumpkin puree 1 hot dog, sliced horizontally ¼ cup beef, cut into ½-inch cubes ¼ cup cheese, diced into ½-inch cubes

- **1.** Preheat the oven to 325 degrees.
- 2. Take one can of pizza crust out of the can and place it on a lightly floured breadboard. Carefully (without ripping it) stretch the dough to about ¼ inch thick.
- 3. Use a round cookie or biscuit cutter about 1½ inches in diameter to cut out as many cookies as you can from that dough. Form the leftover dough into a ball, knead it, and then roll it out again and cut more circles from it.
- **4.** Place the circles on a greased cookie sheet.
- 5. Place a tidbit in the middle of each cookie one piece of meat, one piece of cheese or hot dog, or ¼ teaspoon of canned pumpkin.
- **6.** Open the second can of pizza crust, stretch the dough, and cut out the same number of 1½ inch circles you cut out in step 3. These are the tops to your cookies.
- 7. Place each circle on top of a tidbit and bottom cookie and seal the edges by using the tines of a fork to press the two pieces of dough together.

- 8. Use a sharp pointed knife (such as a paring knife) to carefully cut a jack-o'-lantern face into the top of each cookie. Some faces can be happy, some scowling, some scary—just make them look like Halloween pumpkins.
- **9.** Bake the cookies for 15 minutes or until golden brown.
- 10. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

NUTRITIONAL NOTES: PUMPKIN

Pumpkins are native to the Americas. These large squash are tasty and very nutritious. They are good sources of beta carotene and potassium, and they are high in fiber and low in calories. In the fall when pumpkins are readily available, I offer my dogs a chunk of the rind with the inside flesh attached. They eat the flesh and chew on the rind just like a bone with meat attached. It's a great, healthy treat.

8 ounces of canned cooked pumpkin contains:

- 49 calories
- 2 grams protein
- 12 grams carbohydrates
- 37 mg calcium
- 74 mg phosphorus
- 2 mg iron
- 265 RE vitamin A
- 12 mg vitamin C
- and a variety of essential minerals



Turkey Day Treats

→ Makes 40 to 50 teaspoon-size treats →

Teddy is a long, lean, lush-coated German Shepherd Dog. He's also a very picky eater, but Teddy loves these Thanksgiving-inspired treats! When given a choice between these and other treats or even his normal food, Teddy always chooses these.

- 2 cups diced sweet potato, cooked until very tender
- 1 1/4 cups whole wheat flour
- 1 cup warm water
- 2 large eggs
- 1 2.5-ounce jar turkey baby food
- **1.** Preheat the oven to 350 degrees.
- 2. Mix together all the ingredients. The mixture will be sticky.
- **3.** Drop the dough by rounded teaspoon onto a greased cookie sheet.
- **4.** Bake for 20 to 25 minutes or until golden brown.
- **5.** Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

NUTRITIONAL NOTES: SWEET POTATOES

It is said that Columbus introduced Europe to sweet potatoes after his first trip to the Americas and that the food quickly became a favorite. So much for those spices he was looking for! Sweet potatoes are one of the sweetest vegetables, and they're full of beta carotene and other good things. Their sweetness is very appealing to dogs—so much so that some dogs will even eat raw sweet potatoes!

1 medium-size (about 4 ounces) sweet potato contains:

- 120 calories
- 2 grams protein
- 0 grams fat
- 30 grams carbohydrates
- 11 mg sodium
- 32 mg calcium
- 63 mg phosphorus
- 400 mg potassium
- 2500 RE vitamin A
- 28 mg vitamin C



Christmas Cranberry Corn Muffins

→ Makes 12 muffins →

Although few dogs will eat a fresh cranberry, many will eagerly eat foods with cranberries in them, as cooking the berries with other ingredients makes them sweeter. These festive-looking muffins are great for a canine Christmas celebration.

```
½ cup ground high-quality dry dog food kibble
1 7-ounce package Jiffy Corn Muffin mix
1 cup fresh or frozen cranberries
½ cup milk
1 large egg
```

- 1. Preheat the oven to 350 degrees.
- 2. Put the dog food kibble in a food processor or blender and grind to a coarse flour. Measure ½ cup after grinding.
- **3.** In a large bowl, stir together the ground dog food kibble and the Jiffy Corn Muffin mix.
- **4.** Puree the fresh or frozen cranberries, along with the milk and egg, in a blender or food processor.
- 5. Add the pureed cranberry mixture to the dry ingredients in the bowl and mix well.
- **6.** Grease or line muffin cups with paper (not foil) baking cups. Pour the batter into the cups, filling each ½ to ¾ full.
- **7.** Bake for 15 to 20 minutes or until golden brown.
- **8.** Remove from the oven, let cool thoroughly, and store in an airtight container.

NUTRITIONAL NOTES: CRANBERRIES

Cranberries alone can be bitter, but when mixed with other foods and cooked, they are very tempting to even the pickiest canine palate. Native to North America, these berries are naturally fat-free and full of trace elements and minerals. Cranberries are high in antioxidants, but their most important health benefit (for both people and dogs) is that they aid in bladder and urinary tract health. Substances in cranberries prevent bacteria from adhering to the bladder and urinary tract walls, thus preventing problems in those areas.

1 cup of cranberries contains:

- 46 calories
- less than 1 gram protein
- 0 grams fat
- 12 grams carbohydrates
- 1 mg sodium
- 7 mg calcium
- 5 mg magnesium
- 13 mg vitamin C
- and other essential minerals



Potato Cranberry Christmas Cookies

→ Makes 40 to 50 ½-teaspoon-size cookies →

This meat-free recipe with bright cranberry on top is appealing to most dogs. These cookies are heavy (potato flour is not light!), so make them small.

- 2 cups potato flour
- 1 cup garbanzo flour
- 1 cup instant mashed potatoes
- 1 cup evaporated lowfat milk
- ½ cup applesauce
- 2 large eggs
- 1 cup whole frozen cranberries
- 1. Preheat the oven to 350 degrees.
- 2. Mix together all the ingredients except the cranberries. The dough will be heavy and stiff.
- 3. Drop by ½ teaspoon onto greased cookie sheets. Place a whole cranberry in the center of each cookie, pushing the berry in slightly so that it stays in position.
- **4.** Bake for 10 to 15 minutes or until the bottoms are golden brown.
- **5.** Remove from the oven, let cool thoroughly, and store in an airtight container.

TREATS AND TIDBITS: TREATS AS GIFTS

Dog treats make excellent holiday gifts for friends who own dogs. Before deciding which recipe to make, find out whether your friend's dog has any food sensitivities or allergies and any likes or dislikes regarding foods. This is easy enough to do; prior to the holidays just make up a batch of dog treats and share them. Then in conversation, talk about dogs, dog foods, allergies, and so forth. You can find out a lot just in casual conversation. Once you know about your friend's dog, choose a recipe that should appeal to her dog.

Although all these dog treats can be frozen, most are better fresh, so make up the treats in a timely manner prior to the holidays. The week before is great.

I like to use decorative tins to share dog treats. I save tins from throughout the year. I might buy some tea in a tin, or candy, or cookies. Then before the holidays, I decorate the tins by painting them or using a hot glue gun to wrap holiday ribbon about them. You can also use a hot glue gun to fasten silk holiday flowers (holly leaves and berries, or poinsettias) on the lid. Inside the tin, tissue paper can cushion the dog treats so they are not broken when delivered.

A gift tag on the tin could list the ingredients contained in the treats (especially if the dog has allergies or sensitivities). The gift tag could also list the source of the recipe (this book!) and it could even contain a copy of this book!



Striped Peppermint Christmas Canes

→ Makes 20 to 30 3-inch canes →

This is a fun recipe to make—it will really get you into the holiday spirit.

- 3 cups all-purpose flour
- ½ cup nonfat dry milk
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup low-sodium chicken bouillon powder
- 2 large eggs
- 1 cup warm water
- 1 teaspoon red food coloring or a red dye alternative (optional)
- ½ teaspoon peppermint oil flavoring
- 1. Preheat the oven to 350 degrees.
- 2. Mix together the dry ingredients in a large bowl. Add the eggs and water; mix well. Then knead the dough for 2 minutes.
- **3.** Form the dough into two balls. Set one aside.
- **4.** Slightly flatten the remaining dough ball on a breadboard and make an indentation in the top of it. Drop the food coloring and peppermint into the indentation and then knead the dough again, mixing the new ingredients throughout the dough. (Use gloves if you're concerned about your hands taking on some of the food coloring.)
- **5.** When the dough is well kneaded, divide it into numerous walnut-size balls.
- **6.** Divide the ball of dough that was set aside into walnut-size balls, too. Keep the two types of dough separate.
- 74 The Ultimate Dog Treat Cookbook

- 7. Roll one piece of peppermint dough on the floured breadboard until it becomes a long, narrow piece of dough. Do the same with a piece of the plain dough.
- 8. Twist together the two rolled-out pieces of dough and bend one end so that the twisted dough looks like a candy cane. Trim the ends evenly and place on a greased cookie sheet. Repeat until you have used up all the dough.
- 9. Bake for 10 to 15 minutes or until the bottoms turn golden brown.
- **10.** Remove from the oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.



Peppermint Christmas Cookies

→ Makes 25 to 30 3-inch-long dog bone-shaped cookies →

Peppermint is associated with the winter holidays; we love candy canes. However, the scent of peppermint can be very strong to a dog's sensitive nose, so these cookies contain just a touch of it.

- 3 cups all-purpose flour
- ½ cup nonfat dry milk
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup low-sodium chicken bouillon powder
- 2 large eggs
- 1 cup warm water
- 1 teaspoon red food coloring or a red dye alternative (optional)
- ½ teaspoon peppermint oil flavoring
- 1. Preheat the oven to 350 degrees.
- 2. Mix the dry ingredients in a large bowl. Add the eggs, water, food coloring, and peppermint; mix well. Then knead the dough for 2 minutes.
- **3.** Form the dough into a ball. Place the ball on a floured breadboard. Roll out to about ¼ inch thick.
- **4.** Cut the dough into shapes, using either Christmas cookie cutters or a dog bone shape.
- **5.** Place the shapes on greased cookie sheets.

- **6.** Bake for about 15 minutes or until the bottoms are golden brown.
- 7. Take the cookie sheets out of the oven and, using a spatula, flip the cookies over. Put them back in the oven for 5 minutes or until golden brown on both sides.
- **8.** Remove from the oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

continued



Peppermint Christmas Cookies (continued)

TREATS AND TIDBITS: INEDIBLE DECORATIONS THAT LOOK GOOD ENOUGH TO EAT

These hard, inedible homemade decorations can add a personal touch to gifts or stylish decorations for a tree. You can choose cookie cutters appropriate for the occasion — Christmas holiday ones (such as a tree, a star, a bell, or Santa), an Easter bunny, Halloween shapes, or a summer sun. A dog, dog house, or bone shape can make a great gift tag to attach to a tin of dog treats. This is also a great craft idea to share with the children in the family as it's very easy.

2 cups of flour

1 cup salt

2 tablespoons vegetable oil

34 to 1 cup warm water

Preheat the oven to 250 degrees.

Mix the flour and salt. Add the vegetable oil and half of the water. Mix well, slowly adding water until the dough has a thick, clay-like consistency. (It may be easiest to mix the dough with your hands.)

Choose cookie cutter shapes and food coloring colors that go with the chosen shapes. Divide the dough into smaller balls and add $\frac{1}{2}$ to 1 teaspoon of coloring to each ball—just enough to color the dough the way you want. You may need to add a touch more flour to keep the clay-like consistency.

Roll out the dough, cut out the shapes, and place them on greased cookie sheets. If these will be gift tags or hanging decorations, don't forget to make a hole for the ribbon or string.

Bake for 1 hour or until the bottoms are golden brown. Turn off the heat and leave in the oven overnight to harden. When cool, these can be used as is, painted, or written on with a permanent marker.

Good Dogs Deserve Tasty Treats!

THE TRAINING TECHNIQUES USED TODAY EMPHASIZE POSITIVE REINFORCEMENT. A POSITIVE REINFORCEMENT IS SOMETHING YOUR DOG LIKES, SUCH AS FOOD TREATS, PRAISE, OR PETTING. THESE CAN BE USED BOTH AS LURES (TO HELP YOUR DOG DO WHAT YOU'RE ASKING HIM TO DO) AND AS REWARDS (FOR HIS COMPLIANCE). TREATS USED AS POSITIVE REINFORCEMENT WON'T WORK UNLESS THE DOG REALLY, REALLY LIKES THEM.

THE TREATS IN THIS CHAPTER ARE DESIGNED TO APPEAL TO YOUR DOG WITH BOTH SMELL AND TASTE SO THAT HE IS MORE APT TO WANT TO COMPLY WITH YOUR REQUESTS DURING TRAINING. THE TREATS HERE ARE ALSO SMALL ENOUGH (OR CAN BE BROKEN INTO SMALL ENOUGH PIECES) THAT YOU CAN USE A FEW OF THEM DURING EACH TRAINING SESSION. (TRAINING TREATS SHOULD BE VERY SMALL NIBLETS — JUST SOMETHING TO TEMPT THE DOG AND ENCOURAGE HIM TO WORK FOR MORE.) IN ADDITION TO THE TREATS LISTED IN THIS CHAPTER, THE RECIPE TURKEY JERKY IN CHAPTER 5 MAKES EXCELLENT TRAINING TREATS.

TO BE MOST EFFECTIVE, MAKE SEVERAL DIFFERENT TREATS FOR UPCOMING TRAINING SESSIONS SO THAT YOUR DOG DOESN'T KNOW WHAT TO EXPECT. THE REWARDS FOR EACH TRAINING SESSION WILL THEN BE A TASTY SURPRISE!



Peanut Butter-Cheerios Treats 82
Grain-Free Goodies 84
Frozen Magic Meatballs 86
Yogurt Salmon Yummies 88
Easy Cheesy Popcorn 90
Loving Liver 92
Jackpot Giant Bones 94

Peanut Butter—Cheerios Treats

Makes 2 to 3 sandwich bags of tiny training treats

These treats are crumbly and tasty and smell strongly of peanut butter. Bashir and Sam, both Australian Shepherds, pick these treats every time when offered a choice.

- 1 cup natural peanut butter (creamy or chunky)
- 4 cups Cheerios
- 2 cups all-purpose flour
- 3 large eggs
- ¼ cup nonfat dry milk
- 1 tablespoon molasses
- ¼ cup warm water
- 1. Preheat the oven to 350 degrees.
- 2. Warm the peanut butter in the microwave for a minute or so, until it's soft enough to mix easily with the other ingredients.
- **3.** Add all the other ingredients to the warm peanut butter, mixing thoroughly. The dough will be stiff and crumbly.
- **4.** Use your hands to spread the dough onto a large greased cookie sheet. If the dough is sticky, grease or flour your fingers. Cover the cookie sheet with a layer no more than two Cheerios thick.
- **5.** Bake for 10 minutes. Take the cookie sheet out of the oven and, with a spatula, turn over the dough, pieces at a time. Put back in the oven for another 5 minutes.
- **6.** Remove from the oven and break the large pieces into bite-size pieces.

- 7. Turn off the oven. Put all the cookies back on the cookie sheet and return them to the oven. Leave them in the cooling oven for 15 to 30 minutes or until golden brown.
- **8.** Remove from the oven, let cool thoroughly, and store in an airtight container.

NUTRITIONAL NOTES: PEANUT BUTTER

Peanut butter is made by grinding and mashing peanuts. As early as 1900, this easily digested, nutritious food was being called a "health food." For this and other recipes in this book, use natural peanut butter, made from peanuts with no other ingredients — no added sugar or salt. Most dogs, even picky eaters, are very attracted to peanut butter, so treats made with peanut butter can be used to tempt a dog who needs to eat, can be used to hide a vitamin or pill, or can be used as training treats.

1 tablespoon of natural peanut butter contains:

- 85 calories
- 4 grams protein
- 8 grams fat
- 4 grams carbohydrates
- 76 mg sodium
- 7 mcg folic acid
- 6 mg calcium
- 26 mg magnesium
- 123 mg potassium
- and a number of other essential minerals



Grain-Free Goodies

Makes 2 to 3 sandwich bags of tiny training treats

Here are some tasty training treats for dogs who can't tolerate cereal grains. Once baked, these goodies can be broken into small pieces and used as training treats.

1 cup Force dehydrated dog food (made by The Honest Kitchen, www.thehonestkitchen.com; see page 102)

- 1 cup hot water
- 1 large egg
- 1 tablespoon lowfat yogurt
- 1 teaspoon minced garlic
- **1.** Preheat the oven to 375 degrees.
- 2. Place the Force in a bowl and add the hot water. Stir and let sit for 10 to 15 minutes to allow the Force to rehydrate.
- **3.** When the Force has absorbed the water, forming a thick paste, add the remaining ingredients. Mix well.
- **4.** Spread the contents of the bowl on a greased cookie sheet. Using the rounded side of a large spoon, spread the ingredients over the bottom of the cookie sheet, from side to side and corner to corner.
- **5.** Bake for 10 to 15 minutes or until the bottom is golden brown.
- **6.** Turn off the oven but leave the cookie sheet inside the oven overnight so the mixture can harden.
- **7.** Remove from the oven and break the treats into pieces small enough to use as training treats. Store in an airtight container in the refrigerator.

NUTRITIONAL NOTES: YOGURT

Yogurt is made from fermented milk, and although once referred to as a health food, it has finally and deservedly become mainstream. An excellent, nutritious food by itself, yogurt containing live, active cultures of lactobacillus bulgaricus or streptococcus thermophilus is known to be effective at controlling "bad" bacteria in the body, especially in the gastrointestinal and reproductive systems. Yogurt is also extremely effective at helping a dog recover gastrointestinal health after a course of antibiotics because it adds "good" bacteria to the digestive system.

Here is a short course on yogurt:

- **Nonfat yogurt:** Made from skim milk containing less than 0.5% fat.
- Lowfat yogurt: Made from lowfat or part skim milk containing 0.5% to 2% milk fat.
- Whole milk yogurt: Made from whole milk with at least 3.25% milk fat.
- Contains active yogurt cultures: The yogurt is not heat treated after culturing and therefore contains active bacterial cultures.
- Heat treated after culturing: The yogurt has been heat treated after culturing to prolong shelf life. It contains no active bacterial cultures.



Frozen Magic Meatballs

→ Makes 50 to 60 tiny training treats →

These treats are rich and tasty, and they smell good as well. They will motivate any dog! Because they are frozen, take out only as many as you need for any training session and carry them in a plastic bag. If you're going to have an extended training session or are driving to a training facility, carry these treats in a small cooler. Since they are raw, they could potentially spoil if they get too warm.

2 cups high-quality dry dog food kibble1 pound raw hamburger (or raw ground turkey)½ cup honey

- 1. Put the dog food kibble in a food processor or blender and grind to a coarse flour. Measure 2 cups after grinding.
- 2. In a large bowl, combine the ground dog food kibble and the other ingredients. Using your hands, mix well as if you were mixing the ingredients for a meatloaf.
- **3.** Form tiny meatballs (training treat size) and place on a cookie sheet that will fit into your freezer. The meatballs should be close together but not touching.
- **4.** Place the cookie sheet in the freezer for at least 2 hours, until the treats are frozen.
- 5. When the treats are frozen, transfer them to an airtight container. Store in the freezer and remove only the number you will use during each training session.

TREATS AND TIDBITS: FEEDING UNCOOKED MEATS

Feeding your dog uncooked meat does carry with it some risk, although many owners today do feed raw-food diets to their dogs. These owners feel that a raw food diet is a more natural diet for dogs, and has more health benefits than do commercial grain-based dog foods.

To minimize risks, make sure that you buy good-quality meat from a reputable supplier. Keep the meat refrigerated until preparation, prepare it quickly, and then return the treats to the refrigerator or freezer. When feeding meat to your dog, take out only the meat you will use. If the training session is going to last more than a few minutes, transport the meat in a cooler so it won't spoil. Don't let the treats totally thaw; that could allow them to build up unsafe bacteria levels.



Yogurt Salmon Yummies

→ Makes 2 to 3 sandwich bags of tiny training treats →

These very nutritious treats will smell up your house while you're baking them, but your dog will appreciate your effort.

- ½ cup high-quality dry dog food kibble
- 2 7-ounce cans salmon
- ½ cup yogurt
- ½ cup instant mashed potatoes
- 1 cup flour
- ½ teaspoon baking powder
- **1.** Preheat the oven to 350 degrees.
- 2. Put the dog food kibble in a food processor or blender and grind to a coarse flour. Measure ½ cup after grinding. Put the ground dog food kibble in a large bowl.
- **3.** Empty both cans of salmon (meat and liquid) into a blender or food processor. Add the yogurt. Puree until the mixture is a smooth paste. Pour into the large bowl with the ground dog food. Add the remaining ingredients and mix well.
- **4.** Spread the mixture onto a greased cookie sheet. Using your fingers, flatten the mixture, spreading it evenly over the bottom of the cookie sheet.
- **5.** Bake for 20 minutes.
- **6.** Take the cookie sheet out of the oven. Using a pizza cutter or knife, score the dough into bite-size pieces.
- 7. Put the treats back into the oven and bake for another 20 minutes or until golden brown.

- 8. Remove from the oven and break all the pieces apart. (Be careful not to burn your fingers!)
- **9.** Remove from the oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

NUTRITIONAL NOTES: SALMON

Although pet cats have been eating salmon for several decades, commercial dog food companies have only recently begun to add salmon to their menus — and with excellent results. High in protein and fish oils, salmon-based foods provide plenty of energy for active dogs. The fish oils are also great for healthy skin and coats. Concerns have been raised about the safety of farmraised salmon, so the following statistics refer to healthy, wild salmon.

3 ounces of baked salmon contains:

- 140 calories
- 18 grams protein
- 6 grams fat
- 0 grams carbohydrates
- 10 mg calcium
- 170 mg phosphorus
- 415 mg potassium
- 37 mg sodium



Easy Cheesy Popcorn

Here's a quick and easy training treat that your dog will love!

- 1 bag natural microwave popcorn (no butter or salt) ½ cup grated cheddar cheese
- **1.** Preheat the oven to 350 degrees.
- **2.** Microwave the popcorn according to the package directions.
- **3.** Spread the popped popcorn on a greased cookie sheet, trying to make one layer of popcorn.
- **4.** Sprinkle the grated cheese over the popcorn, making sure all the kernels have some cheese.
- **5.** Put the popcorn in the oven for just a few minutes, until the cheese is well melted.
- **6.** Remove from the oven, let cool thoroughly, and store in an airtight container.
- 7. To use as training treats, remove the amount you'll need and break apart the individual kernels. Each kernel is a training treat.

Chicken-Flavored Popcorn: Another quick recipe for popcorn training treats is easy to make. Drop a couple handfuls of popped popcorn into a plastic bag. Add 1 teaspoon or so of low-sodium chicken bouillon powder to the bag and shake well to distribute the bouillon.

Parmesan-Flavored Popcorn: If your dog asks for more cheese, please, drop a couple handfuls of popped popcorn into a plastic bag. Sprinkle in 1 teaspoon or so of canned grated Parmesan cheese and shake well to distribute the cheese.



Loving Liver

Liver is a very common training treat because dogs absolutely love it. If you don't like it yourself, though, cooking it can be very unpleasant. You may want to make a double batch when you do cook it so you can make it less often.

- 2 tablespoons dry yeast
- ¼ cup warm water
- 2½ cups all-purpose flour
- 1 cup nonfat dry milk
- 1 package unflavored gelatin
- ¼ cup vegetable oil
- 1 large egg
- 8 ounces cooked beef liver, finely chopped
- 1. Preheat the oven to 325 degrees.
- 2. Dissolve the yeast in the warm water and let it sit for 15 minutes to proof the yeast.
- 3. Mix the dry ingredients flour, nonfat dry milk, and gelatin in a large bowl. Add the yeast and water mixture and the oil, egg, and liver to the dry ingredients. Mix thoroughly. The mixture will be very stiff; you may even want to use your hands to mix it.
- **4.** Drop the dough by half teaspoons (or smaller) onto greased cookie sheets.
- **5.** Bake for 20 to 25 minutes or until the bottoms are golden brown.
- **6.** Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.
- 92 The Ultimate Dog Treat Cookbook

NUTRITIONAL NOTES: FAT

To many people, fat is a dirty word. It's synonymous with being overweight and even lazy, and carries with it many negative connotations. That's too bad because fat shouldn't be a dirty word. In reasonable amounts (key word: reasonable), fat is necessary for good health. Dogs need it in order to metabolize fat-soluble vitamins (A, D, E, and K) and for many biochemical processes in the body. Fat is also necessary for healthy skin and coat, as well as for energy.

Fats also make foods more palatable; foods high in fat taste good. Many commercial dog foods have added fats not just for nutrition but so that dogs eat the foods more readily.

Fat deficiencies have been found in dogs fed cheaper or generic foods. Some maldigestion or malabsorption intestinal conditions can also cause fat deficiencies.

Every gram of fat delivers 9 calories (compared to 4 calories for 1 gram of carbohydrate or 1 gram of protein). Overweight dogs can be on a low-fat diet but should never be on a no-fat diet unless prescribed by a veterinarian for a very specific reason.



Jackpot Giant Bones

→ Makes 10 to 12 8-inch dog bone-shaped cookies →

A "jackpot" refers to a breakthrough in training. For example, you could be teaching your dog something, and he may have difficulty learning the lesson, and then suddenly the lightbulb goes on over his head: "Aha! I've got it!" To reward that breakthrough, give him a jackpot reward. A jackpot could be a handful of treats instead of one single treat, or it could be an extra-special treat. You can pack one of these giant bones in your training bag and use it as a jackpot when needed.

- 3 cups all-purpose flour
 % cup nonfat dry milk
 % cup cooked, crumbled bacon
 % teaspoon baking powder
 % teaspoon salt
 % cup low-sodium beef or chicken bouillon powder
 2 large eggs
- 1. Preheat the oven to 350 degrees.

1 cup warm water

- 2. Mix the first six ingredients together in a large bowl. Slowly add the eggs and warm water. Mix well to form a stiff dough. Then knead the dough with your hands and form it into a ball.
- **3.** Place the ball on a floured breadboard. Roll the dough out to about ½ inch thick.
- **4.** Cut out the dough, using the largest dog bone–shaped cookie cutter you can find (I have found some 8 inches and 10 inches long) and place the bones on a greased cookie sheet. If you can't find a large bone-shaped cookie cutter, use a sharp knife to cut out dog bone shapes 8 or 10 inches long.
- **5.** Bake for about 20 minutes or until the bottoms are golden brown.
- 94 The Ultimate Dog Treat Cookbook

- **6.** Take the cookie sheet out of the oven and, using a spatula, flip the bones over. Return to the oven for another 20 minutes or until the bones are golden brown on both sides.
- 7. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

TREATS AND TIDBITS: HOT DOGS

Hot dog brands vary in regard to their nutritional content, so read the labels carefully. The appeal of hot dogs as training treats is their taste; dogs love them. Their high nitrate and sodium content make them a special treat, however, not a daily training treat. Keep in mind, too, that hot dogs are fully cooked, so you can use them straight from the package. But cooking them in the microwave makes them a little easier to handle.

To make training treats using hot dogs, slice a hot dog into rings, creating ¼ inch slices (each about the size of a nickel). Place the slices in a single layer on several paper towels on a heavy-duty paper plate (not Styrofoam). Microwave at full power for 5 minutes. Remove the plate from the microwave and let the treats cool. The slices will get firmer as they cool. Store on a paper towel in an airtight container in the refrigerator.



Delicacies for Dogs with Special Needs

It's not unusual for dogs to have special dietary needs. Sometimes these are simple likes or dislikes; for example, Sophie, a lovely, golden-colored mixed breed, is a vegetarian by choice. Her owner has offered her meats on numerous occasions, but Sophie simply prefers other foods. Sophie would rather have a carrot than a steak! So Sophie was our primary taste-tester for the meat-free recipes in this chapter.

Many times, though, a dog may need a special diet because of health issues, including allergies, intolerances, and weight problems. This chapter contains a variety of recipes for dogs who must avoid cereal grains, reduced-calorie recipes for overweight dogs, and meat-free recipes for those who should avoid meat or reduce their meat intake. Other chapters contain recipes that fit these needs as well, so be sure to read all the lists of ingredients to find recipes that work for your dog's special dietary needs.

As with all other aspects of your dog's health care, if you have any doubts regarding your dog's diet (food or treats), consult with your veterinarian.



MEAT-FREE TREATS

Veggie Treats 99
Microwave Molasses Oatmeal Treats 100

GRAIN-FREE TREATS

Green Grain-Free Goodies 103

WHEAT-FREE TREATS

Liver and Oats Drop Cookies 105
Beef and Barley Biscuits 106
Applesauce Garbanzo Cookies 108

REDUCED-FAT TREATS

Turkey Jerky 111
Salad Bar Bones 112

Meat-Free Treats

If your dog cannot or does not eat one specific meat, such as beef, you can adapt many of the recipes in this book by substituting another meat such as chicken or turkey. However, if your dog avoids meat altogether, you can use the following recipes, as well as others in this book that do not include meat as an ingredient. In chapter 1, Peanut Butter-Honey Nut Cheerios Balls and Molasses Granola Balls are meat-free, as are the Easy Cheesy Popcorn treats in chapter 4. Applesauce Garbanzo Cookies and Salad Bar Bones, featured later in this chapter, are also meat-free. A number of recipes throughout the book contain bouillon for flavor. Bouillon is based on meat products, but you can replace it with an equal measurement of nonfat dry milk to make the recipe meat-free. Also, many recipes throughout the book contain dry dog food kibble; if your dog cannot eat meat, you can simply use your dog's usual kibble in the recipe to make it meat-free.



Veggie Treats

→ Makes 25 to 30 3-inch treats →

Although these treats contain a number of different vegetables that are not normally considered dog foods, most of our taste-tester dogs ate these with enthusiasm.

```
3 cups all-purpose flour
½ cup quick oats
½ cup roasted, unsalted sunflower seeds
½ cup grated carrots
¼ cup finely diced celery
¼ cup finely chopped broccoli flowers
¼ cup finely diced red or yellow bell pepper (no seeds)
1 teaspoon minced garlic
¼ cup vegetable oil
1 cup water
```

- **1.** Preheat the oven to 350 degrees.
- 2. Mix all the ingredients well. Using your hands, knead the dough for a few minutes.
- **3.** Form the dough into a ball and drop it onto a floured breadboard. Roll the dough out to about ¼ inch thick.
- **4.** Use a 3-inch cookie cutter to cut the dough into shapes. Place the cookies on greased cookie sheets.
- **5.** Bake 15 to 20 minutes or until golden brown.
- **6.** Remove from the oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

Microwave Molasses Oatmeal Treats

→ Makes 60 to 75 bite-size treats →

These treats are small and crunchy, and the molasses makes them very appealing. Buddy, a Clumber Spaniel, likes these treats so much his owner uses them as training treats.

1¼ cups quick oats
¾ cup nonfat dry milk
½ cup all-purpose flour
¼ cup flaxseed meal
¼ cup cornmeal
2 tablespoons dark molasses
½ cup melted butter
1 large egg
½ cup warm water

- **1.** Combine all the dry ingredients until thoroughly mixed.
- 2. Add the molasses, melted butter, and egg to the dry ingredients and stir well. Add the warm water and mix until the mixture forms a ball of dough.
- 3. Form marble-size pieces of dough into balls.
- **4.** Place 12 oat-covered balls on a heavy-duty paper plate (not Styrofoam).
- **5.** Microwave the plate of treats at 50% power for 4 to 5 minutes or until the balls are firm and dry.
- **6.** Remove from the microwave, let cool thoroughly, and store in an airtight container.

NUTRITIONAL NOTES: MOLASSES

Molasses is a byproduct of the sugar refinement process. Molasses contains more vitamins, minerals, and trace elements than other forms of sugar, thereby making it the most nutritious sugar available for baking. When added to dog treats in judicious amounts (not too much) it can add a rich taste as well as a touch of sweetness.

1 tablespoon of molasses has:

- 55 calories
- 0 grams protein
- 0 grams fat
- 12 grams carbohydrates
- 176 mg calcium
- 8 mg phosphorus
- 3.6 mg iron
- 511 mg potassium



Grain-Free Treats

Baking is based on grain products, so creating tasty, tempting treats without using grain products is not easy. But here is a recipe that was eagerly eaten by our canine treat-testers. This recipe features Force, a dehydrated food made by The Honest Kitchen in San Diego, California. Force is excellent for dogs who can't tolerate cereal grains. The main ingredients include chicken, flaxseed, potatoes, celery, cabbage, sweet potatoes, zucchini, apples, and more. For more information, go to www.thehonestkitchen.com.

Chapter 3 provides two more tasty grain-free recipes: Beat-the-Heat Yogurt Yummies and Potato Cranberry Christmas Cookies. Easy Cheesy Popcorn, Frozen Magic Meatballs, Yogurt Salmon Yummies, and Grain-Free Goodies in chapter 4 are also grain-free. Turkey Jerky, later in this chapter, is another grain-free fave.



Green Grain-Free Goodies

→ Makes 25 to 30 bite-size treats →

These treats are made using Force, a dehydrated dog food. These goodies are easy to make, very nutritious, and contain no cereal grains.

- 1 cup Force (from The Honest Kitchen)
- 1 cup hot water
- 1 large egg
- 2 tablespoons lowfat plain yogurt
- 2 tablespoons vegetable oil
- 1 cup potato flour
- 1. Preheat the oven to 375 degrees.
- 2. Place the Force in a bowl and add the hot water. Stir and let sit for 10 to 15 minutes to allow the Force to rehydrate.
- **3.** When the Force has absorbed the water, forming a thick paste, add the remaining ingredients. Mix well.
- **4.** Drop by rounded teaspoon onto greased cookie sheets.
- **5.** Bake for 10 minutes for soft, chewy goodies.
- **6.** Remove from the oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

Wheat-Free Treats

Many dogs have allergies to wheat, which means that there should be no wheat in their daily diet or in their treats. Although most owners are careful about the daily diet, many forget that most commercial treats are wheat-based.

There are several wheat-free recipes throughout this book. In chapter 1, the Microwave Oatmeal Balls can be made with barley flour instead of wheat flour, and your dog will still love them. Also, Riker's Favorite Liver Treats do not contain wheat. Chapter 3 provides two more tasty wheat-free recipes: Beat-the-Heat Yogurt Yummies and Potato Cranberry Christmas Cookies. In chapter 4, the Easy Cheesy Popcorn, Frozen Magic Meatballs, Yogurt Salmon Yummies, and Grain-Free Goodies do not have any wheat. Turkey Jerky, later in this chapter, is another yummy wheat-free recipe.

Here are some additional good treats that contain no wheat at all.



Liver and Oats Drop Cookies

→ Makes 50 to 60 bite-size treats →

Dogs love liver; it's the treat of choice for most dog show handlers because very few dogs will ignore it. Unfortunately, liver smells up the entire house when you cook it, so if your dog loves liver, make a double batch of this so you don't have to do it often.

- 4 cups quick oats 1 cup cooked and minced beef liver ¼ cup beef fat (or bacon grease) 4 large eggs
- **1.** Preheat the oven to 350 degrees.
- 2. Mix together all the ingredients, making sure that the oats are coated with the beef fat (or bacon grease) and eggs.
- **3.** Drop by rounded teaspoon onto greased cookie sheets.
- **4.** Bake for 10 to 15 minutes or until golden brown.
- **5.** Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

Beef and Barley Biscuits

→ Makes 40 to 50 bite-size treats →

This is a tasty and easy recipe that contains no wheat, corn, or oats. The only cereal grains are barley and rye.

- 2 cups barley flour 1 cup rye flour
- 1 cup rye flour
- $\frac{1}{2}$ cup low-sodium beef bouillon powder
- ½ cup crumbled or shredded cooked beef (such as hamburger)
- ½ cup unsweetened applesauce
- 1 cup warm water
- 1. Preheat the oven to 350 degrees.
- 2. Combine all the ingredients, mixing well to make sure all the dry ingredients are moistened and the meat is coated with the flour mixture. Some cooked cuts of beef are drier than others and may have less fat than others; if the mixture is too dry, add a little more warm water just a little at a time. The dough should be a little sticky, the consistency of dropped biscuit dough.
- **3.** Drop by rounded teaspoon onto greased cookie sheets.
- **4.** Bake for 10 to 15 minutes or until the bottoms are golden brown.
- **5.** Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

NUTRITIONAL NOTES: APPLESAUCE

Applesauce is made from apples, obviously, but some commercial applesauces also contain sugar, cinnamon, and a variety of other seasonings and additives. When cooking for your dog, choose an applesauce made with only apples. When used as an ingredient in dog treats, applesauce adds a sweetness many dogs enjoy. It can be used in many recipes in place of added fats or oils and so is a good ingredient for dogs on low-calorie or low-fat diets.

1 cup of applesauce (made from only apples) contains:

- 110 calories
- 0 grams protein
- 0 grams fat
- 30 grams carbohydrates
- 15 mg calcium
- 22 mg phosphorus
- 2 mg sodium
- 250 mg potassium
- 4 grams fiber



Applesauce Garbanzo Cookies

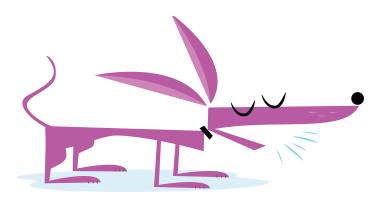
→ Makes 25 to 30 3-inch cookies →

Zippy, a Wheaten Terrier, is allergic to wheat so must avoid all treats and foods that contain wheat. Zippy, who can also be a little choosy about his treats, readily eats these.

- ½ cup warm water
- 1 teaspoon dry yeast
- 1 teaspoon molasses
- 1 cup flaxseed meal
- 1 cup potato flour
- 2 cups gluten-free garbanzo flour
- ½ cup unsweetened applesauce
- ²/₃ cup warm water
- 1 cup quick oats, for rolling out treats
- **1.** Preheat the oven to 350 degrees.
- 2. Put the first three ingredients in a small bowl and mix gently. Let this mixture sit for about 15 minutes to allow the yeast to proof.
- 3. Combine the flaxseed meal, potato flour, and garbanzo flour in a large bowl. Add to this mixture the applesauce, warm water, and yeast mixture. Mix well. When a dough forms, knead the dough for at least 2 minutes and then form it into a ball.
- **4.** Sprinkle the quick oats on a breadboard. Roll out the dough in the oats until it is ¼ inch thick.
- **5.** Use 3-inch cookie cutters to cut the dough into shapes.
- **6.** Place the shapes on greased cookie sheets.

- **7.** Bake for 10 to 15 minutes or until the bottoms of the cookies are golden brown.
- **8.** Remove from the oven, flip the cookies over, and return to the oven for 5 more minutes.
- **9.** Remove from the oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.



Reduced-Fat Treats

Many dogs today are chubbier than they should be. Watching the amount of food being given to these dogs is important, as is increasing their exercise. But even chubby dogs need some treats. Here are a few reduced-fat treat recipes. (Also see the Beat-the-Heat Yogurt Yummies in chapter 3 and the Yogurt Salmon Yummies in chapter 4.) However, just because these recipes are reduced-fat doesn't mean you can give them to your dog by the handful; give them out one at a time!

Keep in mind, too, that even if your dog is chubby, you should not remove all fat from her diet unless directed to do so by your veterinarian. Fat is necessary for good health and metabolism of the fat-soluble vitamins (A, D, E, and K).



Turkey Jerky

→ Makes 125 to 175 1-inch treats →

You can use these treats as special rewards for a dog needing reduced-calorie treats, but they are also tasty enough to use as training treats. The dogs attending a basic obedience class at Kindred Spirits Dog Training were offered these treats as training rewards, and an entire batch disappeared before the end of the one-hour class!

- 1 pound ground raw turkey
- 1 tablespoon light (or low-fat) Italian salad dressing
- 1. Preheat the oven to 200 degrees.
- 2. In a blender or food processor, puree together the raw ground turkey and Italian salad dressing. You can add a little water to keep the mixture moving in the blender if needed. Puree until the mixture is a thick paste.
- **3.** Spread the mixture over the bottom of a greased cookie sheet.
- **4.** Bake for 2 hours with the oven door slightly open so that moisture can escape.
- **5.** Remove from the oven, flip the jerky over, and cut it into one-inch squares.
- **6.** Put the squares back on a cookie sheet, return to the oven, and bake for 1 to 2 more hours or until the treats are dry and leathery.
- Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

Salad Bar Bones

→ Makes 20 to 25 3-inch bones →

This recipe is nontraditional in that it contains quite a few salad bar vegetables, but even with all the veggies, our overweight canine taste-testers ate these cookies readily.

2½ cups all-purpose flour

1 cup finely diced fresh baby spinach

½ cup finely chopped broccoli flowers

½ cup grated carrots

¼ cup finely diced celery

1 teaspoon minced garlic

¼ cup nonfat plain yogurt

¼ cup unsweetened applesauce

½ teaspoon baking powder

- 1. Preheat the oven to 350 degrees.
- 2. Mix together all the ingredients and then form the dough into a ball.
- 3. Drop the ball onto a floured breadboard and knead the dough with your hands. If the dough is too sticky, add a little more flour to the breadboard.
- **4.** Roll the dough out to about ¼ inch thick.
- 5. Use a 3-inch dog bone–shaped cookie cutter to cut out the dough. Place the shapes on greased cookie sheets.
- 6. Bake 15 to 20 minutes or until golden brown.
- **7.** Remove from the oven, let cool thoroughly, and store in an airtight container.

Crunchier Treats: For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

112 The Ultimate Dog Treat Cookbook

TREATS AND TIDBITS: GET CREATIVE

Once you have made a few dog treat recipes, use your imagination. You can make cookies of various sizes and shapes, make them different colors, vary the flavoring of a recipe, make specific treats for holidays, or make special batches for gift giving.

It's especially easy to get creative with cookie cutters. Not only can you use dog bone—shaped cookie cutters of every size (from tiny 1-inch bone shapes to 8- to 10-inch bones), you can also use cookie cutters made for cookies for people. Just watch the baking times; smaller cookies require less time to bake than larger ones.

Food coloring can help you create cookies in a variety of interesting colors, but if you're concerned about artificial food colorings, check with your local health food store for alternatives. You can also make your own. For example, juice from canned beets will create a purple color, beef juice a brown, carrots an orange, and red cabbage a reddish-purple.

You can also get creative with the recipes. When rolling out a cookie cutter recipe, add some ground sunflower seeds, ground flaxseeds, or ground dog food kibble to the flour on the breadboard. That alone will change the flavor. You can also baste cookie cutter recipes with beaten egg yolks before baking to make shiny, golden brown cookies.

It's easy to be creative, especially when your dog will relish even your failures!



Index

A applesauce, about, 107 in Applesauce Garbanzo Cookies, 108–109 in Beef and Barley Biscuits, 106 in Salad Bar Bones, 111 avocado, about, 13	birthday pupcakes banana, 58–59 blueberry, 56–57 Bisquick, about, 29 in Bisquick and Beef Treats, 28 in Cheesy Chicken Delights, 22 in Tummy-Tempting Chicken Soup
3	Cookies, 14
	bite-size treats, 4–31, 100, 103, 105, 106
bacon	blueberry pupcakes, birthday, 56–57 bones
in Beefy Bacon Dog Bones, 36–37 in Jackpot Giant Bones, 94–95	basic, 34–35
baking terms, 2	dog, beefy bacon, 36–37
banana(s), about, 59	garlic, 35
in Banana Birthday Pupcakes, 58–59	jackpot giant, 94–95
barley, beef and, biscuits, 106	salad bar bones, 112
Basic Bones, 34–35	sunflower, 35
Beat-the-Heat Yogurt Yummies, 64–65	bouillon, about, 41, 94
beef recipes. See also liver	
Beef and Barley Biscuits, 106	
Beefy Bacon Dog Bones, 36–37	carbohydrates, about, 39
Bisquick and Beef Treats, 28	Carrot Crunchies, 42–43
Frozen Magic Meatballs, 86	Cheerios
Ginny's Bonanza Treats, 20–21	Honey Nut, peanut butter–, balls, 10
Halloween Hidden Treats, 66–67	peanut butter–, treats, 82–83
Italian Beef Treats, 16	cheese
Loving Liver, 92	cheddar, about, 23
Pigs in a Blanket, 53	in Cheesy Chicken Delights, 22
Taco Treats, 12	in Easy Cheesy Popcorn, 90–91
Berries Yogurt Yummies, 64. See also specific berries	in Quick-and-Easy Cheese Circles, 52–53
birthday party, throwing a, 60	in Taco Treats, 12
on may party, unowing a, oo	in Halloween Hidden Treats, 66–67

Parmesan	F
in Crispy Cheese Circles, 38–39	
in Ginny's Bonanza Treats, 20–21	Easy Cheesy Popcorn, 90–91
in Italian Beef Treats, 16	eggs, raw, avoiding, 11
three-, cookies, Gina's, 26	equipment, 2–3
Chicken-Flavored Popcorn, 90	E
chicken recipes. See also liver	
Cheesy Chicken Delights, 22	fat, about, 93
Chunk Chicken and Sweet Potato Treats, 6	flaxseed, about, 9
Pigs in a Blanket, 53	Flaxseed Twists, 40–41
Tummy-Tempting Chicken Soup Cookies, 14	flour, about, 27
chocolate, avoiding, 11	foods to avoid, 11, 41, 45
Christmas	Frozen Magic Meatballs, 86
canes, striped peppermint, 74–75	
cookies, 35	
peppermint, 76–77	
potato cranberry, 72	garbanzo flour, about, 27 in Applesauce Garbanzo Cookies, 108–109
corn muffins, cranberry, 70	garlic, about, 21
Chunk Chicken and Sweet Potato Treats, 6	in Garlic Bones, 35
cookie-cutter treats, 32–53	gelatin, in Loving Liver, 92
cookies, about, 43	gifts, treats as, 73
cooking terms, 2	Gina's Three-Cheese Cookies, 26
corn and cornmeal, about, 25	Ginny's Bonanza Treats, 20–21
in Chicken Liver Treats, 24	gluten and gluten-free flour, about, 27
in Crispy Cheese Circles, 38–39	
in Flaxseed Twists, 40–41	Grain-Free Goodies, 84, 103 grain-free treats
in Sunflower Sensations, 50–51	· ·
corn muffins, cranberry, Christmas, 70	Beat-the-Heat Yogurt Yummies, 64–65
cranberry(ies), about, 71	Easy Cheesy Popcorn, 90–91
in Christmas Cranberry Corn Muffins, 70	Frozen Magic Meatballs, 86 Grain-Free Goodies, 84
in Potato Cranberry Christmas Cookies, 72	
Crispy Cheese Circles, 38–39	Green Grain-Free Goodies, 103
	Potato Cranberry Christmas Cookies, 72
	Turkey Jerky, 112
decorations, inedible, 78	Yogurt Salmon Yummies, 88–89
dough thickness, about, 37	granola, molasses, balls, 18
	grapes, avoiding, 11
Dry Dog Food Yogurt Yummies, 65	Green Grain-Free Goodies, 103
durum flour, about, 27	

Halloween Hidden Treats, 66–67 Honey Nut Cheerios, peanut butter–, balls, 10 honey, peanut butter, and oat cookies, 48–49 hot dog, about, 95 in Halloween Hidden Treats, 66–67	Peanut Butter–Honey Nut Cheerio Balls, 10 Salad Bar Bones, 111 Veggie Treats, 99 Microwave Molasses Oatmeal Treats, 100 Microwave Oatmeal Balls, 8–9 molasses, about, 101, 109 in Microwave Molasses Oatlmeal Treats, 100 in Molasses Granola Balls, 18 in Sunflower Sensations, 50–51
inedible decorations, 78	in Sumower Sensations, 30–31
Italian Beef Treats, 16	\sim
	Nutritional Notes
	applesauce, 107
Jackpot Giant Bones, 94–95	avocado, 13
jerky, turkey, 112	bananas, 59
Jerky, turkey, 112	Bisquick, 29
K	blueberries, 57
V 1: 1	bouillon, 41
Kashi, about, 45	carbohydrates, 39
cookies, 44–45	carrots, 43
T.	cheddar cheese, 23
	cranberries, 71
lentils, rice and, Texmati, doghouses, 46	fat, 93
liver	flaxseed, 9
beef	garlic, 21
Liver and Oats Drop Cookies, 105	Kashi, 45
Loving Liver, 92	molasses, 101, 109
chicken	oatmeal, 31
Chicken Liver Treats, 24	peanut butter, 83
Riker's Favorite Liver Treats, 30	protein, 15
N 4	pumpkin, 67
VI	Royal Blend Texmati & Lentils, 47
meatballs, frozen magic, 86	salmon, 89
meat-free treats, 98	salt, 49
Applesauce Garbanzo Cookies, 108–109	sunflower seeds, 51
Easy Cheesy Popcorn, 90–91	sweet potatoes, 69
Microwave Molasses Oatmeal Treats, 100	tomato paste, 17 yogurt, 85
Molasses Granola Balls, 18	yogurt, oo

oats/oatmeal, about, 31	Quick-and-Easy Cheese Circles, 52–53
in Applesauce Garbanzo Cookies, 108–109	
in Bisquick and Beef Treats, 28	
in Liver and Oats Drop Cookies, 105	raisins, avoiding, 11
in Microwave Molasses Oatmeal Treats, 100	red dyes, about, 63
in Microwave Oatmeal Balls, 8–9	reduced-fat treats, 110
in Peanut Butter, Honey, and Oat Cookies,	Beat-the-Heat Yogurt Yummies, 64–65
48–49	Salad Bar Bones, 111
in Riker's Favorite Liver Treats, 30	Turkey Jerky, 112
in Veggie Treats, 99	Yogurt Salmon Yummies, 88–89
onions, avoiding, 11, 41	rice and lentils, Texmati, doghouses, 46
<u> </u>	Riker's Favorite Liver Treats, 30
	Royal Blend Texmati & Lentils, about, 47
Parmesan. See cheese	rye flour, about, 27
peanut butter, about, 83	Tyc noth, about, 27
in Peanut Butter–Cheerios Treats, 82–83	
in Peanut Butter, Honey, and Oat Cookies,	
48–49	Salad Bar Bones, 111
in Peanut Butter–Honey Nut Cheerio Balls, 10	salmon, about, 89
in Peanut Butter Yogurt Yummies, 65	yogurt yummies, 62, 88–89
peppermint petrol rogart ramminos, so	salt, about, 41, 49
Christmas canes, striped, 74–75	soup, chicken, cookies, tummy-tempting, 14
Christmas cookies, 76–77	special dietary needs, recipes for, 96–113
Pigs in a Blanket, 53	special occasions, recipes for, 54–79
popcorn, cheesy, easy, 90–91	storing treats, about, 7
chicken-flavored, 90	Striped Peppermint Christmas Canes, 74–75
Parmesan-flavored, 91	sunflower seeds
Potato Cranberry Christmas Cookies, 72	about, 51
potato starch flour, about, 27	in Basic Bones, 35
protein, about, 15	in Sunflower Sensations, 50–51
pumpkin, about, 67	in Veggie Treats, 99
in Halloween Hidden Treats, 66–67	sweet potato(es), about, 69 in Chunk Chicken and Sweet Potato Treats, 6
pupcakes	in Turkey Day Treats, 68
banana, birthday, 58–59	III Turkey Day Heats, 00
blueberry, birthday, 56–57	

T	vegetables
I and the second	in Carrot Crunchies, 42–43
Taco Treats, 12	in Quick-and-Easy Cheese Circles, 53
Texmati Rice and Lentils Doghouses, 46	in Salad Bar Bones, 111
tomato paste, about, 17	in Veggie Treats, 99
training treats, recipes for, 80–95	111 108810 110410, 00
Treats and Tidbits	W/
all about flour, 27	VV
avoiding wheat, 11	wheat, avoiding, 11, 45
dough thickness, 37	wheat-free treats, 104
feeding uncooked meats, 87	Applesauce Garbanzo Cookies, 108–109
foods to avoid, 11, 19	Beat-the-Heat Yogurt Yummies, 64–65
get creative, 113	Beef and Barley Biscuits, 106
hot dogs, 95	Easy Cheesy Popcorn, 90–91
inedible decorations, 78	Frozen Magic Meatballs, 86
red dyes, 63	Grain-Free Goodies, 84
storing treats, 7	Liver and Oats Drop Cookies, 105
throwing a canine birthday party, 60	Potato Cranberry Christmas Cookies, 72
treats as gifts, 73	Riker's Favorite Liver Treats, 30
Tummy-Tempting Chicken Soup Cookies, 14	Turkey Jerky, 112
tuna, in Beat-the-Heat Yogurt Yummies, 64	Yogurt Salmon Yummies, 88–89
Turkey Day Treats, 68	whole wheat flour, about, 27
Turkey Jerky, 112	
	V
	yogurt, about, 85
1 1	yogurt yummies
uncooked meats, feeding, 87	beat-the-heat, 64–65
\ /	berry, 65
V	·
Valentine Hearts, 62–63	dry dog food, 65
Valentine's Day Treats, 35	peanut butter, 65
	salmon, 64, 88–89

Other Favorite Dog Treat Recipes

Other Favorite Dog Treat Recipes



Canine Chef Accessory

Complete this form and mail it in with your receipt.



Name			
Address			
(PO boxes not accepted)			
City	State	Zip	
Sity	State		
Email Address			
Store name(s) and city			

Check here if you want to know about new Howell Book House® books and special offers.



Howell Book House®
An Imprint of

WILEY

To receive your **FREE** gift:

- 1) Complete and submit this form or the information on a 3x5 card.
- 2) Send the completed form with your cash register receipt(s); photocopy accepted.
- 3) Wait 6-8 weeks for delivery.

Send to:

Canine Chef Accessory Free Gift Offer # OWGR00002 PO Box 8256 Wixom, MI 48393-8256 **TERMS:** Howell Book House books may be purchased at different retailers during the promotion; however, a register receipt for each purchase is required. Free gift offer limited to one per purchase and two per name, address, or household. Use of multiple addresses to obtain additional gifts constitutes fraud. Incomplete or incorrect submissions will not be honored. Offer good only in the Continental USA, Hawaii, and Alaska and Canada. Void where prohibited by law. This offer may not be published in any refunding magazine or elsewhere without Wiley's prior written permission. Allow 6-8 weeks for delivery. Wiley is not responsible for lost, illegible, or incomplete orders, damaged, or separated mail. P.O. Box numbers will not be accepted. Offer subject to limited quantities. The sponsor has the right to substitute free gift with a gift of equal value.

For questions regarding the shipment of your free gift, visit www.TOCOME.com; and click on www.expressgroup.com.

Wiley, the Wiley logo, Howell Book House and all related logos, trademarks and trade dress are trademarks or registration trademarks of Wiley in the United States and other countries and may not be used without written permission.