

Healthy Home Cooking



For

Pomeranians

Healthy Recipes for all Pomeranians

Table of Contents

Doggie Breakfast	4
BARF BREAKFAST	4
Main Meals, Soups and Doggie Appetisers	5
DOGGIE CASSEROLE	5
HOMEMADE KIBBLE	5
FOR THE FUSSY EATER	7
GOURMET ALL IN ONE	7
TASTY APPETISER	8
CHICKEN SOUP	8
DOGGIE STEW	8
DOGGIE GOULASH	9
DOGGIE MEATBALLS	9
BASIC BALANCED MEAL WITH VEGETABLES	9
SALMON DELIGHT	10
FIDO'S FISH DISH	10
HOUND SOUP	11
YUMMY PASTA	11
DOGGIE CHILI	12
BEEF STEW	12
HOMEMADE DOGGIE STEW	13
Slow Cooker Dog Food	15
CHICKEN & BROWN RICE	15
SLOW COOKER DOGGIE STEW	15
FUR BABIES MINCE AND VEGE STEW	16
LENTILS DOG FOOD	17
CHICKEN AND RICE DOGGIE STEW	18
KANGAROO STEW	18
YUMMY PORK & SAUSAGE DOG FOOD	19
DOGGY DELIGHT	19
CASSEROLE FOR DOGS	20
3 MEAT DOG FEAST	20
SLOW COOKER BEEF & VEGE & PASTA DOG FOOD	21

SLOW COOKER DOG BISCUITS	22
SLOW COOKER DOG MUFFINS.....	23
Dog Cookies	24
WHEAT FREE PUMPKIN DOG COOKIES	24
OATMEAL AND PEANUT BUTTER COOKIES FOR YOUR DOGGIE	24
SWEET PUPPY PATTIES.....	25
ALFAFA HEARTS	26
BOW WOW BROWNIES.....	26
MUTTS MUFFINS.....	27
GRAVY COOKIES.....	28
BAKE YOUR OWN CRUNCHY DOG BISCUITS	28
Doggie Treats	30
LIVER CAKE.....	30
SATIN BALL TREATS.....	30
CHICKEN PATE.....	30
SATIN BALLS.....	31
SWEET POTATO RAWHIDES	31
TURKEY DOGGIE TREATS.....	32
CHICKEN JERKY.....	32
FROZEN YOGURT POPS FOR DOGS	33
FRUIT AND VEGETABLE STRIPS	33
BEEF AND VEGETABLE BALLS	34
FRUIT PARFAIT FOR DOGS	35
Birthday Cakes	36
CANINE CHICKEN BIRTHDAY CAKE.....	36
Other Doggie Recipes	37
SATIN BALLS.....	37
MEAL FOR SENIORS OR DOGS WITH DIGESTIVE PROBLEMS	37
GOLDEN PASTE RECIPE	38
NOW TO USE YOUR GOLDEN PASTE GOLDEN PASTE COOKIES	38

Doggie Breakfast

BARF BREAKFAST

Half cup rolled oats.

1 cup plain natural yogurt.

One cup vegetables (shredded, lightly steamed or pureed. Carrots, celery, spinach, broccoli or apples).

250 mgs vitamin C for dogs. Crushed.

1 teaspoon honey.

1 teaspoon apple cider vinegar.

1 teaspoon kelp seaweed powder.

1 teaspoon alfalfa powder.

1 digestive enzyme - for dogs.

1 teaspoon flax seed oil.

1/4 cup kibble.

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

Main Meals, Soups and Doggie Appetisers

DOGGIE CASSEROLE

2 cups brown rice.

8 oz. mince beef.

1 teaspoon vegetable oil.

Half cup finely chopped carrots.

Half cup finely chopped beans and/or shredded cabbage.

Brown the beef with the oil in a large saucepan. Add the vegetables, rice, and enough water for it to simmer without burning and drying up. Cook on a low heat for approx. 15-20 minutes.

HOMEMADE KIBBLE

1 cup and 1 tablespoon (200 g) brown rice

½ cup (100 g) lentils

5 cups (1¼ litres) water

3 medium carrots (200 g), peeled and chopped

1 medium sweet potato (200 g), scrubbed and chopped

1 apple, peeled, cored and chopped, or ½ cup (100 g) unsweetened applesauce

¾ cup (100 g) rolled oats

1¼ tablespoons finely chopped fresh parsley

2 small sprigs fresh rosemary, finely chopped

2¼ cups (500 g) ground turkey, about 18 ounces

¼ cup (50 ml) olive, sunflower or canola oil, plus additional oil for greasing

Put the rice and lentils into a saucepan and cover with the water. Bring to a boil, then reduce the heat to medium and cook for 20 minutes.

Once the rice and lentils are cooked, add the chopped carrots, sweet potato and apple to the saucepan. Stir in the oats and chopped herbs and gently simmer for 20 minutes more. Add an extra cup of water if the mixture is too dry. Preheat the oven to 350°F/180°C.

Meanwhile, brown the ground turkey in a separate frying pan. You will need to keep stirring it while it is cooking to prevent it from sticking to the pan as it is very low in fat. It will take about 10 minutes to cook through.

Put half the cooked vegetable and grain mixture into a food processor with half the cooked turkey, add half the oil and pulse until the mixture resembles a thick purée.

Grease 2 cookie sheets and spread the mixture onto one of the sheets so that it is about ¼ inch (5 mm) thick. The mixture will spread slightly so leave a bit of room for this. It is important that the mixture is not too thick because it will prohibit the kibble from cooking through.

Repeat as above using the second cookie sheet and the remaining ingredients.

Place both cookie sheets into the preheated oven and bake for 45 minutes. Turn the kibble over so that it dries through, and cook for another 30 to 45 minutes. You should have what looks like two very large cookies. Make sure the kibble is completely cooked through, as any moist bits will get mouldy after a couple of days. If it is not fully dried out, leave it in the oven for 20 minutes more.

Reduce the oven temperature to 325°F/160°C. Remove the “kibble cookies” from the oven, cool slightly and cut them into small pieces. Place the pieces back onto the cookie sheets and bake for an additional hour, or until the kibble is completely dried (but not burnt).

Remove the kibble from the oven and let cool completely. It should resemble pieces of broken pita bread. It will keep in the fridge for 10 days.

Per 4 ounces (100 g)

Calories: 365

Protein: 20%

Fat: 9%

FOR THE FUSSY EATER

- 16 oz. minced beef, chicken or lamb.
- 4 oz. brown rice or wholemeal pasta.
- 8 oz. mixed veg or green beans.
- 2 eggs (hard boiled and chopped).
- 1 tin of sardines/pilchards in sunflower oil.
- Olive oil or sunflower oil for cooking.

Brown meat in a tablespoon of oil. Add 1 litre of water together with the rice/pasta and vegetables and cook for 10 minutes. Add pilchards/sardines and/or hard-boiled egg. Serve.

GOURMET ALL IN ONE

- 2 skinless and boneless chicken breasts.
- Half cabbage (white or green).
- 3 medium sized carrots.
- 12 green beans.
- 1 courgette.
- 2 large handfuls pasta.
- Half cup long grain rice.
- 2 handfuls fresh spinach leaves.

This can be served alone, as a tasty topping to a complete food or with some crunchy wholemeal dog biscuits.

Put the chicken, cabbage, carrots, courgette and beans in a blender and blitz for just a few seconds until it's finely chopped. (Resembles coleslaw). Add to a large saucepan with the rice and one and a half pints of water. Boil for 10 minutes. Add the pasta and cook for a further 10 minutes. Add the spinach leaves and stir well. Remove from heat. Allow to cool, and it's ready to serve or freeze into individual meals.

TASTY APPETISER

Ideal for picky dogs to add as a topping to their regular kibble, or for dogs that need to lose a few pounds.

1 frozen bag of cabbage or green beans.

2 cups of free flow minced beef or chicken.

1 cup of brown long grain rice.

Put all ingredients in a large saucepan. Add a pint of water. Bring to boil and simmer for 20 minutes until ingredients are cooked through. Can be frozen into individual servings, or will keep in an airtight container for 3 days in the fridge.

CHICKEN SOUP

Combine 1 chicken liver, 1 giblet, 1 chicken heart, 1 chicken neck, 2 cups water and 1 tablespoon finely chopped parsley.

Cover and simmer until the giblet is tender.

Chop all the meat for dogs, removing the bones and mix with kibble; for cats, you may want to grind the meat in the blender.

DOGGIE STEW

8 ozs minced beef.

4 cups cooked brown rice.

2 mashed hard-boiled eggs.

4 slices wholemeal bread (crumbed).

One cup of shredded cabbage (optional).

2 cups of liquidised spinach (optional, fresh or frozen can be used).

Olive oil (optional).

Brown the meat in a pan with a few tablespoons of water and/or olive oil. Mix with the rice, eggs, cabbage and crumbed bread. Liquidised spinach can also be added. For added flavour, add one tin of sardines/pilchards in tomato sauce before serving.

DOGGIE GOULASH

3 carrots (finely diced).

1 cup green beans.

1- 2 cups shredded cabbage.

1 lb mince beef.

2 tablespoons olive oil.

2 hard-boiled eggs (sliced or mashed).

1 tin of sardines in sunflower oil.

Brown the beef with the olive oil in a large saucepan. Add the vegetables, and enough water for it to simmer without burning and drying up. Cook on a low heat for approx. 15 - 20 minutes. When cooked, add cooked eggs and sardines.

DOGGIE MEATBALLS

8 oz. minced beef.

One third of a cup of grated cheese.

1 finely chopped carrot.

Half cup breadcrumbs.

1 raw egg.

1 teaspoon tomato puree.

Combine all ingredients in a medium sized bowl. Scoop out by the spoonful and roll into mini size meatballs. Place on a tray covered with greaseproof paper and spray with non-fat cooking spray. Bake for 15 - 20 minutes. Store in fridge with a sealed container.

BASIC BALANCED MEAL WITH VEGETABLES

1lb minced lamb or beef.

2 cups cooked brown rice.

1 large bag of frozen mixed vegetables.

1 carton of natural yoghurt.

Brown beef in a frying pan, adding a little water. Boil or steam vegetables until tender. Chop finely or add vegetables to a food processor and pulse until the vegetables are coarsely chopped. Combine chopped vegetables with rice and beef. Allow to cool before adding yoghurt. Store refrigerated in a tightly sealed container.

SALMON DELIGHT

1 can of salmon (bones removed).

1 beaten egg.

3 tablespoons cornflour.

1 sweet potato.

1 carrot.

1 stick celery.

Mix salmon, egg and cornflour. Form into patties and coat them with a little more cornmeal. Fry in a tiny amount of olive oil until brown on both sides. Chop patties into small bites and stir together with chopped and boiled vegetables. A spoonful of cottage cheese may be stirred in for moisture (optional).

FIDO'S FISH DISH

1lb boneless white fish.

Half a cup of milk.

Half a cup of water.

One cup long grain rice.

Half cup diced green peppers (optional).

2 tablespoons vegetable oil.

3 hard-boiled eggs, mashed.

1 grated carrot.

1 tablespoon fresh or 1 teaspoon dried parsley.

Combine fish, milk and water in a pan over medium heat and simmer for 20 minutes. Steam or boil rice until cooked. Add peppers, oil, eggs, carrot and parsley and simmer for 5 minutes. Mix all ingredients together before serving.

HOUND SOUP

2 chicken breasts or chicken thighs (preferably boned).

6 cups water.

2 carrots, finely diced.

1 chopped celery stick.

1 sweet potato.

2 cups long grain rice (uncooked).

Dice the chicken and place with the water and vegetables in a large pan. Cover and simmer over a low heat for 1 hour, stirring occasionally. Add the rice and simmer for a further 30 minutes or until most of the water has been absorbed and ready to serve. (If using chicken on the bone, remove bone and skin and dispose of before serving - cooked bones must not be fed to dogs).

YUMMY PASTA

1 lb. minced beef/chicken/turkey/or lamb.

2 teaspoons olive oil.

1 cup water.

2 cups pasta.

1 cup chopped broccoli.

1 cup chopped carrots.

Tin of chopped tomatoes.

Cook the pasta with the broccoli and carrots. Brown the meat in the oil. Add a few tablespoons of water and simmer for a few minutes before adding the tomatoes. Mix well over a low heat for a further 5 minutes. Add vegetables and pasta, allow to cool before serving.

DOGGIE CHILI

Ingredients

- 4 chicken breasts
- 1 cup of kidney beans, drained
- 1 cup of black beans, drained
- 1 cup of carrots, diced
- 1/2 cup of tomato paste
- 4 cups of chicken broth

Directions

1. Remove the excess fat and dice the chicken breasts into nickel-sized pieces.
2. Cook the chicken breasts in a non-stick skillet over medium-high heat until no longer pink.
3. Add the chicken, beans, carrots, tomato paste, and chicken broth into a large pot and cook over medium heat until heated through – about 10 minutes.
4. Allow the mixture to cool before serving.
5. Store leftover chili in the fridge for up to five days.

Tip: You can add a 1/2 tablespoon of fish oil to this recipe. The flavours are strong enough that even picky eaters won't notice the added healthy ingredient.

BEEF STEW

Ingredients

- 1 pound of beef stew meat
- 1 small sweet potato
- 1/2 cup of carrots, diced
- 1/2 cup of green beans, diced
- 1/2 cup of flour
- 1/2 cup of water or organic vegetable oil, plus 1 tablespoon of vegetable oil for frying

Directions

1. Cook the sweet potato in a microwave for 5 to 8 minutes until firm but tender. Set aside.
2. Slice the stew pieces into smaller chunks, about the size of a nickel.
3. Cook the stew pieces in a tablespoon of vegetable oil over medium heat for 10-15 minutes or until well-done.
4. Remove the beef chunks from the pan, reserving the drippings.
5. Dice the sweet potato.
6. Heat the drippings over medium-low heat. Slowly add flour and water into the dripping while whisking to create a thick gravy.
7. Add the meat, sweet potato, carrots, and green beans into the gravy and stir to coat.
8. Cook until the carrots are tender – about 10 minutes.
9. Serve cool.
10. Store remaining stew in the fridge for up to five days.

HOMEMADE DOGGIE STEW

Ingredients

- 1 lb ground beef
- 1/2 lb ground chicken
- 1/2 lb ground turkey
- 1 lb baby carrots
- 2 small baking potatoes
- 3 cups brown rice
- 3 eggs, slightly beaten
- 3 cups chicken broth
- 2 cups water

Directions

Cook all 3 ground meats together in larger 6 quart Dutch oven.

Add rice, chicken broth and water. Cook on medium heat for 30 minutes.

Add potatoes and carrots, and slightly beaten eggs. Cook for an additional 20 - 30 minutes.

After cooking, put mixture into storage containers. This freezes very well.

Slow Cooker Dog Food

CHICKEN & BROWN RICE

Base

- 1 cup brown rice
- 2 cups water

Vegetables

- 1/2 lb. green beans, broken into segments
- 1 medium sweet potato, raw, cut into medium-sized chunks (leave skin on)
- 3 carrots, sliced into about 1" thick rounds

Protein

- 2 boneless chicken breasts (with or without skin) or 4 to 6 boneless, skinless chicken thighs

Directions

1. Put all ingredients into the crockpot in the order given (layer, don't mix).
2. Cook on low for about 8 hours, on high for about 5 hours.
3. When done, stir, breaking up the chicken into small pieces. Everything will be quite soft.
4. Let cool and serve; can be used with a quality kibble or by itself, in a serving size appropriate for your dog's weight and activity level.

Refrigerate unused portion; keeps up to three days.

Substitutions are allowed! For vegetables, try broccoli florets, zucchini, spinach or any of several types of squash. For the protein source, beef cubes, turkey or lamb also work. Use organic ingredients if possible.

SLOW COOKER DOGGIE STEW

Serves: Makes 4.5kg

Preparation Time: 20 mins (maybe less)

Cooking Time: 4 hours on high.

Ingredients

100ml oil

1 kg of beef mince

1 kg of mixed chicken meat and liver

450g of barley

5 cups of vegetable scraps (raw not table - no onion included)

4 eggs

50 g of Kelp

1/2 teaspoon of turmeric

1.5 litres of water.

Instructions

Process the vegetables, garlic and eggs including shell together.

Placed all in the slow cooker with 1/2 the water

Mixed well. Added the remaining water.

On HIGH for 4 hours in a 6L Slow cooker.

Stir a few times. This stew can then be frozen in meal size portions suitable for your dog.

FUR BABIES MINCE AND VEGE STEW

Preparation Time: 3 min

Cooking Time: 7 hours on low

Ingredients

1 1/2 Kilos Mince,

1 small packet frozen mixed Vegetables,

1 cup rice,

1 small packet Macaroni Pasta,

2 eggs

3 cups water or beef stock

Instructions

Add all ingredients to slow cooker

Mix with water or beef stock

Cook 7 hours on low, when finished add eggs. Stew can then be frozen in meal size portions suitable for your dog/s.

LENTILS DOG FOOD

Serves: 18 cups

Preparation Time: 15 mins

Cooking Time: 5 hours

Ingredients

1 packet red lentils

1 cup brown rice (omit for grain free)

1 kg frozen veg (broccoli, carrots, beans & cauliflower)

1/2 bag frozen spinach

1 kg sweet potato

700g potato

700g pumpkin

Kelp (as required based on dog's weight)

4-5 cups of water

2 large cans tuna with spring water

Instructions

Add lentil, rice, kelp and water first

Layer on frozen veg

Finally add fresh veg

Cook on high around 5 hours

After cooking add tuna

I serve with high quality grain free dry food and raw meat and eggs! If your dog doesn't like raw, add meat at the start and eggs last 30 minutes. Freeze in meal size portions suitable for your dog/s.

CHICKEN AND RICE DOGGIE STEW

Preparation Time: 15 mins

Cooking Time: 3-4 hours high depending on slow cooker

Ingredients

1kg chicken breast all fat cut away

500g veggies (any kind)

1 cup brown rice

1 tin chick peas

Half cup stock

Half cup water

Half tea spoon garlic if wanted

Instructions

Mixed everything together

Cook for 3-4 hours high depending on slow cooker. Freeze in meal size portions suitable for your dog/s.

KANGAROO STEW

Preparation Time: 5 mins

Cooking Time: 8 hrs on low

Ingredients

2.5 kilograms Kangaroo mince

Half a bag of frozen carrot, broccoli and cauliflower

2 cups of brown rice

1 cup of water

4 eggs

2 Tablespoon of coconut oil

2 Tablespoon of Parsley and pepper

Instructions

Throw all ingredients in and give a good mix to break up any clumps of meat. Depending on your slow cooker, cook 8 hrs on low. Freeze in meal size portions suitable for your dog/s.

YUMMY PORK & SAUSAGE DOG FOOD

Preparation Time: 15 mins

Cooking Time: 3-6 hours on high

Ingredients

About 10 sausages

500 grams pork mince

6 eggs

5 carrots

1 zucchini

500mls chicken stock

3 cups of brown rice

Instructions

Dump it all in this cooker and cook 3-6 hours on high. Freeze in meal size portions suitable for your dog/s.

DOGGY DELIGHT

Preparation Time: 15

Cooking Time: 6 hours slow

Ingredients

5 whole carrots, chopped small.

6-7 frozen broccoli heads chopped or blitzed.

1 pack of frozen mince.

200g whole grain brown rice.

Instructions

Prepare all ingredients and place in slow cooker, stir well every 2 hours. Everything can be from frozen for convenience. Can be added to a high quality dry food for variety and extra flavour.

CASSEROLE FOR DOGS

Preparation Time: 5 Minutes

Cooking Time: On low, I put on before bed, turn off when I wake up. On high it takes approx. 2 hours

Ingredients

2 kg Budget Beef Mince

1 kg Diced Frozen Mixed Veg

2 cups brown rice

1 cup 12 grain soup mix

1/2 cup Rolled Oats

2 tbsp. Vegemite

2 tbsp. Honey

Sprinkle of Herbs if desired

Instructions

Add all ingredients to cooker. You can break up into several cookers or make a smaller batch

Pour boiling hot water until ingredients are covered. Once cook freeze if desired.

3 MEAT DOG FEAST

Preparation Time: 20 mins

Cooking Time: 8-10 hrs on low

Ingredients

4 potatoes roughly diced

1 kg bag of frozen mixed vegetables

1 kg fresh pet mince
500 gram pack of livers
3 cups of brown rice
2 heaped teaspoons of chicken stock powder
2 heaped tablespoons of gravy mix
Sprinkle of mixed herbs
Sprinkle of parsley
1 large tin of tuna (including juice/oil)
Approximately 5 litres of water

Instructions

Put all ingredients except tuna in slow cooker
Cook on low for approximately 8-10hrs (I did overnight)
Once cooked stir in tin of tuna including the juice/oil
Leave to cool
Divide into zip-lock sandwich bags and freeze.

SLOW COOKER BEEF & VEGE & PASTA DOG FOOD

1.5 kg of mince beef
2 large carrots diced
1 large swede diced
2 small sweet potato diced
1/4 pumpkin diced
1/2 cauliflower in florets
2 cups of water on low for 6 hours.
1.5 cups of macaroni added in the 6th hour and cook for one hour.
Let cool and refrigerate and bag. Freeze and thaw the day before when required.

SLOW COOKER DOG BISCUITS

Preparation Time:

Cooking Time: 1 1/2 - 2 hours high, tea towel under the lid. Take out before edges brown for a softer biscuit.

Ingredients

2 cups wholemeal flour

1 cup rolled oats

1 tablespoon honey

1 tablespoon natural peanut butter

1 mashed banana

1 slice pumpkin (peel and cover with water, microwave 5 mins until soft, mash in the water and add all to mixture)

1 egg

1/4 teaspoon cinnamon

1/4 teaspoon parsley

You can use rice cereal if your dog is wheat sensitive.

Instructions

Mix all the ingredients together except the pumpkin purée.

Allow the pumpkin purée to cool slightly and then add to the mixture.

If your mixture is too dry add a bit of water.

Line your SC with sprayed baking paper and press the mixture in as one large cookie.

Cook on high 1 1/2 to 2 hours, tea towel under the lid. Brush the top with egg white for a shiny effect.

This mixture makes a lot so spread it out thinner for smaller dogs or use your largest Slow Cooker.

Allow the cookie to cool a bit in the cooker and then lift out using the baking paper. When almost cold you can cut into biscuit shapes or just break it up and store in an airtight container. I freeze mine in zip lock bags and get out in lots of 6 or 8.

If you want a softer biscuits for your fur baby then take the cookie out of the cooker before the edges start to look brown. Below I have listed other ingredients to mix and match in your biscuits depending on what your fur baby likes.

Other ingredients you might like to add for variety of flavour are:

Parsley, helps with bad breath

Baby foods may be added: pumpkin purée , beef , blueberry , sweet potato , chicken ,apples , Apple sauce, bananas , grated carrots , maple syrup , non-fat dry milk . CHECK that the baby food contain no onion, grapes, chocolate, raisins or preservatives.

You can use fresh instead of baby food, but when making meat flavoured biscuits the baby food purée is better for the biscuit consistency. (Use 2 jars per mixture).

SLOW COOKER DOG MUFFINS

Cooking Time: 1 & 1/2 hours on high

Ingredients

2 eggs

1 cup mashed pumpkin

2 tablespoons of powder milk

2 & 1/2 cup plain flour

1/2 teaspoon of salt

Instructions

Mix altogether to get a dough type mixture,

Lightly spray a mini patty pan tray,

Spoon mixture into patty tray,

Cook on high for 1 & 1/2 hours, tea towel under lid.

Dog Cookies

WHEAT FREE PUMPKIN DOG COOKIES

Makes 3-4 dozen with a 1×2" cookie cutter. Ingredients: •2 eggs •1/2 c. organic canned pumpkin •2 tbsp. powdered milk •1/4 tsp. sea salt •1 tsp. dried parsley leaves •2 1/2 c. rice flour

Directions: Preheat oven to 350°. Whisk together the eggs and pumpkin puree until smooth. Stir in powdered milk, salt, and parsley until well combined. Add rice flour a little at a time until you have a firm, dry dough. I used a rubber spatula to fold in the flour until the dough got too tough, and then I switched to kneading with my hands. Roll out the dough to about 1/4" thickness, and use a dog bone cookie cutter (or any other cute but smallish cutter) to cut out shapes, and place them on an ungreased cookie sheet. Pop them in the oven and bake for 20 minutes. Flip over the biscuits, and bake for another 10-15 minutes until baked through and turning golden brown. Remove from the oven and cool completely before feeding to your pup.

OATMEAL AND PEANUT BUTTER COOKIES FOR YOUR DOGGIE

- 3 cups whole wheat flour
- 1/2 cup uncooked rolled oats
- 2 teaspoons baking powder
- 1 1/2 cups milk, at room temp.
- 1 tablespoon molasses or honey
- 1 1/4 cups creamy style peanut butter
- 1/4 cup chicken broth

Position the oven rack in the center of the oven and preheat to 375 degrees. Lightly grease or use parchment paper to line two cookie sheets or baking trays.

In a large bowl, using a fork or whisk, combine the flour, rolled oats, and baking powder.

In a medium bowl, using a whisk or an electric mixer, beat the milk, molasses OR honey, and peanut butter together until smooth. Stir in the chicken broth.

Using a large spoon or spatula, combine the two mixes, blending until the mixture pulls away from the sides of the bowl and forms a soft dough. If the mixture seems a little dry, add a little more broth a tablespoon at a time.

Turn the dough out onto a lightly floured flat surface. With a rolling pin, roll out the dough to 1/4-inch thick. Use a 1 1/2-inch cookie cutter to cut out as many cookies as you can, reworking the scraps as you go. The dough will become stiff as it is reworked.

Place the cookies side by side on the prepared cookie sheets. Bake for 20-25 minutes or until the cookies appear very dry and the edges are light golden brown. Turn off the heat and leave the trays in the oven til completely cool. Leave undisturbed for 8-16 hours. This will allow for them to become shelf stable and completely dried out.

~Makes about 13 dozen 1-inch treats.

NOTE: Some dogs don't tolerate milk. Substitute according to your dog's needs.

SWEET PUPPY PATTIES

1 Cup of Cooked and Mashed Sweet Potato

2 Cups Plain Flour

1 Cup Rolled Oats

1 Egg (well beaten)

1 Tablespoon Melted Butter

½ Cup Water to mix

Combine all ingredients except the water and mix well.

Add water until the consistency is thick like dough.

Knead for 3 – 4 minutes

Roll out and use cookie cutter or a sharp knife and cut your preferred shape

Bake for 20 – 25 minutes

Oven temp: 180°C

These biscuits will freeze for up to 6 months in an airtight container

ALFAFA HEARTS

2 cups whole wheat flour.

1/2 cup soy flour.

1 teaspoon bone meal – optional.

2 tablespoons nutritional yeast.

1 tablespoon lecithin – optional.

1/2 teaspoon salt.

3 tablespoons alfalfa sprouts –chopped.

1 cup brown rice –cooked.

3 tablespoons canola oil.

1/2 cup water.

Mix flour, bone meal, yeast, lecithin, salt and alfalfa leaves. Add rice and oil, 1/4 cup of water and mix well until you get a good dough-like consistency.

Lightly flour board or counter and roll out dough to 1/4 inch thickness.

Cut with 2 1/2 inch cutter. Bake at 350 degrees for 25 minutes.

This recipe will make around 36 portions.

BOW WOW BROWNIES

Half cup oil.

2 tablespoons honey.

1 cup plain flour.

4 eggs.

1 teaspoon vanilla (optional).

Half teaspoon baking powder.

Preheat oven to 350F (gas mark 4). Mix oil and honey thoroughly. Add the remaining ingredients and mix well. Pour onto a greased baking sheet approx. 15" x 10." Bake for 30-35 minutes. Leave to cool and cut into bite size pieces, store in a sealed container in the refrigerator for 3 - 5 days.

Topping (optional).

12 ounces fat free cream cheese.

1 teaspoon honey.

1 teaspoon vanilla.

Blend all ingredients, and spread over the cooled brownies before cutting.

MUTTS MUFFINS

1.5 cups oat flour.

1 cup oat bran.

1 cup rolled oats.

2 teaspoons cinnamon (optional).

2 teaspoons baking soda.

1 whisked egg.

Half cup honey.

3 tablespoons sunflower oil.

Half cup skimmed milk.

Preheat oven to 425F (gas mark 7). Mix flour, bran, oats, cinnamon and baking soda and then add the milk. In a separate bowl, blend the egg, honey and oil, add to the flour mixture and stir well. Spoon into the oiled muffin pans, until three quarters full to allow for rising. Bake for 15 - 20 minutes and cool before serving. Store in an airtight container for 3 - 5 days.

GRAVY COOKIES

2.5 cups plain flour.

2 small jars beef baby food.

6 tablespoons beef gravy (salt free).

1 egg.

Half cup non-fat dry milk.

Half cup water.

Preheat oven to 350F (gas mark 4). Mix all ingredients in a large mixing bowl. Pat hands with flour and shape the mix into a large ball. Flatten ball with a floured wooden rolling pin. Using a cookie cutter cut the dough into pieces, and place on a greased cooking sheet. Bake for 25 minutes or until lightly brown. Allow to cool and keep in airtight container for 3 - 5 days.

BAKE YOUR OWN CRUNCHY DOG BISCUITS

It is simple and easy to do and the dogs love the smell of them cooking. It takes 5 minutes to mix and just under 40 minutes to bake.

8 oz. sausage meat.

8 oz. plain wholemeal flour.

2-3 oz. of stock or water.

Reheat oven to 180C/350f, mix the sausage-meat, flour thoroughly and bind with the stock or water to make a very stiff dough. Roll out on a floured surface to ½ inch thickness and cut into bone shapes or any shape you want. A quicker way is just to roll into 1 ½ inch sausages and squeeze the end to make mini bones. Keep using all the trimmings until all the dough is used.

Put onto un-greased sheets and bake for 30-50 minutes (depending on size). Let them get good and hard but try not to burn them. Let them cool and serve them up as a treat. There's nothing in this recipe that makes it unfit for human consumption should any tricks be played!

Doggie Treats

LIVER CAKE

8 oz. liver.

4 oz. S/R flour.

2 eggs.

Put all the ingredients into a blender until the mixture is smooth, pink and runny. (Not too rigid a requirement if you prefer to make it a bit chunky). Pour into greased Swiss roll type baking tin and place in the oven (gas mark 4) for around 30-40 minutes.

Leave to cool and cut into bite size pieces.

It can be frozen into individual bags [enough for a show] and makes enough for 4-5 shows.

SATIN BALL TREATS

1 lb mince.

1 x 8 oz. tub of cream cheese.

1 jar all natural peanut butter.

1 small jar wheat germ.

1 dozen egg yolks.

1 cup of flaked oats soaked in double cream.

Mix up, form balls, freeze, feed as treats or a food supplement for any dog that needs building up either after illness or because of being a picky eater.

CHICKEN PATE

Take a whole chicken. Boil for around an hour. Remove meat from bones and puree with the meat juices & pour into ice-cube trays.

A treat for dogs recuperating from sickness or a fussy eater.

SATIN BALLS

A very old favourite recipe used for putting weight on a dog quickly. It has also been used to help with some forms of hair loss, and when dogs are shedding, to keep the skin and coat healthy and shiny. This recipe is intended to be fed raw and should be made in large quantities and frozen into individual servings.

5lb meat mince (beef, lamb or chicken).

Half a jar of wheat germ.

Half large box of oatmeal (uncooked).

3/4 Cup vegetable/sunflower oil.

5 eggs.

5 packets/envelopes gelatine.

3/4 cup molasses.

A pinch of salt.

1 lb cornflakes.

Mix all ingredients together well, much like a meatloaf. Put into separate freezer bags and freeze, thawing out as needed. It puts weight on in a very short time. You can use it daily, alone or mixed with dried kibble.

SWEET POTATO RAWHIDES

1 Sweet Potato

Scrub clean

Slice into thin strips lengthwise

Place on a baking tray into the oven, just until crisp, be careful not to overdo them – you will have to watch them, depends on how thick you have sliced them.

Oven temp: 180°C

TURKEY DOGGIE TREATS

- 2 cups cooked turkey -- cut up.
- 2 cloves garlic.
- 4 teaspoons grated cheese.
- 1 tablespoon parsley -- freshly chopped.
- 2 eggs.
- 2 cups whole wheat flour.
- 2 tablespoons brewer's yeast.
- 2 tablespoons vegetable oil.

Combine turkey, garlic, cheese, parsley and mix well. Beat the eggs in a bowl and pour over turkey mixture. Add the flour, brewer's yeast, and oil. Stir until thoroughly mixed and all ingredients are coated. Drop into small lumps onto ungreased cookie sheet. Cook in a 350 degree oven for about 20 minutes, until brown and firm. Store in refrigerator for up to three days.

CHICKEN JERKY

Homemade chicken jerky treats as a great and safer alternative to the store-bought raw hides. The jerky is tough and chewy, so it keeps my dog occupied for a while, and the chicken has a good amount of protein, which is good for a dog's muscle structure.

Ingredients

- 2 to 4 chicken breasts

Directions

1. Preheat the oven to 200 degrees Fahrenheit.
2. Remove any excess fat from the chicken. Turn the chicken breast on its side and use a paring knife to slice the chicken breast into 1/8 inch thick strips.
3. Set the strips on a baking sheet. Bake for 2 hours.
4. Check the chicken before removing from the oven. It should be dry and hard, not soft or chewy. Allow the chicken to cool completely before serving.
5. Store the jerky in an airtight container in the fridge for up to two weeks.

Tip: You can substitute sweet potatoes for the chicken in this recipe. Sweet potatoes make a healthy, vegetarian alternative.

FROZEN YOGURT POPS FOR DOGS

Ingredients

- 6 oz. container of plain, non-fat frozen yogurt
- 1 cup of no-sugar added fruit juice
- 1/2 cup of carrots, minced

Directions

1. Add the yogurt, fruit juice, and carrots into a medium-sized bowl. Stir until the ingredients are smooth and well-blended.
2. Drop the mixture into the ice cube trays by spoonful.
3. Freeze until the ingredients are solid.

Tip: Use hard plastic trays instead of the softer rubber ones to make the treats. The treats are easier to remove from a hard tray.

FRUIT AND VEGETABLE STRIPS

Ingredients

- 1 small sweet potato
- 1 medium banana
- 1 cup carrots, minced
- 1/2 cup unsweetened organic applesauce
- 2 cups of whole wheat flour (white if your dog has allergies)
- 1 cup of rolled oats
- 1/3 cup of water

Directions

1. Cook the sweet potato in the microwave for 8 to 10 minutes, or until the insides are soft. Set aside and allow to cool.

2. Preheat the oven to 350 degrees Fahrenheit.
3. Mash the banana and sweet potato in a large mixing bowl with a hand masher until smooth. Add in the carrots, flour, and oats. Slowly add in the applesauce and water while mixing.
4. The ingredients will form a soft dough. Roll the dough on to a lightly floured surface until the dough is 1/8 inch thick.
5. Cut the dough into strips.
6. Cook on a baking sheet for 25 minutes.
7. Store leftover strips in the fridge for up to two weeks.

Tip: Do not worry about overcooking the sweet potato. Softer potatoes will mash easier.

BEEF AND VEGETABLE BALLS

Ingredients

- 2 6-ounce jars of organic beef and vegetable baby food
- 1 cup of whole-wheat flour (or white substitute)
- 2 cups of dry milk
- 1 cup of water

Directions

1. Preheat the oven to 350 degrees Fahrenheit.
2. Mix all of the ingredients in a large mixing bowl.
3. Drop the mixture onto a baking sheet in large spoonfuls.
4. Bake for 12 to 15 minutes.
5. Allow to the treats to cool completely. Store leftover beef and vegetable balls in the fridge for up to five days.

Tip: These treats do not keep as well as others. Try cutting the recipe in half if you only have one dog.

FRUIT PARFAIT FOR DOGS

Ingredients

1/2 cup plain, non-fat yogurt

1/2 cup of strawberries, diced

1/2 cup of blueberries, diced

1/2 cup of applesauce

Directions

1. Blend all ingredients in a medium size bowl until the yogurt is smooth and the fruit is well blended.
2. Serve in small amounts.
3. Store in the fridge for up to seven days.

Birthday Cakes

CANINE CHICKEN BIRTHDAY CAKE

350 g (12 oz.) chopped or minced chicken.

4 eggs.

1 cup plain flour.

1/2 tsp. baking powder.

1/2 cup oatmeal.

1/2 cup Corn oil.

Half cup grated carrot.

For the 'icing' use a spread made from either plain natural yoghurt or cream cheese.

Preheat oven to 350°, grease and flour the cake tin. Finely chop or mince the chicken. Puree the chicken in a blender, or food processor, with the eggs and corn oil. Grate the carrot and add to the mix mixture, blending until completely mixed. Sift the flour and baking powder in a bowl and mix in the oatmeal. Make a well in the centre of the flour and gradually stir in the blended mixture. Pour the mixture into a greased cake tin and cook for around 50 – 60 minutes. Remove from oven and let cool for half an hour. Spread the top of the cake with the icing. I.e. yoghurt or cream cheese.

Cake will keep in the fridge for 3 – 5 days.

Other Doggie Recipes

SATIN BALLS

A very old favourite recipe used for putting weight on a dog quickly. It has also been used to help with some forms of hair loss, and when dogs are shedding, to keep the skin and coat healthy and shiny. This recipe is intended to be fed raw and should be made in large quantities and frozen into individual servings.

5lb meat minces (beef, lamb or chicken).

Half a jar of wheat germ.

Half large box of oatmeal (uncooked).

3/4 Cup vegetable/sunflower oil.

5 eggs.

5 packets/envelopes gelatine.

3/4 cup molasses.

A pinch of salt.

1 lb cornflakes.

Mix all ingredients together well, much like a meatloaf. Put into separate freezer bags and freeze, thawing out as needed. It puts weight on in a very short time. You can use it daily, alone or mixed with dried kibble.

MEAL FOR SENIORS OR DOGS WITH DIGESTIVE PROBLEMS

8 oz. chicken breast.

1 cup long grain rice.

1 sweet potato.

2 tablespoons vegetable oil.

Boil chicken and finely chop, steam or boil rice. Cook potato. Mix all ingredients together with oil. You can add contents of a vitamin E capsule if desired.

GOLDEN PASTE RECIPE

½ cup organic turmeric powder (Must be high quality organic turmeric powder. Any other will have the curcumin extracted, and this is crucial.)

1 ¼ cups water

1 ½ teaspoons freshly ground black pepper (Must be the black peppercorns. Grind them in a coffee grinder or pepper mill.)

Just over 1/4 cup (70 ml) cold pressed Olive or Coconut oil. Place turmeric and water in pan, stirring over gentle heat until you have a thick paste. This should take about 7 – 10 minutes and you may need to add additional water along the way (it seems to depend on the turmeric you have).

Add the pepper and oil at the end of cooking. Stir vigorously to incorporate the oil and allow to cool. Store in sterilised glass jar and refrigerate. (To sterilise jar – place clean glass jar, without lid, on cold oven shelf, turn oven on to medium and heat for 10 minutes. Turn off and pop lid in, leave with jar to cool.)

Add to your dinner plate or to your pet's dinner plate. There is no set dose. Feed smaller amounts and often as turmeric leaves the body very quickly. Will keep for up to four weeks, refrigerated – best used within two.

NOW TO USE YOUR GOLDEN PASTE GOLDEN PASTE COOKIES

First cook up a beef, chicken or lamb bone broth

400 grams of meat from broth

400 grams spelt flour or other flour

50 grams melted coconut oil

40 grams golden paste

Mince the meat in a food processor and add all other ingredients.

Mix well into a non-sticky dough.

Roll out flat, about 1/2cm and use cookie cutter

Place cookies into preheated oven 150°C until they feel hard (approx. 35 mins) then reduce temperature to 100°C for another 20 minutes, then again lower the temperature to 50°C until cookies are hard and crisp. Turn oven off and leave cookies in oven to cool.

May be stored in Tupperware container for up to 8 weeks.