

HOMEMADE TREATS FOR HEALTHIER DOGS

77 easy-to-make wholesome,
nutritious recipes your dog will love



Dan Scott

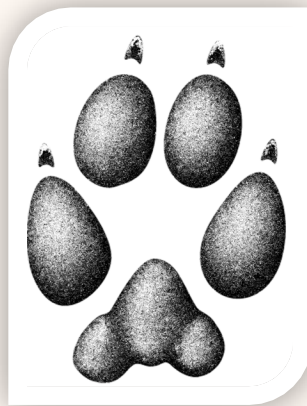
Author of Real Food for Dogs

Homemade Treats For Healthier Dogs – Dan Scott

Homemade Treats For Healthier Dogs

77 Easy, Nutritious
Recipes for Your Dog

Dan Scott



Healthy Dog Publishing

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This book does not constitute professional advice, is written for education purposes only and as such no responsibility can be taken for loss or damage resulting from the information contained within this book.

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CONTENTS

Introduction

Savory Treats

Savory Sardine Chips	1
Savory Sardine Specials	3
Chicken and Sardine Crunch	4
BBQ Bites	5
Chicken Jerky Chips	6
Chicken Cookie Classics	7
Chunky Chicken and Sweet Potato Delights	8
Slow Dried Delicious Liver Treats	9
Liver Crunchies	11
Liver and Parsley Chews	12
Liver Lovers	13
Liver Omelet Surprise	14
Omega Super Balls	15
Nutri Power Balls	17
Lamb Delights	18
Lamb Shortbreads	19
Cheesy Golden Lights	20
Tuna and Cheese Melts	22
Tuna Teasers	23
Fancy Fish Cake Patties	24
Salmon Surprise	25
Salmon Tasties	26
Doggy Breath Busters	27
Mint Meat Balls	28
Flea Busters	29
Bison Biscuits	31
Sweet Potato Jerky Strips	32
Quinoa and Sweet Potato Snaps	33
Garlic and Cheese Bites	34
Barking Bacon Bars	36
Barking Baking Biscuits	37
Barking Bacon Busters	38
Veggie Lovers Delights	39
Pumpkin Pleasures	40
Cilantro and Parsley Bites	42
Turkey and Cheese Melts	43
Beef and Fish Fancies	44
Meat and Mash Marvels	45

Easy Cheese Tasties	46
Bacon and Cheese Bites	48
Cheesy Chops	49
Cottage Cheese Kisses	51
Cheese Drops	52
Sweet Potato Fries	53
Kale and Cheese Fries	54
Canned Dog Food Delights	56
Sweet Treats	
Classic Carob Chip Treats	58
Forget Me Not Cookies	60
Cinnamon and Honey Cookies	61
Coconut Cookies	62
Classic Peanut Butter Biscuits (version 1)	63
Peanut Butter Biscuits (version 2)	65
Peanut Butter and Banana (version 3)	66
Peanut Butter and Pumpkin Cookies	67
Peanut Butter and Coconut Cookies	68
Peanut Butter Biscuits (version 4)	69
Peanut Butter Biscuits (version 5)	71
Coconut and Pumpkin Cookies	73
Almond and Pumpkin Pleasers	74
Quinoa and Pumpkin Perfects	76
Sweet Potato Cookies	77
Sweet Potato and Carrot Cookies	78
Coconut Balls	80
Peanut Butter Balls	82
Oat and Blueberry Cookies	83
Vanilla and Carob Cookies	84
Apple and Oatmeal Cookies	86
Apple Cinnamon Surprises	88
Apple and Cinnamon Wagon Wheels	89
Cranberry and White Chocolate Teasers	90
Molasses Magic Moments	91
Ginger Snaps	92
Banana and Oat Cookies	93
Banana and Blueberry Biscuits	95
Banana and Almond Softies	96
Banana Nut Brittles	97
Banana Raspberry Cookies	98

INTRODUCTION



**How to make delicious treats for your dog
that are also super healthy!**



With this book, my aim is to share with you 77 easy to make, delicious and most importantly, nutritious wholesome healthy treats and snacks, that your dog will not only spin in circles for but thrive on.

You will discover new ingredients you can easily obtain and that make a positive health improvement to your dog.

Commercially processed dog treats are made with a laundry list of synthetic chemicals and extremely poor-quality ingredients, while making your own treats at home gives you complete control of what goes into your dog, plus it's much cheaper.

Just like us, for good quality of life, our dog's health depends on good quality nutrition. As I often say, *'food is either good for you or it is bad for you, it cannot be both'*.

As a canine nutrition and home remedy specialist, I have made it my mission to educate, mentor and support dog owners in helping their dogs to be a healthy dog for life.

I'm sure like many dog parents, your eager to see that your furry family member gets as healthy and nutritious food as they ought to have.

The Problem with Feeding Processed Pet Food

It's vitally important to understand that our dog's ancestral diet is based around a carnivorous diet of live meat proteins. Your dog's digestive system has been perfected over millions of years to thrive on fresh foods. The heavily processed grain based ingredients in commercial packet treats based on corn, wheat and soy with an abundance of artificial colors, flavors, preservatives, salt, sugar and so on are the exact reason I created this book.

Commercial processed pet food is, unfortunately, an unregulated industry that chooses to ignore for the most part, the nutritional guidelines set for it, and let's face it, if you don't have to do something someone tells you, then why do it when it means much bigger profits with little repercussion!

When you walk down that supermarket pet food aisle and your faced with an abundance of choices, how can you possibly know which is the healthier choice? Sure, commercial dog food does come with labels and nutritional breakdowns, but only because the government requires it, which means you get as little information as possible, framed as attractively as possible.

Please don't be fooled, commercial dog treats are nutritionally deficient, overly processed, heavily laden with chemical additives and in short – pure junk food! Your pet's health is of no concern, profit is the only motive.

Yes, there are some companies out there who make clean, healthy treats, but these can be hard to locate and very expensive to buy. The cost-effective choice and the option that means you know what's gone into your dog's treats are to make them yourself.

The Advantage of Making Your Own Treats



- **You know exactly what ingredients go into the treats you make** – you control the amount of ingredients, you make sure there are no chemicals added to the recipe, therefore going into your dogs body. And your dog gets quality meats, flours and vegetables, not the highly processed garbage waste used in commercial packet treats
- **You save money** – by getting deals on various ingredients, preparing bulk quantities that can be frozen for months and then sharing with friends and family
- **Your dog enjoys treats specially prepared by you with their particular needs in mind** – with the right ingredients focused on your dogs need for quality nutrition, you know your treats will be good for them

All the recipes can be fed to your healthy dog. I've also included recipes for dogs with special needs. The ingredients in these special needs recipes are particularly helpful when your dogs has a health condition such as a sensitive stomach, diabetes, Cushing's disease, allergies, liver and kidney troubles, UTI's or a restrictive diet.

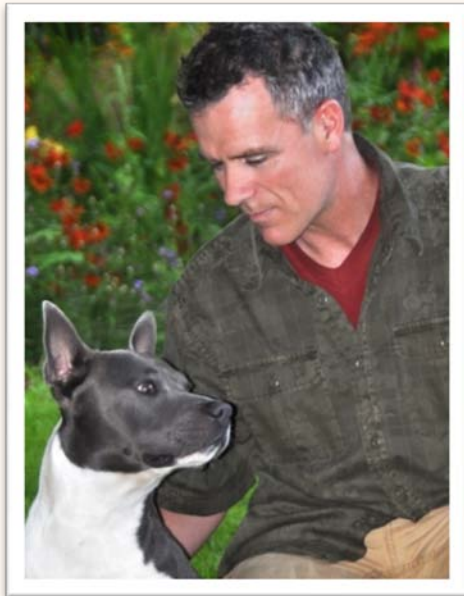
The step by step recipes are easy to follow and will delight your dog when they get the chance to eat these delicious taste sensations.

I hope you enjoy making and sharing these treats, they were great fun creating.

For the latest information on dog nutrition, get the book [Feed Your Dog Better](#) which covers feeding your dog a Healthier Kibble Diet, Home Cooked Food Diet or a Raw Food Diet.

To your dogs delight and good health,

Dan Scott



Dan and his furry son - Rocco



Please Read Before Making Your Dogs Treats

The treat recipes in this book are designed to be quick and easy. They may use different flours and some other ingredients than you're used to but they are easy to locate and I'll put together a shopping list further down, so you can stock up ready to begin baking. And if you're ever short an ingredient, don't worry, just replace it with what you have on hand that is similar in consistency.

Which is the best flour to use?

Most recipes will use flour of some sort. You're free to use your personal choice of flour but for maximum nutrition for your dog I highly recommend you use the flours I advise. This means your dog avoids the most inflammatory, allergenic grains like corn, wheat and soy.

Your dog will love the alternatives and more importantly, not itch or feel icky after eating them or add to chronic disease because they suffer from a wheat allergy

you never knew they had. You'll feel great that the delicious treats you now make are also healthier and when passing on treats as gifts to others, you'll feel more pride in that knowing.

The flours I highly recommend all wheat, soy and corn free – the healthier option:

- [Brown rice flour](#)
- [Oat flour](#)
- [Almond flour](#)
- [Amaranth flour](#)
- [Coconut flour](#)
- [Potato flour](#)
- [Millet flour](#)
- [Hemp flour](#)
- [Buckwheat flour](#) (it's not really wheat!)
- [Quinoa flour](#)
- [Garbanzo bean flour](#) (Chick pea flour)
- [Tapioca flour](#)
- [Pumpkin flour](#)

How to use alternative flours

The above list is a large and exciting menu of substitute flour options that can easily be found locally at your regular supermarket, at your local whole foods store or via the internet.

Wheat, corn and soy based products are responsible for so many dog allergies these days that I wanted to share with you the amazing number of healthy allergy free alternatives that your dog will love just as much as ever.

If your keen to swap flour in the recipes with one from the list above, continue to use the same total flour amount the recipe needs, but add the liquid portion slowly because it may need a bit less or a bit more depending on the flour used.

What's on the shopping list to stock up on?

Here's a list of ingredients regularly used for the recipes in this book. Having what you need on hand is great when you have that creative urge to make a batch of fresh treats.

Please use as high quality ingredients as you can find – because your dogs worth it!

For example:

- Organic flours
- Organic or grass fed meats and livers
- Organic or free range eggs
- Non-GMO foods
- All natural peanut butter with no added sugar
- Un-sweetened applesauce
- Organic honey
- [Himalayan Pink Mountain Salt](#) – high in minerals, pure and a much healthier alternative to regular table salt
- Carob – a healthy alternative to chocolate for dogs... and they love it!

Ingredients List: Pantry – (check the links for best/healthier options)

[Brown rice flour](#)

[Oat flour](#)

[Quinoa flour](#)

[Almond flour](#)

[Coconut flour](#)

[Potato flour](#)

[Garbanzo bean flour](#)

[Hemp flour](#)

[Oat bran](#)

[Corn meal](#)

[Whole rolled oats](#)

[Wheat germ](#)

[All natural peanut butter with no added sugar](#)

[Un-sweetened applesauce](#)

[Sunflower hearts](#)

[Chia seeds](#)

[Hemp hearts](#)

[Baking powder](#) – this one is sodium, corn and gluten free

[Garlic powder](#)

[Nutritional yeast](#)

Coconut oil – [canned spray](#) for baking sheets and [regular](#) for recipe ingredients

[Honey](#)

[Turmeric](#)

[Cinnamon](#)

[Peppermint oil](#)

[Canned sardines](#) - best price multi pack. (packed in water is best)

[Canned tuna](#) - good price multi packs. (packed in water is best)

[Canned salmon](#) – wild Alaskan Sockeye is best.

[Canned pumpkin](#)

[Carob chips](#) - unsweetened

[Salt](#) – Pure Himalayan Pink Mountain Salt only!

Ingredients List: **Refrigerator** (check the links for best/healthier options)

Chicken, beef, liver and turkey meat

Beef or lamb livers – organic

Bacon

Eggs

Cheese – sharp cheddar, pre shredded

Cheese – parmesan, pre-grated

[Almond butter](#) - unsalted

Oils – Which is the best oil to use?

You can use a variety of oils to benefit your dog's health. My favorite is coconut oil. Coconut oil is a saturated fat made up mostly of Medium Chain Triglycerides (MCT's) which are good for the following reasons:

- Prevents fungal infections and is also anti inflammatory
- Reduces allergic reactions
- Improves skin health
- Improves digestion
- Improves digestive health
- Prevents infection
- Helps to regulate and balance insulin and thyroid function
- Good for diabetic dogs

Avoid the more volatile fats such as vegetable oil, corn oil and canola oil. These oils break down easily when heated, becoming carcinogenic and unhealthy.

Can I substitute ingredients?

Yes, you can. Our dogs are not as fussy as us, mine are! I hear you say, ok some maybe. So go ahead and exchange, add or leave out according to what you have on hand or for those fussy dogs, your own special ingredients they love.

When making ingredient adjustments, remember that in nearly every recipe, you'll be seeking a good firm dough texture. And to easily achieve this, simply add more liquid if it's too dry and more flour if it's too wet.

A note on baking times

Always keep an eye on the baking times. If the treats look like they are browning early, take them out and if they are not done yet but the time is up, leave them a little longer.

Kitchen tools for the recipes in this book

I love having the right tools for the job, it makes cooking in the kitchen much more fun, quicker, cleaner and less effort.



Here is a list of items that will be very useful when making your own treats:

- [Food processor](#) – a must have in every kitchen – this one is the best!
- [Cutting mat](#)
- [Parchment paper](#) – natural non bleached, great anti stick quality
- Rolling pin – [classic wood](#) or [stainless](#)
- [Baking pans](#) from 9 x 13 inch to 11 x 17 inch
- [Cookie sheets](#) these are awesome
- [Loaf pans](#)
- [Measuring cups](#)
- [Wire cooling racks](#)
- [Airtight storage jars](#) – I have lots of these, perfect
- Cookie cutters – [18 Christmas Holiday Set](#) or the full [101 Piece Set](#)

Cooking Tip:

You can use parchment to bake on or I love to use non-stick coconut oil spray directly on the baking tray.

How many treats does each recipe make?

It's difficult to state exactly how many treats each recipe will make. If your dog is small, you'll want to make smaller bite sized treats... and they'll cook faster, so keep an eye on them! And if your dog is large, the treat size will be larger, and again, they may take a little longer to cook, so please take note.

Once you have a made a batch or two, you'll know how many the recipes make. Work on an average of 20 to 40 treats per batch using a 3inch (75mm) cookie cutter.



How many treats is too many for my dog?

Treats are not your dog's primary food source. Feed too many treats to your dog and they will put on weight, not what you want. If you aim to feed around 10% of your dogs daily food needs as treats you'll be ok. Here's a good rule of thumb for treat of 3 inches (7.5cm) in length.

Dogs 5 to 10lbs	2.27kg to 4.54kg	1 treat per day
Dogs 11 to 20lbs	5kg to 9kg	2 treats per day
Dogs 21lbs to 40lbs	9.5kg to 18kg	3 treats per day
Dogs 41lbs to 80lbs or above	18.6kg to 36.3kg	4 treats per day

If you want to feed extra treats, simply break the daily allowance up into smaller pieces.



What's your dog's treat preference – soft or crunchy?

Dogs, like us, have their tastes and preferences. And treat hardness may be a factor you need to consider. If you want your treats a little softer, cook them a little less or on a lower heat setting. If you want them harder and crunchier, cook them a little longer at a slightly lower heat setting. Alternatively, when they are done cooking, you can simply turn off the oven and leave them to cool in the oven for a few hours or overnight.

Sometimes when I'm experimenting with a recipe, it turns out not quite like I expected, but hey, my dog still loves it! So have fun, make treats, and if they don't turn out perfectly, your dog won't mind one bit!

Tips for storing your homemade dog treats

Because these treats are preservative free, if you're not using them within two days, they can be refrigerated in an airtight plastic container for up to a week or easily frozen for up to four months. For freezing, use freezer bags and make sure to take out all the air in the bag before placing in the freezer.

I find that treats generally last longer from fresh if they are cooked nice and crispy. After rolling out the dough, cut the cookie thin and it will cook a little quicker, harder and crispier. Also leave the fresh cookies out overnight to make sure all moisture is gone before placing in a container. Now they will last longer on the shelf before needing to refrigerate them.

Ingredients to avoid

While you can add alternative ingredients you might have on hand as substitutes in some recipes, it's important to know what not to use. Here is a list of foods to avoid giving your dog:

- Artificial sweeteners
- Avocado
- Chocolate
- Sugar – white refined
- Alcohol
- Hops
- Gum
- Corn on the cob
- Cocoa
- Grapes and raisins
- Macadamia nuts
- Anything with mould on it
- Mushrooms
- Onions
- Rhubarb

- Peaches
- Plums
- Persimmons
- Synthetic food colorings
- Bread dough
- Nutmeg
- Regular high sodium table salt
- All fast foods
- Candy
- Fruit stones and apple cores
- Cooked bones

Health benefits of the ingredients used in the treat recipes

Kale:

Leafy green vegetables are some of the best foods you can give your dog (make sure to crush them up for better absorption by your dog). Kale is a great super-food example. It's full of vitamin K, A and C and minerals like Iron with protein and calcium also present.

Kale also contains Omega-3 fatty acids and antioxidants, important to balancing a dog's immune system and anti-inflammatory properties important in the prevention of heart disease, arthritis and autoimmune diseases.

Sweet potato:

These naturally sweet whole food root vegetables are rich in nutrients. They have antioxidants, anti-inflammatory and other disease fighting properties. Their distinct orange flesh is from the natural carotenoid pigment beta-carotene.

Sweet potatoes have been researched and found to contain properties that prevent cancer cell growth, reduce heavy metals, and help with IBS and colitis. They contain good levels of vitamin C and B5, copper, dietary fiber, niacin, potassium and iron. It has also been found that sweet potatoes are a low GI food and ok in moderation for dogs with diabetes.

Coconut oil:

Coconut oil has an amazing amount of health benefits for dogs. It's anti-allergenic, anti-inflammatory, anti-viral and anti-bacterial. Coconut is full of medium-chain fatty acids (MCFA's) which are easily digested and far healthier for dogs than using vegetable oils. It's also diabetes friendly because it does not cause any insulin spike in your dog's bloodstream. It promotes heart health, enhances the immune system, it's great for skin health, supports a healthy metabolism, stimulates the brain, supports the thyroid gland and is a great energy booster.

Garlic:

Fresh garlic has lots of nutritional benefits. It contains minerals like calcium, phosphorous and selenium; vitamin B6 and C. It's full of essential enzymes and antioxidants that help regulate metabolism, calcium absorption, healthy bone and connective tissue formation and proper thyroid function.

Numerous studies show that it also removes heavy metals from the body, prevents colds and flu, artery hardening, even the slowing of the ageing process. It's also hated by fleas being very anti-parasitic, making it a very beneficial ingredient in dog treat recipes.

Bananas:

Bananas contain many useful ingredients such as health-promoting flavonoids and antioxidants. It's high in vitamin B6, great for your dog's blood health, magnesium for bones, copper for red blood cell health and lots of fiber to help regulate the digestive system.

Recent studies have shown that Banana is one of the best sources of protection from diabetes, cardiovascular disease and various cancers.

Carrots:

Carrots are full of beta carotene, greater than any other vegetable and get converted into vitamin A in the body which is great for eye health and anti-cancer. They also contain calcium, phosphorous and magnesium good for bone, heart and skin health.

Carrots are great free-radical scavengers helping to prevent cancer, IBS, Alzheimer's and many other health problems.

Chia Seeds:

Chia seeds have very high health boosting properties. They're high in protein, omega-3 oils, amino acids, antioxidants and flavonoids.

Clinical studies have shown that the darker chia seeds contain the essential antioxidant quercetin. They are gluten free, full of fiber; enhance digestion and cardiovascular health while at the same time lowering the chances of getting diabetes, a win-win for your dog.

Cinnamon:

Although usually thought of as a sweet fragrant spice added to many dishes, cinnamon also has amazing health properties. It's great to settle an upset tummy, stop diarrhea and stop foul gas in dogs. Cinnamon has been analyzed for its use in reversing cancer, diabetes and lowering insulin and cholesterol levels.

Cinnamon helps metabolize fat and carbohydrates, regulate blood sugar and enhance brain and nerve function which makes it a great addition to the dog treat recipes.

Hemp:

Hemp or the contents of its seeds is a 'super-food' containing a high concentration of proteins, a balanced omega fatty acid profile better than any other oil or fish source. Consuming hemp powder helps with decreased inflammation, improved brain function, lower blood pressure and lower heart disease. It's also great for increased energy and weight loss.

Hemp is loaded with amino acids and high in EFA's; (essential fatty acids) this alone makes it a great addition to dog treat recipes.

Turmeric:

Turmeric comes from the ginger family and highly prized around the world for its spice. Turmeric has been studied a lot because it contains curcumin which has shown to inhibit cancer cell proliferation. It's also contains potent antioxidants proven against cancer, diabetes and heart disease. It's also great for the skin, reducing hot spots, acne and dander.

Turmeric is also a powerful anti inflammatory for joint pain and arthritis and helps to reduce swelling, all with no side effects.

Oats:

Oats are a whole grain that's very nutritious. Whole oats are rich in antioxidants, high in a powerful soluble fiber called Beta Glucan, researched for its health properties in lowering blood pressure and decreasing the risk of diabetes. It's also high in minerals such as manganese, selenium, calcium, potassium, phosphorous, magnesium and zinc.

Honey:

Honey contains a treasure chest of health benefits. It's antifungal and antibacterial, fat free, cholesterol free, sodium free and contains 2% vitamins, minerals and amino acids.

Honey is great for relieving allergies and soothing coughs – nature's vaccine and has been shown to boost memory and help with regulating sleep. Honey is also great for burns and scolds as an anti inflammatory and disinfectant. Use as an antibiotic inside and out on any cuts, burns or ulcers on your dog, they'll also enjoy licking it off where it can internally help continue its healing effects.

Carob:

I use Carob chips as a chocolate replacement for dog treat recipes because chocolate is unhealthy for them. Carob is rich in tannins that work as an analgesic, antiallergy, antioxidant, antiviral and antiseptic.

Carob improves digestion and lowers cholesterol, contains no caffeine and is good for treating diarrhea.

Wheat Germ:

Wheat germ is the most vitamin and mineral rich part of the wheat kernel. It's actually the embryo of the wheat plant, nourishing the plant as it grows.

Wheat germ is an excellent source of vegetable protein along with fiber. It contains a good source of vitamins and minerals such as magnesium, zinc, folate, vitamin B1 and B6, thiamin, potassium and phosphorous. Wheat germ is also high

in vitamin E, a powerful antioxidant for dog's arthritis and the treatment of various cancers.

Sardines:

Canned sardines contain energy, protein, lipid or fat, calcium, iron, magnesium, phosphorous, potassium, sodium, and zinc. Vitamins in sardines include thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, vitamin A, vitamin D, vitamin E and vitamin K. The fatty acids found in them include total saturated fats, monounsaturated fats, polyunsaturated fats, and cholesterol.

The fatty acids, vitamins, and trace mineral elements help in the prevention of many diseases and promote overall health.

The presence of macro-nutrients and micro-nutrients in sardines without having a high fat content makes them very useful for your dog's body. Below are some of the most important benefits of sardines.

- Prevent heart disease with high omega 3 fatty acids
- Anti cancer properties from the calcium and vitamin D
- Strengthen bones with good amounts of calcium support
- Improved immune system from the fish oil
- Healthier skin from the essential fatty acids
- Rich in proteins, great for dog health

Himalayan Pink Mountain Salt:

What makes Himalayan crystal salt so healthy for dogs apart from the fact that it's pure and uncontaminated; having been locked up in the Himalayan Mountains for 200 million years is its rich mineral composition.

This rock salt contains up to 98 trace minerals and is low in sodium being much less refined than sea salt.

Some of the benefits of HPMS

- Promotes stable PH balance in the bodies cellular system
- Reduces the signs of ageing

- Promotes a healthier sleep pattern
- Increases hydration
- Strengthens bones
- Lowers blood pressure
- Improves circulation
- Detoxifies the body of heavy metals

Health Tip: Don't use regular table salt as it's heavily processed and what has given salt a bad name. HPMS is entirely different and a great health aid for you and your dog because of its rich mineral content - something people and dogs are seriously lacking which leads to chronic disease.

If you or your dog are lacking in energy it could well be because of a loss of electrolytes and salt in your body. Add HPMS to your meals and add a dash to your dog's meals.

Eggs:

Eggs are a great addition any dogs diet. They are a great source of balanced protein ratios and fat with higher levels of EPA and DHA from non factory farm sources.

Eggs contain vitamin A, K, E, D, B2, B5, B6, B12, folate, phosphorus, selenium, calcium and zinc. Eggs are pretty much the perfect food source containing a little of almost everything our dogs need.

Eggs contain choline, an important nutrient used to build cell membranes and has a role in producing signaling molecules in the brain, along with many other functions. Eggs also contain lutein and zeaxanthin antioxidants that have major benefits for eye health.

Feel free to add some boiled egg as part of your dog's daily meal.

SAVORY TREATS

All the savory treat recipes

SAVORY SARDINE CHIPS



Every dog I've ever known loves sardines! Sardines are packed with nutritional goodness, super healthy and great food for your dog. He or she will love these tasty wholesome snacks and this recipe couldn't be easier to make.

Ingredients:

1 can of sardines (packed in water)

Steps:

1. Preheat the oven to 400°F (200°C or gas mark 6).

2. Drain the can of sardines. Empty out onto paper towel to dry off excess moisture.
3. Cut into smaller bite-sized pieces.
4. Place the sardine pieces on a cookie sheet that is perforated to allow maximum air flow.
5. Bake for 20 minutes or until crisp.
6. Remove from oven to cool.

These treats can be stored in the fridge for up to one week or frozen for up to four months.



SAVORY SARDINE SPECIALS

The combination of sardines and a little garlic will make your dog drool until she gets one, or maybe two or three! This recipe is very tasty, easy to make and very healthy nutrition.

Ingredients:

- 1 cup oat flour
- ½ cup brown rice flour
- 1 egg beaten
- ½ cup milk powder
- 1 tsp garlic powder or fresh garlic finely chopped
- 1 can sardines packed in water
- 2 Tbsp coconut oil melted
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix the flours and powdered milk in a large bowl.
3. Add in the beaten egg, garlic and oil – mix well.
4. Drain and break up the sardines into small pieces and add to the mixture.
5. Mix until you have a good firm dough – add more oil if needed.
6. Roll out the dough on floured surface to ¼ inch thickness and make shapes with your favorite cookie cutter.
7. Place on cookie sheet and bake for 30 minutes.
8. Remove from oven to cool on wire rack.

These treats can be stored in the fridge for up to one week or frozen for up to four months.



CHICKEN AND SARDINE CRUNCH

Dogs love meaty morsels and this delicious treat combination is packed with protein, flavor and dog drooling aroma.

Ingredients:

- 1 jar chicken or turkey baby food
- 1 can sardines (packed in water)
- 1 cup (8oz or 225ml) fresh ground turkey or chicken
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 325°F (165°C or gas mark 3).
2. Mix all the ingredients together in the bowl until well blended.
3. Spread a thick 1/2inch (12mm) layer over a 6x8inch (150x200mm) baking tray.
4. Bake for 60 minutes.
5. When it's finished, release the edges from the baking tray and turn out onto a cooling rack.
6. Break up into bite sized pieces once cooled.

These treats can be stored in the fridge for up to one week or frozen for up to four months.



BBQ CHICKEN BITES

These chicken and BBQ flavored cookies are bursting with taste and flavor your dog will simply love.

Ingredients:

- 1 cup brown rice flour
- 1 cup oat flour
- 1 cup chicken – pre-ground and cooked
- ½ cup oat bran
- 2 Tbsp BBQ sauce – no onions
- 1 egg
- ½ cup water
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 375°F (190°C or gas mark 5).
2. Mix all the ingredients together – mix well to form dough.
3. Roll out on floured surface to ¼ inch thickness.
4. Cut out shapes with your favorite cookie cutter and place on cookie sheet.
5. Bake for 25 minutes or until lightly golden brown.
6. Remove and leave to cool on wire rack.

These treats can be stored in the fridge for up to one week or frozen for up to four months.



CHICKEN JERKY STRIPS

Dogs love raw meat and dogs love cooked meat even more! These jerky strips will have your dog spinning in circles to get them because they are so irresistible. You can easily swap out the chicken for turkey, beef or lamb.

Ingredients:

2 or 3 skinless and boneless chicken breasts

Steps:

1. Lay the chicken breasts out on a plate and freeze for 30-60 minutes or until firm but not frozen- this makes for easy slicing.
2. Preheat the oven to 200°F (95°C or gas mark 0).
3. Remove excess fat and slice $\frac{1}{8}$ to $\frac{1}{4}$ inch (4-6mm) maximum thickness strips with a sharp kitchen knife.
4. Lay out the strips on a baking sheet and bake between two to four hours.
5. Check the chicken before taking out, so that it's dry and hard.
6. Allow the jerky to cool off before serving.

These treats can be stored in the fridge for up to two weeks or frozen for up to four months.



CHICKEN COOKIE CLASSICS

These are your traditional style dog biscuits with a hint of chicken smell to them that dogs love. All healthy ingredients for best nutritional practice but feel free to use your own choice of flour.

Ingredients:

- 1 cup brown rice flour
- 1 cup oat flour
- ⅔ cup corn flour - organic
- 2 Tbsp coconut oil
- ½ cup chicken broth
- 1 egg
- ¼ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix the 2 flours in a large bowl.
3. Beat the eggs and mix in the chicken broth and oil.
4. Add in the wet ingredients to the dry ingredients and mix well, the dough should have a firm consistency.
5. Place in refrigerator for 15 minutes.
6. Roll out the dough on a lightly floured surface to around ¼ inch thick.
7. Use your cookie cutter to make shapes and brush with some beaten egg.
8. Place on cookie tray.
9. Bake for 30 minutes or until golden brown.
10. Take out and leave to cool.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.

CHUNKY CHICKEN AND SWEET POTATO DELIGHTS

With tasty chunks of chicken and sweet potato, this treat recipe will delight your dog with two of their favorite foods. This one is guaranteed to please the finicky eater.

Ingredients:

- 1 cup cooked and shredded chicken – cut into ½ inch pieces
- ½ cup cooked sweet potato – cut into ½ inch pieces
- 1½ cups brown rice flour
- 1 cup of soy milk (organic)
- ½ tsp Himalayan pink mountain salt
- ½ tsp baking powder
- 2 eggs

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix all the ingredients together, making sure to coat the chicken and sweet potato.
3. Spoon out with teaspoon and drop onto cookie sheet.
4. Bake for 15 minutes or until golden brown.
5. Remove from the oven to thoroughly cool.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



SLOW DRIED DELICIOUS LIVER TREATS



Click [VIDEO](#) IMAGE above to follow recipe

These slow dried liver treats are chock full of nutrition goodness and my dog will do literally anything to get one. It's been the same experience for everyone's dog too, so they are a real hit. Because we are slow drying them, they retain their nutrition profile which makes them very healthy. Click this [LINK](#) to watch a video demonstration of me making these treats.

Ingredients:

Large piece of beef liver or several lambs' livers (**important:** get organic liver, so it's healthy and free of chemical residue)

Steps:

1. Set your oven to its lowest setting or use a food dehydrator if you have one.
2. Using a sharp knife, cut ¼ inch (5mm) strips across the entire liver.

3. Lay out the strips on a wire rack.
4. Place in the oven and allow to dry over the next 4-6 hours.
5. Open the oven door to release moisture every 30 minutes or so for a few seconds.
6. At the 4 hour mark, check the strips and aim to get them to a jerky like consistency which is dry to touch, still a little bendy/rubbery, but hard and chewy in consistency.
7. Once dried enough, the liver strips should be like hard fudge or licorice in texture.
8. Take the liver strips and cut them into treats with scissors and store in an air tight container in the fridge.

These treats can be stored in the fridge for up to two weeks or frozen for up to four months.



LIVER CRUNCHIES

Your dog will enjoy chewing these liver flavored biscuits. Dogs generally love liver treats and this option is a real hit that will have your dog spinning for joy.

Ingredients:

⅓ cup (2.6oz or 75g) chopped beef, lamb or pork liver

½ cup (4oz or 125ml) beef broth

¾ cup (6oz or 175g) pumpkin, almond or coconut flour

Steps:

1. Preheat the oven to 325°F (165°C or gas mark 3).
2. Mix the chopped liver with the beef broth and add in ¼ cup (2oz or 58g) from the flour into a mixing bowl.
3. Pour the ingredients into a blender and blend into a smooth consistency between 20 to 40 seconds and then return ingredients back to the mixing bowl.
4. Add in the remaining flour and mix well.
5. Pour onto a 5x7inch (125x180mm) greased or lined bread tin and bake for 1 hour.
6. When it's finished, release the edges from the baking tray and turn out onto a cooling rack.
7. Let it cool for 25 minutes and lower the oven temperature to 250°F (120°C or gas mark ½).
8. Cut the liver mixture into ½ inch (10-15mm) strips and bake at 250°F (120°C or gas mark ½) for a further 40 minutes or until hard and brittle.
9. When it's done, let it cool off before serving.

These treats can be stored in the fridge for up to one week or frozen for up to four months.

LIVER AND PARSLEY CHEWS

This liver treat is tasty, chewy and has that parsley element to it for extra canine goodness. A very healthy and nutritious option for your furry friends.

Ingredients:

- 1lb beef or lamb liver
- 2 Tbsp dried or fresh parsley

Steps:

1. Preheat the oven to 325°F (165°C or gas mark 3).
2. Using a sharp knife, cut ¼ inch (5mm) strips across the entire liver.
3. If using whole dried or fresh herbs, blend to fine consistency.
4. Sprinkle the herbs over the sliced liver.
5. Transfer the liver slices to a cookie sheet and bake for 30 minutes.
6. Take out the oven, flip the slices over and return the oven to bake for a further 20 minutes.
7. Take out and cool on a wire rack.
8. Once cooled, cut into bite sized pieces.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



LIVER LOVERS

Another delicious liver treat recipe full of protein and nutrition goodness. This time it's cooked and crunchy style, and dogs love them!

Ingredients:

1 cup amaranth, garbanzo (chick pea) or tapioca flour
½ lb beef, lamb or pork liver
1 egg

Steps:

1. Preheat the oven to 300°F (150°C or gas mark 2).
2. Puree the liver in your food processor.
3. Mix all the ingredients together thoroughly.
4. Line a jelly roll pan with parchment paper.
5. Pour the mixture into the pan and spread evenly.
6. Bake for 30 minutes.
7. Cut into bite sized pieces.
8. Return to the oven and bake until crunchy on a lower setting of 150°F for up to another 2 hours.
9. Remove from oven to cool on wire rack before serving.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



LIVER OMELET SURPRISE

As you can tell, I'm a big fan of liver. It's packed with nutritional value and dogs simply go mad for it. Combined with eggs, this is a treat your dog will never forget.

Remember to get organic or grass fed liver so it's clean and healthy. Liver is the bodies master cleaner and if it comes from a factory farm animal it will be full of chemical residues, not what your dog needs!

Ingredients:

- ½ cup beef or lambs liver
- 2 eggs
- ¼ cup potato flour
- ½ cup peas
- ½ tsp turmeric
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Slice up the liver into small bite sized pieces.
3. Really mix all the ingredients together well in a large bowl.
4. Pour out the mix onto a 5x6 inch (125x150mm) baking dish.
5. Bake for 45 minutes.
6. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



OMEGA SUPER BALLS



These delicious cookie treats pack a nutritious super food and Omega fatty acid punch.

Ingredients:

- 1 can of sardines (packed in water)
- ½ tsp turmeric
- 1 egg
- ½ cup (4 fl. oz or 125ml) beef or chicken broth
- 2½ Tbsp almond flour

¼ cup (2fl.oz or 60ml) hemp powder
1 Tbsp chia seeds
Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix all the ingredients together in a mixing bowl.
3. Roll into 1inch (25mm) balls and place onto a greased cookie sheet.
4. Bake for 20 minutes.
5. Allow to cool before serving.

These treats can be stored in the fridge for up to one week or frozen for up to four months.



NUTRI POWER BALLS

The seeds and almond or quinoa flour used in this recipe are packed with nutrient power from the proteins and minerals. They make a tasty crispy treat your dog will love and nutritionally benefit from.

Ingredients:

6 Tbsp (3oz or 85g) almond or quinoa flour
2 Tbsp (1oz or 28g) pumpkin seeds
2 Tbsp (1oz or 28g) chia seeds
2 Tbsp (1oz or 28g) hemp seed hearts
2 Tbsp (1oz or 28gr) sunflower seed hearts
2 Tbsp (1oz or 28g) sesame seeds
1 egg
Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Blend all the seeds in your food processor.
3. Pour the seed mix into a mixing bowl.
4. Add all the remaining ingredients and mix well.
5. Use a little coconut oil on your hands and roll the mixture into small treat sized balls suitable for your dogs size.
6. Place the balls onto a greased cookie sheet or non stick cookie tray (can use coconut oil spray).
7. Bake for 20minutes.
8. Let the treats cool off before serving.

These treats can be stored in the fridge for up to one week or frozen for up to four months.

LAMB DELIGHTS

Dogs love these meaty treats and this delicious treat combination is packed with protein, flavor and dog begging smells. The herbs used are also very healthy for dogs, especially if they have allergies.

Ingredients:

- 1 cup (8oz or 225g) lambs mince
- ¾ cup (6oz or 175g) oat flour
- 1 tsp rosemary
- 1 tsp sage
- Pinch of Himalayan pink mountain salt
- ½ cup (4fl oz or 125ml) water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix all the ingredients together, careful with the water; add slowly to get the right consistency – think meatballs!
3. Spoon out mixture onto cookie tray as dollops, or mold into 1inch (25mm) balls and flatten to ½ inch (12mm) size with a fork.
4. Bake for 25 minutes or until golden brown.
5. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



LAMB SHORTBREADS

Another delicious alternative treat recipe with lamb for the meat loving dog and the real lamb smell and taste appeal dogs crave.

Ingredients:

- ½ cup brown rice flour
- ½ cup oat flour
- 1 cup chick pea flour
- 1 Tbsp baking powder
- 4oz jar of any meat flavored baby food (no onions in it)
- 1 cup lamb mince

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Cook the mince in a little water until done – about 10 minutes.
3. Pour off and save the lamb juice and leave to cool.
4. Mix the flours and baking powder in a large bowl.
5. Stir in the baby food and drained mince – combine well.
6. Slowly add in the lamb juice to make a dough – about ½ cup.
7. Empty out the dough onto floured surface and knead until smooth.
8. Roll out the dough to ¼ - ½ inch thickness.
9. Make your favorite cookie cutter shapes and place on cookie sheet.
10. Bake for 15 minutes, then flip over and continue baking for a further 15 minutes or until golden brown.
11. Take out to cool off.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



CHEESY GOLDEN LIGHTS



These delicious cheesy tasting cookies are another hit with dogs that have a taste for cheese.

Ingredients:

- ½ cup oat flour
- 1 cup whole oat flakes
- 1 ¼ cup strong cheddar cheese – shredded cheese
- ½ cup parmesan cheese – shredded
- 1 Tbsp coconut oil
- Pinch of Himalayan pink mountain salt

½ - ¾ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix all the dry ingredients together in a large bowl.
3. Add the oil and stir with large wooden spoon.
4. Add enough water to make a dough ball.
5. Roll out dough ball on floured surface ¼ - ½ inch thick.
6. Cookie cutter or knife cut your shapes and place onto a cookie sheet.
7. Bake for 25 minutes or until light golden brown.
8. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to two weeks or frozen for up to four months.



TUNA AND CHEESE MELTS

A delicious combination of high nutritional value tuna with tasty cheese, loved by most dogs.

Ingredients:

- 1 cup oat flour
- 1 cup brown rice flour
- ½ cup oat bran
- 1 egg
- ½ cup strong cheddar cheese – shredded
- 1 x 6oz can of tuna – packed in water
- Pinch of Himalayan pink mountain salt
- ½ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Empty whole contents of canned tuna into your food processor and finely blend.
3. Combine all ingredients and mix well until a dough forms – add the water slowly as you may not need it all.
4. Roll out dough on floured surface to ¼ inch thickness.
5. Cut shapes with your favorite cookie cutter and place on cookie sheet.
6. Bake for 15 minutes or until golden brown.
7. Remove from oven to cool on wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



TUNA TEASERS

These treats are delicious for dogs, high in protein, allergy friendly and filled with beneficial omega 3 oils for a nutritional boost.

Ingredients:

- 1 cup oat flour
- 1 4oz can of tuna (packed in water)
- 1 egg
- ¼ cup of water – add slowly

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Empty can of tuna including the juices into a bowl and mash it all up.
3. Mix all the dry ingredients in large bowl with the mashed tuna.
4. Add the water slowly until you get a dough ball consistency (you may not need the water).
5. Roll out on loosely floured surface to ¼ inch (6mm) thickness.
6. Use your cookie cutter or make shapes with a knife.
7. Place on a cookie tray.
8. Bake in the oven for 25 minutes or until golden brown.
9. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



FANCY FISH CAKE PATTIES

Delicious fish cakes your dog will run an obstacle course for. Healthy, nutritious and packed with goodness.

Ingredients:

- 1 large egg
- 2 cups potato flour
- 2 x 6oz cans of tuna or salmon (packed in water)
- 1 cup plain breadcrumbs
- 1 tsp lemon juice
- 1 tsp dill seeds
- 1 Tbsp dried or fresh parsley
- ½ tsp Himalayan Pink Mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Empty cans of tuna or salmon including the juices into a bowl and mash it all up.
3. If using whole dried or fresh herbs, blend to fine consistency.
4. Mix all the ingredients in a large bowl with the mashed tuna or salmon.
5. Spoon out and form ½ inch patties and place onto baking sheet.
6. Bake for 10 minutes, flip over and bake for another 15 minutes or until golden brown.
7. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



SALMON SURPRISE

This treat is great for allergy dogs, full of protein, Omega 3 oils and great nutrition from the extra vitamins and minerals.

Ingredients:

- ½ cup brown rice flour
- ½ cup oat flour
- 1 6oz can of salmon (packed in water)
- 1 tsp dried or fresh sage
- 1 tsp dried or fresh oregano
- 1 tsp dried or fresh parsley
- 1 tsp dried or fresh rosemary
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Empty can of salmon including the juices into a bowl and mash well.
3. If using whole dried or fresh herbs, blend to fine consistency.
4. Mix all the ingredients together and adjust with more water or more flour to achieve a cookie dough consistency.
5. Spoon out onto a baking sheet and flatten to ½ inch with a fork.
6. Bake for 25 minutes or until golden brown.
7. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



SALMON TASTIES

Another tasty salmon recipe dogs love, packed with healthy nutrition.

Ingredients:

- ½ cup brown rice flour
- ½ cup oat flour
- 1 6oz can of salmon (packed in water)
- 1 tsp baking powder
- 1 tsp dried or fresh dill
- 1 large egg
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 375°F (200°C or gas mark 6).
2. Combine all the ingredients – mix well and add extra water if needed to make a thick gloopy consistency.
3. Pour out into a greased or parchment lined 13 x 9 inch baking pan.
4. Bake for 25 minutes or until light golden brown.
5. Remove to cool on wire rack before cutting into bite sized pieces.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



DOGGY BREATH BUSTERS

This recipe helps to freshen up that doggy breath.

Ingredients:

- 2 cups (1lb or 450g) of Almond or quinoa flour
- ¼ cup (2fl. oz or 60ml) chicken stock
- 1 egg
- 2 tbsp fresh or dry mint
- 2 tbsp fresh or dried parsley
- ¼ tbsp peppermint oil
- Pinch of Himalayan pink mountain salt
- ½ cup (4fl. oz or 125ml) water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. If using whole dried or fresh herbs, blend to fine consistency.
3. Mix all the ingredients together, if too dry add more water and if too wet, add a little more flour.
4. Spoon out mixture onto cookie tray with tablespoon and flatten to ½ inch with a fork.
5. Bake for 25 minutes or until golden brown.
6. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



MINT MEAT BALLS

These dog treats taste awesome and smell amazing. They are also another excellent doggy breath buster, sweetening up your dog's breath. You can also try different herbs or meats.

Ingredients:

- 1½ cups lean minced lamb
- ¼ cup potato flour
- 1 egg
- 1 tsp finely chopped fresh mint
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix all the ingredients well to form a textured dough ball.
3. Roll into 1 inch balls and place on a cookie sheet.
4. Allow to cool in the refrigerator for 20 minutes.
5. Bake in the oven for 40 minutes or until the outside is crunchy looking.
6. Remove from the oven and place on kitchen roll to drain off excess fat.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



FLEA BUSTERS



Garlic is good for health, dogs generally love it and fleas hate it! Coconut oil also contains many health properties. So try this one if your dog is irritated by those pesky critters.

Ingredients:

1 cup oat flour

1 tsp brewer's yeast

½ tsp garlic finely chopped

3 Tbsp coconut oil

Pinch of Himalayan pink mountain salt

⅓ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix the flour, brewer's yeast, salt and garlic in a large mixing bowl.
3. Mix in the olive oil and add the water slowly until you get a smooth dough.
4. Roll out the mixture on a lightly floured surface to ½ inch thickness.
5. Use your favorite cookie cutter to make shapes and place on a cookie sheet.
6. Bake in the oven for 25 minutes or until golden brown.
7. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



BISON BISCUITS

These treats are super lean protein rich, simple to make and great as training treats. Your dog will focus like a trooper for these.

Ingredients:

1lb ground bison or lean ground beef
Pinch of Himalayan pink mountain salt

Steps:

7. Preheat the oven to 200°F (95°C or gas mark 0).
1. Put the meat in your food processor and puree it.
2. Line a jelly roll pan with parchment paper.
3. Pour the meat puree into the pan and spread evenly.
4. Bake for 2 hours, allowing the moisture to escape by keeping the oven door slightly ajar or opening every 15 minutes to let the moisture out.
5. Take out of the oven and cut into bite sized pieces.
6. Return the treats to the oven flipped over and bake for an additional 1-2 hours or until the treats are like hard fudge or licorice in texture.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



SWEET POTATO JERKY STRIPS

Many dogs love sweet potato. It's a whole food so it's healthy nutrition. And it's sweet, it's delicious and your dog will love them... you too!

Ingredients:

2 large fresh sweet potatoes (organic is best)

Steps:

1. Preheat the oven to 225°F (105°C or gas mark 0).
2. Wash the sweet potatoes.
3. Cut length ways into ½ inch to ⅔ inch strips.
4. Place on a baking pan.
5. Bake the strips for 3-4 hours or until slightly crunchy.
6. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



QUINOA AND SWEET POTATO SNAPS

These delicious 3 ingredient treats will be gone in a snap they are so good. The recipe is grain free and healthy for the food sensitive dog.

Ingredients:

- 1 sweet potato – cooked, peeled and mashed
- ¼ cup coconut oil
- 2 cups quinoa flour
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Combine sweet potato and coconut oil – mix well.
3. Add the flour slowly until you get a good dough ball forming.
4. Roll out on a floured surface to ¼ inch thickness and make shapes with your favorite cookie cutters and place on cookie sheet.
5. Bake in the oven for 25 minutes or until golden brown, then turn off oven and leave to cool inside for an hour or two.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



GARLIC AND CHEESE BITES



A great combination of garlic and cheese many dogs love. The garlic is anti flea, the coconut oil is nutritionally excellent and the cheese is an exciting taste dogs go mad for a win-win situation.

Ingredients:

- 1 cup oat flour
- 1 cup Sharp cheddar cheese shredded
- 1 Tbsp garlic powder
- 1 Tbsp coconut oil

Pinch of Himalayan pink mountain salt
½ cup soy milk (organic)

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix the shredded cheese, flour, garlic powder and melted coconut oil.
3. Slowly add the milk until you form a good dough.
4. Knead the dough on floured surface for a few minutes.
5. Roll out on a floured surface to ¼ inch thickness and make shapes with your favorite cookie cutters and place on cookie sheet.
6. Bake in the oven for 15 minutes.
7. Leave to cool in the oven with door slightly open until cold and firm.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



BARKING BACON BARS

Delicious treats for the dog that loves bacon – pretty much all dogs! The wheat germ is a super food high in vitamins and minerals and packed with healthy nutritional value for your dog. Oddly enough, its part left out when processed into wheat flour!

Ingredients:

- ¾ cup oat flour
- ¼ cup wheat germ
- ¼ cup melted bacon fat
- 1 small egg
- Pinch of Himalayan pink mountain salt
- ¼ cup cold water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix all the ingredients in a bowl to form dough like consistency. If too sticky, add more flour and if too dry and hard, add more bacon fat or water
3. Roll out the dough to a thickness of around ½ inch.
4. Cut the dough or use your favorite cookie cutter and transfer to a cookie sheet.
5. Bake for 20 minutes or until golden brown.
6. Turn off the oven, flip the cookies over and leave in the oven to cool down and get crispy.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



BARKING BACON BISCUITS

This bacon inspired dog treat recipe uses whole bacon for a richer meaty experience no dog will ever forget. It's also nutritious and healthy.

Ingredients:

- 1 cup oat flour
- ½ cup corn meal flour
- 1 egg
- ¼ cup coconut oil
- 4 slices bacon
- Pinch of Himalayan pink mountain salt
- ½ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Cook the bacon until crisp and leave to go cold before crumbling into pieces.
3. Mix the egg, coconut oil and water.
4. Add the flour and crumbled bacon and mix all the ingredients thoroughly.
5. Roll out onto a lightly floured surface for ¼ to ½ inch thickness.
6. Cut into bite sized portions or use your favorite cookie cutter.
7. Place onto a cookie sheet and bake for 40 minutes or until golden brown.
8. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



BARKING BACON BUSTERS

This is the penthouse suite of bacon recipe treats for dogs. The smell will drive your dog to the top of Mt. Denali (Mt. McKinley)... and back again! It's high in nutritional goodness, with B vitamins, protein and some garlic powder for extra support.

Ingredients:

- 1 cup oat flour
- 2 slices bacon
- 2 Tbsp nutritional yeast
- ½ Tbsp baking powder
- ¼ tsp garlic powder
- ½ cup beef stock

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Cook the bacon until crisp.
3. Drain off two tablespoons of bacon grease.
4. Mix the flour, baking powder and garlic powder together in a large bowl.
5. Mix the stock and bacon grease together, and mix into the dry ingredients.
6. Crumble the bacon and blend into the mixture.
7. Work the mix into a dough ball and transfer to a baking sheet.
8. Flatten out the dough ball, dust the top of the dough with extra flour and roll out into a ten inch square.
9. Cut into 1 inch squares.
10. Bake for 20 minutes or until golden brown.
11. Take out and leave to cool before breaking apart along the cut lines.



VEGGIE LOVERS DELIGHTS

These treats are a power packed veggie delight. Many dogs love vegetables especially carrots and they are packed with fiber, vitamin A and C plus some potassium. They are also good for digestion.

Ingredients:

- 1 cup pureed carrots
- ½ cup pureed broccoli
- ½ cup stuffed with spinach leaves
- 1 cup almond flour
- ¼ cup sunflower hearts
- 1 egg
- ¼ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. If using organic carrots leave skin on otherwise peel, chop and puree the carrots, the broccoli and the spinach in your food processor.
3. Mix all the ingredients (except the water) in a large bowl.
4. Add the water slowly and mix to a dough like consistency.
5. Spoon out the mixture onto a cookie sheet with a table spoon.
6. Press down with a fork to ½ inch thickness.
7. Bake for 25 minutes or until golden brown.
8. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



PUMPKIN PLEASURES



Pumpkin is full of fiber, vitamins and minerals and dogs love it. They are also great for dogs with sensitive stomachs.

Ingredients:

- 1 oat flour
- ½ cups garbanzo/chick pea flour
- ¼ cup canned pumpkin or make fresh pureed pumpkin
- 1 tsp cinnamon
- 1 egg
- Pinch of Himalayan pink mountain salt
- ¼ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix all the ingredients together, except the water.
3. Add water slowly and mix to a dough like consistency.
4. Line a baking sheet with parchment paper.
5. Roll out dough onto floured surface to ¼ - ½ inch thickness and cut with your favorite cookie cutter.
6. Bake for 25 minutes or until golden brown.
7. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



CILANTRO AND PARSLEY BITES

Cilantro (coriander) and parsley are great edible herbs for dogs that add that extra nutritional element to this tasty cookie recipe. Drop in a little applesauce and this one's sure to please your dog.

Ingredients:

- 2 cups oat flour
- ¼ cup cornmeal
- ½ cup cheddar cheese – shredded
- 2 Tbsp unsweetened applesauce
- 1 egg
- ½ cup water
- 1 Tbsp cilantro
- 1 Tbsp parsley
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (190°C or gas mark 5).
2. Mix all the ingredients in a large bowl and mix well.
3. Knead to form a stiff dough ball and place on a floured board.
4. Roll out to ½ inch thick.
5. Use your cookie cutter to create shapes and place on cookie sheet.
6. Bake for 15 minutes or until golden brown.
7. Remove from oven to cool.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



TURKEY AND CHEESE MELTS

Turkey is a great protein rich food for dogs and combined with a little cottage cheese (kidney friendly) and parsley, it makes a delicious treat your dog will love again and again... and one more for luck!

Ingredients:

- 1 cup pre-ground turkey
- 1 egg
- 1 tsp parsley
- ¼ cup cottage cheese
- ½ cup sweet potato, cooked, peeled and mashed
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 325°F (165°C or gas mark 3).
2. Mix all the ingredients together in a large bowl.
3. Spoon out with tablespoon and drop onto cookie tray.
4. Flatten out with a fork to ½ inch thick.
5. Bake in the oven for 45 minutes.
6. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



BEEF AND FISH FANCIES

This treat recipe is a perfect blend of beef and fish, loaded with protein great for dogs plus it's full of vitamins and minerals to make a delicious and nutritionally packed treat.

Ingredients:

- 1 cup pre-ground beef
- 6 oz can of salmon
- 1 medium sized sweet potato, cooked and mashed
- 1 egg
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix all the ingredients together in a large bowl.
3. Empty the bowl out into a 9x13 inch (230x330 mm) baking tray and spread evenly.
4. Bake for 50 minutes.
5. Take out of the oven and allow to cool for 15 minutes.
6. Loosen up the edges and flip over onto a clean cookie sheet.
7. Bake for a further 20 minutes.
8. Take out and cool on a wire rack.
9. Cut into bite sized pieces.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



MEAT AND MASH MARVELS

For dogs that love meat and sweet potatoes which I've found are most dogs. This recipe is rich in good protein, minerals, vitamins and fats with high nutritional value.

Ingredients:

- 1lb meat (lamb, beef, chicken or turkey) – pre-ground
- 1 large sweet potato – washed, peeled, cooked and mashed
- 1 large egg
- 5 Tbsp whole rolled oats
- Pinch of Himalayan pink mountain salt
- ½ cup chicken or vegetable broth

Steps:

1. Preheat the oven to 375°F (200°C or gas mark 6).
2. Combine all the ingredients in large bowl – except the broth.
3. Add broth slowly to soften the mixture – aim for a thick consistency.
4. Pour out the mixture into a 13 x 9 inch baking pan.
5. Bake in the oven for 25 minutes.
6. Take out the oven and cool on wire rack before cutting into bite sized squares.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



EASY CHEESE TASTIES



A quick and easy recipe for those cheese loving dogs, and that's just about all dogs and all kids too probably, so a batch of these savory delights won't last long.

Ingredients:

- 1½ cups brown rice flour
- 1½ cups oat flour
- 1 cup cheddar – shredded
- ½ cup parmesan cheese – grated
- 1 egg
- ½ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Combine all ingredients - except the water.
3. Add water slowly and mix well until you form a good dough.
4. Roll out on floured surface to ¼ inch thickness and make shapes with your favorite cookie cutter.
5. Place on cookie sheet and bake in the oven for 25 minutes or until golden brown.
6. Remove from oven to cool on wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



BACON AND CHEESE BITES

This treat recipe is a delicious combination of bacon, cheese and a hint of apple.

Ingredients:

- 1 cup oat flour
- 1 cup brown rice flour
- ½ cup strong cheddar cheese – shredded
- ½ cup applesauce – unsweetened
- ½ cup rolled oats – whole oats
- 6 slices bacon – cooked
- 1 egg
- Pinch of Himalayan pink mountain salt
- ⅓ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Cook the bacon until crisp and leave to cool before crumbling.
3. Combine all ingredients and mix well to form a dough.
4. Roll out the dough on floured covered surface to ¼ inch thickness.
5. Cut shapes with your favorite cookie cutter and place on cookie sheet.
6. Bake for 25 minutes or until golden brown.
7. Remove from oven to cool on wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



CHEESY CHOPS



A yummy cheesy dog treat recipe for the dog that likes the taste of cheddar cheese. I've also included a little garlic and coconut oil for flavor and its health giving benefits.

Ingredients:

- 1 cup oat flour
- ⅔ cup strong cheddar cheese – shredded
- 1 egg
- 1 large clove garlic – finely chopped
- ¼ cup coconut oil
- Pinch of Himalayan pink mountain salt
- ¼ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix the water and egg well.
3. Put the flour, cheese, garlic and oil in your food processor and pulse for 5 seconds, scrape the sides down and pulse for another 5 seconds – the mixture should have the consistency of cornmeal.
4. While the processor is running, add the egg mixture until the dough forms a ball.
5. Place the dough ball onto a lightly floured board and roll out to ¼ inch thick.
6. Use your favorite cookie cutter or a knife to make shapes and place on a cookie sheet.
7. Bake for 15 minutes.
8. Flip each biscuit over and bake for a further 10 minutes or until golden brown.
9. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



COTTAGE CHEESE KISSES

Here's a nice snack your dog will love, containing cottage cheese which is kidney friendly. A great treat recipe if you dogs liver needs some love.

Ingredients:

- ½ cup cottage cheese
- 1 cup potato flour
- 1 tsp fresh or dried parsley
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 275°F (135°C or gas mark 1).
2. Mix all the ingredients together in a bowl, the mixture will be lumpy which is fine.
3. Spoon out enough mixture to make 1 inch sized balls.
4. Place onto a cookie sheet and flatten with a fork to ½ inch thick.
5. Bake for 40 minutes.
6. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



CHEESE DROPS

For dogs that love cheese, these are very drool worthy and make great training treats.

Ingredients:

- ½ cup brown rice flour
- ½ cup oat flour
- ½ cup mature cheddar cheese – shredded
- 3 Tbsp applesauce – unsweetened
- 1 Tbsp coconut oil – melted
- ½ cup finely shredded/grated carrot
- Pinch of Himalayan pink mountain salt
- ½ cup milk

Steps:

1. Preheat the oven to 375°F (190°C or gas mark 5).
2. Combine all ingredients in a large bowl but add milk slowly until you get a nice sticky dough ball.
3. Cover and leave in the refrigerator for 1 hour.
4. Remove from refrigerator and spoon out enough to roll into bite sized balls.
5. Place on cookie sheet and bake for 15 minutes or until golden brown.
6. Remove from oven to cool.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



SWEET POTATO FRIES

These super simple baked sweet potato fries are delicious for us and our dogs, so a great way to share healthy treats with the family, including your furry children.

Ingredients:

- 1 large sweet potato, washed and peeled
- 1 Tbsp coconut oil – melted
- Dash garlic powder
- Dash Himalayan pink mountain salt

Steps:

1. Preheat the oven to 425°F (220°C or gas mark 7).
2. Cut the prepared sweet potato into long skinny fries.
3. Coat with oil, salt and garlic powder in large bowl, mixing in by hand.
4. Place fries on large baking pan spread out to form single layer.
5. Bake for 15 minutes.
6. Remove pan and shake up the fries to turn over.
7. Bake for another 15 minutes or until golden brown.
8. Remove and allow to cool before serving.

These treats are best eaten fresh and crispy.



KALE AND CHEESE FRIES



This is an easy four ingredient treat that dogs simply spin in delight to get... well mine certainly does! I'm pretty certain your dog will be sat begging for these tasty and healthy fries. Kale is a super-food rich in vitamins and minerals which is great for your dog. If you have kids, they'll love this tasty snack too!

Ingredients:

- ½ cup brown rice flour
- ½ cup oat flour
- 1 cup kale – finely chopped

½ cup sharp cheddar – shredded
Pinch of Himalayan pink mountain salt
½ cup milk

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Combine the flours, kale, cheese and milk – mix well.
3. After forming a good dough, pinch out enough to make bite sized fries.
4. Place on baking pan and bake for 20 minutes or until golden brown.
5. Remove to cool.

These treats are best eaten fresh and crispy.



CANNED DOG FOOD DELIGHTS

If you're feeding your dog a prescription diet canned dog food or a certain brand that your dog likes best, then here's a great way to easily turn the contents into crunchy treats.

Ingredients:

Canned dog food (the best choice would be an organic, grain free, made from human grade ingredients choice)

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Place a teaspoonful sized amount of canned dog food onto a cookie sheet or non stick cookie tray (can use coconut oil spray).
3. Bake for 45 minutes.
4. Remove to cool.

These treats can be stored in the fridge for up to one week or frozen for up to four months.



SWEET TREATS

Sweet cookies and dessert inspired snacks

CLASSIC CAROB CHIP COOKIES



The famous... or infamous if your waistline has anything to say about it, chocolate chip cookie gets a makeover especially suited to your dog this time.

Ingredients:

1½ cups brown rice flour

1½ cups oat flour

1 cup carob chips – cannot be substituted for chocolate!

1 egg

1 tsp vanilla extract

Pinch of Himalayan pink mountain salt

½ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Combine all ingredients in large bowl and mix well.
3. Roll into 1 inch balls and place on cookie sheet and press down halfway with fork.
4. Bake for 20 minutes or until edges are golden brown.
5. Remove to cool on wire rack.

These treats can be stored in the fridge in an airtight container for up to two weeks or frozen for up to four months



FORGET ME NOT COOKIES

This antioxidant rich blueberry and herb treat recipe packs a healthy punch. The turmeric adds another layer of dog friendly health; your best friend will love.

Ingredients:

- ½ cup blueberries
- 1 cup pre-ground lean beef
- 1 tsp turmeric
- 2 Tbsp basil
- 1 Tbsp coconut flour
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 400°F (200°C or gas mark 6).
2. Chop the blueberries.
3. Mix all the ingredients together in a large bowl.
4. Spoon out enough to make 1 inch sized balls.
5. Place onto cookie sheet and flatten down with a fork to ½ inch.
6. Bake in the oven for 20 minutes or until golden brown.
7. Take out and cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



CINNAMON AND HONEY COOKIES

These are delicious for the dog with a sweet tooth, but using the health properties of honey and cinnamon to keep the cookie high in nutritional value.

Ingredients:

- 1 cup oat flour
- ½ cup bran
- ½ cup brewer's yeast
- ¼ cup wheat germ
- ½ tsp ground cinnamon
- 3 Tbsp honey
- 2 Tbsp coconut oil
- 1 egg
- 1/3 cup soy milk (organic)

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix the dry ingredients in a large mixing bowl and mix well.
3. In another bowl, beat the honey, oil, egg and milk until well mixed.
4. Add the wet mixture to the dry gradually and form a dough.
5. Spoon out enough to form 1 inch balls and place on a cookie sheet.
6. Flatten out the balls with a fork to ½ inch thick.
7. Bake in the oven for 15 minutes or until golden brown.
8. Take out to cool.

These treats can be stored in the fridge in an airtight container for up to two weeks or frozen for up to four months

COCONUT COOKIES

If you and your dog love the smell of coconut, then you'll love the aroma that fills your kitchen as you make this delicious dog treat recipe. It's also a great allergy buster because of the honey, coconut oil and oregano.

Ingredients:

- ½ cup hemp powder
- ½ cup oat flour
- 6 Tbsp coconut flour
- 3 Tbsp coconut oil – melted
- 1 tsp fresh or dried oregano
- Pinch of Himalayan pink mountain salt
- 3 Tbsp honey

Steps:

1. Preheat the oven to 375°F (190°C or gas mark 5).
2. Mix all the ingredients in a large mixing bowl until you get a good dough consistency.
3. Roll out the dough on a lightly floured surface to around ¼ - ½ thickness.
4. Place onto a cookie sheet and bake for 5 minutes or until light golden.
5. Remove from oven, loosen edges and flip onto a cooling rack.
6. Once cooled, cut into bite sized pieces.

These treats can be stored in the fridge in an airtight container for up to two weeks or frozen for up to four months.



CLASSIC PEANUT BUTTER BISCUITS (VERSION 1)



This is the classic version of the peanut butter biscuit, plain, simple and quick to make, but with my healthy twist. Remember to get the healthy whole foods peanut butter, a much healthier option for your dog and what this dog treat recipe book is all about... and your dog will still go crazy for them!

Ingredients:

¾ cup oat flour

¾ cup brown rice flour

¼ cup all natural peanut butter with no added sugar or salt

1 Tbsp coconut oil – melted

Pinch of Himalayan pink mountain salt

½ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix the oil, peanut butter and water – mix well.
3. Add the flours incrementally and mix well to form a dough.
4. Knead the dough to form a firm dough ball.
5. Remove the dough to a floured surface and roll out to ¼ inch thickness.
6. Use your favorite cookie cutter to make the biscuits and place onto cookie sheet.
7. Bake for 20 minutes or until golden brown.
8. If you want the biscuits extra hard, turn off the oven and let the biscuits stand in the oven for 1-2 hours.

These treats can be stored in the fridge in an airtight container for up to two weeks or frozen for up to four months.



PEANUT BUTTER BISCUITS (VERSION 2)

Here's another tasty version, this time with egg, milk and a dash of Himalayan Pink Mountain Salt which is pure, free of chemicals and full of essential minerals great for your dog's health.

Ingredients:

- 1½ cups oat flour
- ¾ cup all natural peanut butter with no added sugar or salt
- 1/3 cup skim milk
- 1 egg
- ¾ Tbsp baking powder
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 375°F (190°C or gas mark 5).
2. Mix the flour, baking powder and salt in a bowl.
3. In a separate bowl, mix the peanut butter, milk and egg – mix well.
4. Combine the wet and dry mixture – mix well.
5. Place the dough onto a floured surface and roll out to ¼ inch thick.
6. Cut into shapes with your favorite cookie cutter and place on a cookie sheet.
7. Bake for 20 minutes or until golden brown.
8. Remove from oven to cool.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



PEANUT BUTTER AND BANANA (VERSION 3)

100% Wheat free

If your dog loves peanut butter and bananas, they'll love this treat recipe. It's a soft biscuit but the dough holds a good sized cookie cutter shape and its 100 wheat free.

Ingredients:

½ cup brown rice flour

½ cup all natural peanut butter with no added sugar or salt

1 banana – peeled and mashed (a banana turning black is best for sweetness)

¼ cup warm water

Steps:

1. Preheat the oven 325°F (165°C or gas mark 3).
2. Mix the banana, peanut butter and flour.
3. Add water slowly to make a firm dough – add more flour if too wet.
4. Roll out dough on floured surface to ¼ inch thickness.
5. Use your favorite cookie cutter to make shapes and place on cookie sheet.
6. Bake in the oven for 15 minutes or until golden brown.
7. Remove from oven to cool on wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



PEANUT BUTTER AND PUMPKIN COOKIES

These cookies are a tasty combination of pumpkin and peanut butter with a little natural sweetness from the honey and cinnamon, both healthy choices for your dog.

Ingredients:

- 1 cups oat flour
- 1 cup brown rice flour
- ½ cup all natural peanut butter with no added sugar or salt
- 1 cup canned or cooked pumpkin
- 2 eggs
- 1½ tsp cinnamon
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix all the ingredients together in a large bowl – mix well.
3. Place the dough onto a floured surface and roll out to ¼ inch thickness.
4. Cut into shapes with your favorite cookie cutter.
5. Bake for 12 minutes or until light golden brown.
6. Remove from oven to cool.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



PEANUT BUTTER AND COCONUT COOKIES

100% Grain Free Option

For the dog that loves peanut butter cookies but needs a 100% grain free version that's still deliciously tasty and guaranteed to please.

Ingredients:

- 1½ cup coconut flour
- ½ cup all natural peanut butter with no added sugar or salt
- 1 cup canned pumpkin
- 2 Tbsp apple sauce - unsweetened
- 4 eggs
- Pinch of Himalayan pink mountain salt
- ½ cup coconut oil

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Combine all ingredients in large bowl and mix well into dough ball – add more egg if too dry or flour if too hard.
3. Roll out on floured surface to ¼ inch thickness and cut shapes with your favorite cookie cutter.
4. Place on cookie sheet and bake in the oven for 15 minutes or until cookies are turning lightly golden.
5. Remove from oven to cool on wire rack.



PEANUT BUTTER BISCUITS (VERSION 4)



Here's a yummy version of the classic peanut butter biscuit your dog will love. With carob chips thrown in, your dog gets the chocolate experience without the coco which is not good for dogs. Use all natural peanut butter with no added sugar for nutritional benefits.

Ingredients:

1 cups brown rice flour

1 cup oat flour
1 cup oat whole rolled oats
¼ cup all natural peanut butter with no added sugar or salt
2 Tbsp carob chips
1 Tbsp coconut oil – melted
Pinch of Himalayan pink mountain salt
1¼ cups warm water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix all ingredients in a large bowl.
3. Knead the dough on a lightly floured surface until firm - slowly add more warm water if needed.
4. Roll out the dough to ¼ inch thickness and cut with your favorite cookie cutter.
5. Transfer biscuits to a cookie sheet and bake for 40 minutes.
6. Turn off the oven and let the biscuits stand in the oven until hard, 1-2 hours.

These treats can be stored in the fridge in an airtight container for up to two weeks or frozen for up to four months.



PEANUT BUTTER BISCUITS (VERSION 5)



Here's the gold standard version fit for a president, or at least his dog! It's delicious beyond compare and I guarantee everyone in your household will want

some of these, they taste so good! It's also full of great nutrition your dog will benefit from such as honey, ginger, cinnamon and cloves.

Ingredients:

- 1 cup brown rice flour
- 1 cup oat flour
- ¼ cup all natural peanut butter with no added sugar or salt
- ¾ cup applesauce – unsweetened
- ½ cup honey
- 1 egg
- 2 tsp baking soda
- 1 tsp cinnamon
- 1 tsp ginger
- ½ tsp ground cloves
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix the applesauce, peanut butter, honey and egg in a bowl – mix well.
3. In a separate bowl, mix the flour, baking soda and spices.
4. Combine the wet and dry mixtures – mix well.
5. Spoon out the mixture with a table spoon and drop onto a cookie sheet.
6. Bake for 10 minutes or until light golden brown.
7. Remove from oven to cool.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months



COCONUT AND PUMPKIN COOKIES

This recipe is a simple treat for dogs that smells delicious and is very healthy.

Ingredients:

½ cup pumpkin flour

½ cup coconut flour

1 medium sweet potato, cooked, peeled and well mashed or pureed

½ cup applesauce – unsweetened

1 Tbsp honey

Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven 275°F (135°C or gas mark 1).
2. Mix all the ingredients together in your food processor.
3. Empty into a greased or parchment lined 8 inch baking tray.
4. Bake for 1 hour for a chewy consistency or bake for 1½ hours for a more crispy texture.
5. Remove from oven and allow to cool before cutting into bite sized pieces.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



ALMOND AND PUMPKIN PLEASERS



Your dog will love the sweetness of pumpkin, the full flavor of ground almonds and the smell of coconut. They make a delicious and healthy treat for hungry hounds.

Ingredients:

- ½ cup coconut flour
- ¾ cup canned or cooked pumpkin
- 1 egg
- 2 Tbsp ground almonds
- 3 Tbsp coconut oil – melted
- Pinch of Himalayan pink mountain salt
- Dash of cinnamon

Steps:

1. Preheat the oven 325°F (165°C or gas mark 3).
2. Mix all the ingredients together – mix well to form a good firm dough.
3. Turn out the dough onto floured surface and roll out ½ inch thickness.
4. Cut shapes with your favorite cookie cutter.
5. Place on a cookie sheet and bake for 30 minutes or until light golden brown.
6. Remove from oven to cool.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



QUINOA AND PUMPKIN PERFECTS

My dog loves a little leftover Quinoa; it's delicious, rich in protein and wheat free if your dog needs their food that way. This recipe is definitely worth trying and your dog will love this tasty wheat free grain with the sweetness of pumpkin and honey. It's also high in nutritional value

Ingredients:

- 4 cups quinoa – cooked and drained
- 3 Tbsp flax seed
- 1 can of pumpkin puree or make with fresh pumpkin
- ¼ cup coconut oil
- ¼ cup honey
- 1 cup water
- 1 tsp cinnamon

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Add flax seed to 1 cup of water, stir and stand for 5 minutes to thicken.
3. Add in all ingredients including flax seed mix to large bowl – mix well.
4. Form a good dough, turn out and roll on floured surface to ¼ inch thickness.
5. Cut shapes with your favorite cookie cutter and place on cookie sheet.
6. Bake for 40 minutes, turn off oven and leave to cool in oven to get harder and crunchier.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.

SWEET POTATO COOKIES

A delicious sweet potato recipe combined with healthful coconut, ginger, kefir and cinnamon, so good for dog health.

Ingredients:

- 1 large sweet potato, peeled, cooked and mashed or pureed
- 1½ cups coconut flour
- ¾ cup applesauce – unsweetened
- 3 eggs
- 1 banana – well mashed or pureed
- ¼ cup kefir
- ½ tsp cinnamon
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 300°F (150°C or gas mark 2).
2. Mix all the ingredients together – mix well.
3. Spoon out and form 2 inch cookies about ½ inch thickness.
4. Place onto cookie sheet and bake for 30 minutes or until light golden brown.
5. Remove and allow to cool.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



SWEET POTATO AND CARROT COOKIES

These cookies are both tasty and healthy, being rich in good fats, vegetables, complex carbohydrates, honey and coconut oil.

Ingredients:

- ¼ cup brown rice flour
- 1 cup oat flour
- 1 small sized sweet potato - cooked
- 1 medium sized carrot – scrubbed
- ¼ cup sunflower hearts
- 1/3 cup water
- 1 Tbsp honey
- 2 Tbsp coconut oil
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix the flours in a large bowl.
3. Finely chop the carrot and sweet potato in your food processor.
4. Add the carrot and sweet potato to the flours and mix well.
5. Add the sunflower hearts, oil, honey and water and mix to form a dough ball – add more water if you need to.
6. Empty out onto floured surface and knead until well combined.
7. Roll out to ¼ inch thickness and make shapes with your favorite cookie cutter.
8. Place on a cookie sheet and bake for 30 minutes.

9. Take out of the oven and flip all the cookies over, return to oven and cook for a further 10 minutes or until light golden brown.
10. Remove from the oven and allow to cool on a wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



COCONUT BALLS

No Bake!



Dogs really love the taste of sweet coconut and this no bake recipe is delicious and with only 4 ingredients, it can be whipped up in no time.

Ingredients:

½ cup coconut oil

3 Tbsp all natural peanut butter with no added sugar or salt

2½ cups rolled oats

½ cup coconut – finely shredded/desiccated

Pinch of Himalayan pink mountain salt

Steps:

1. Combine the coconut oil, peanut butter and rolled oats in your food processor – add oil to soften or oats to harden for hand rolling.
2. Using a spoon, scoop out and roll into 1 inch balls.
3. Roll in the shredded coconut until well coated.
4. Place on a tray lined with parchment and refrigerate for 1 hour.
5. Leave in the refrigerator and serve as needed.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



PEANUT BUTTER BALLS

No Bake!

Here's another no bake surprise that your dog will love if they have a taste for peanut butter. They are also healthy with good nutritional value to your dog.

Ingredients:

3 cups rolled oats

½ cup plain yoghurt – Organic is best

1 cup all natural peanut butter with no added sugar or salt

Pinch of Himalayan pink mountain salt

Steps:

1. Combine the yoghurt and peanut butter and mix until it forms a paste.
2. Add in the oats a little at a time making sure they are well coated, forming a heavy mixture.
3. Using a spoon, scoop out and roll into 1 inch balls.
4. Place on a tray lined with parchment and refrigerate for 1 hour.
5. Leave in the refrigerator and serve as needed.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



OAT AND BLUEBERRY COOKIES

Easy 2 ingredient Dog Treat!

This treat recipe is an easy starter recipe with endless ways you can customize it to your dog's tastes.

Ingredients:

2 cups spelt flour (or 1 cup brown rice flour and 1 cup oat flour)

2 x 4oz jars of pureed baby food – blueberry flavor (can use apple, banana etc)

Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix all the ingredients together in a large bowl to form a stiff dough – add extra flour to harden or extra water to soften.
3. Roll out on a floured surface to ¼ inch thickness.
4. Make shapes with your favorite cookie cutter and place on cookie sheet.
5. Bake for 25-30 minutes (if you want more crunch/harder treats – turn off oven a leave treats in to cool for several hours).
6. Remove and allow to cool on wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



VANILLA AND CAROB COOKIES



This tasty combination of chocolate replacement carob with a dash of vanilla and coconut flour is delicious, sweet (but not too sweet) and sure to please your dog.

Ingredients:

- 1 cup brown rice flour
- 1 cup oat flour
- ½ cup carob chips
- 1 egg
- 1 tsp vanilla
- Pinch of Himalayan pink mountain salt
- ⅓ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Mix all the ingredients – except the water.
3. Add water slowly and mix until a dough forms.
4. Roll into 1 inch balls and flatten out to ½ inch thickness and place on cookie sheet.
5. Bake in the oven for 25 minutes or until golden brown.
6. Remove from oven to cool on wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



APPLE OATMEAL COOKIES



These tasty cookies are full of healthy nutrition with vitamins, minerals, honey and fiber. They are also a soft cookie for the dog with a sensitive mouth or senior dog with few teeth left.

Ingredients:

- 1 cup oat flour
- ½ cup rolled oats
- 1 small egg
- ¼ cup applesauce – unsweetened
- 1 tsp baking powder

- 1 small apple – cored and finely chopped
- 2 Tbsp honey
- 2 Tbsp coconut oil
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Add the egg, applesauce, oil and honey in a large bowl – mix well.
3. Add in the flour, oats, baking powder and apple – blend well.
4. Spoon out the dough and dollop onto cookie sheet.
5. Bake for 15 minutes or until golden brown.
6. Remove from oven to cool on wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



APPLE CINNAMON SURPRISES

These yummy easy to make treats are a real surprise for your dog, that's if they haven't been sat drooling in the kitchen the whole way through this delightful kitchen filling smell fest.

Ingredients:

- 1 cup dry quick cook oatmeal
- ½ cup applesauce – unsweetened
- 1 large egg
- 1 Tbsp honey
- 1 tsp cinnamon
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Combine the oatmeal, applesauce and mix well.
3. Add the egg and mix well to form a dough.
4. Spoon out enough mixture to make bite sized dollops on your cookie sheet or fill your favorite cookie cutter shapes and release onto the cookie sheet.
5. Bake in the oven for 22 minutes or until light golden brown – keep an eye on it!
6. Remove cookie sheets and leave them to cool slowly for a crunchier finish.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



APPLE AND CINNAMON WAGON WHEELS

Many dogs love the taste of apples and adding a touch of cinnamon brings some sweet spice to a delicious anytime snack. Just make sure you pick a delicious sweet apple to make the treats with.

Ingredients:

2 large apples

Ground cinnamon to flavor

Steps:

1. Preheat the oven 325°F (165°C or gas mark 3).
2. Peel and core the apples – removing all pips!
3. Slice the apples into rings ¼ inch thick.
4. Lightly dust the rings with cinnamon.
5. Place onto a baking tray and bake for 4 hours.
6. Open the oven briefly to release moisture every 30 minutes.
7. Take out and cool on a wire rack.
8. The texture of the apples should be dry and a little chewy but not crisp.

These treats can be stored in the fridge in an airtight container for up to three weeks or frozen for up to four months.



CRANBERRY AND WHITE CHOCOLATE TEASERS

White chocolate is not really chocolate, so don't be concerned. In this recipe it's mixed with cranberries for an irresistible treat your dog will love.

Ingredients:

1½ cups brown rice flour
1½ cups oat flour
½ cup dried cranberries
½ cup coconut – shredded/desiccated
½ cup white chocolate chips
1 egg
Pinch of Himalayan pink mountain salt
½ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Combine all ingredients except for the water.
3. Add water slowly and mix until a good dough forms.
4. Spoon out mixture and form 1 inch balls and place onto cookie sheets.
5. You can leave as is or flatten balls with a fork to ½ inch thickness.
6. Bake in the oven for 20 minutes or until golden brown.
7. Remove from the oven to cool on wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



MOLASSES MAGIC MOMENTS

These cookies use blackstrap molasses for an alternative sweet source ingredient. It's full of beneficial minerals and vitamin B6 for a healthier dog treat recipe. And dogs love the flavor, try it, your dog will love it too.

Ingredients:

- 1½ cups brown rice flour
- 1½ cups oat flour
- ½ cup whole rolled oats
- ¼ cup pecans – finely ground
- 1 egg
- ¼ cup blackstrap molasses
- Pinch of Himalayan pink mountain salt
- ½ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Combine all ingredients except water in a large bowl.
3. Add water slowly until you form a good dough.
4. Roll out on floured surface to ¼ inch thickness and make shapes with your favorite cookie cutter.
5. Place on cookie sheet and bake for 25 minutes or until golden brown.
6. Remove from oven to cool on wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



GINGER SNAPS

These delicious ginger and carrot treats are a hit with dogs that naturally love carrots, and full of good nutrition too.

Ingredients:

- 1 cup brown rice flour
- 1 cup oatmeal flour
- ½ cup low fat dry milk powder
- ¾ cup water
- 1 Tbsp coconut oil
- 1 tsp ginger powder
- ¼ cup carrots – shredded
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 300°F (150°C or gas mark 2).
2. Combine the flours and milk powder in a large bowl.
3. Mix in the coconut oil, ginger powder and carrots.
4. Slowly add water and mix to form a good dough – use hands to knead the dough.
5. Roll out onto floured surface to ¼ inch thickness and cut shapes with your favorite cookie cutter – place on cookie sheet.
6. Bake in oven for 35 minutes or until golden brown.
7. Leave in oven to cool and dry for a harder crunchier biscuit.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



BANANA AND OAT COOKIES



Here's another take on the banana theme, this time with oats and a little cinnamon. Completely delicious!

Ingredients:

- 1½ cups brown rice flour
- 1½ cups oat flour
- 1 cup whole rolled oats
- ½ cup oat bran
- ½ cup bananas – peeled and pureed
- 1 egg

¼ tsp cinnamon

Pinch of Himalayan pink mountain salt

½ cup water

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Combine all ingredients in large bowl and mix well.
3. Spoon out and roll into 1 inch balls and place on cookie sheet.
4. Flatten down half way with a fork and bake in the oven for 20 minutes or until golden brown around edges.
5. Remove to cool on wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



BANANA AND BLUEBERRY BISCUITS

These treats are crunchy and tasty for the dog with a sweet tooth but needs treats to be nutritious and healthy. If you have some old bananas turning black, they are sweeter and best for this recipe.

Ingredients:

- 1½ cup oats
- ½ cup all natural peanut butter with no added sugar or salt
- 1 banana – already turning black is best!
- ½ cup blueberries
- ½ cup milk
- ½ cup fresh parsley – finely chopped
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Blend the banana and blueberries in your food processor.
3. Combine 1 cup oats, peanut butter and the blueberry/banana mix into large bowl – mix well.
4. Add the milk, parsley and rest of the oats – mix well.
5. Spoon out bite sized amounts and drop onto cookie sheet.
6. Bake in the oven for 20 minutes or until turning golden brown.
7. Remove from oven to cool on wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.

BANANA AND ALMOND SOFTIES

This treat recipe is soft, delicious and super healthy.

Ingredients:

- ¾ cup almond butter – unsalted (can swap out for all natural peanut butter)
- ⅓ a ripe banana
- 1 egg
- 1 tsp ground cinnamon
- Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven to 350°F (175°C or gas mark 4).
2. Peel and mash the banana well in a large bowl.
3. Add in the rest of the ingredients and mix well to a batter consistency that is thick and a little gloopy.
4. Spoon out gumball sized portions and dollop onto cookie sheet.
5. Bake for 10 minutes or until turning light golden brown.
6. Remove from oven and allow to cool.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



BANANA NUT BRITTLES

If you have some old bananas going black, here's a way to put them to good use for a sweet tasting and delicious treat your dog will love.

Ingredients:

2 overripe bananas
1½ cups almond flour
¼ cup kefir
1 tsp vanilla
1 Tbsp honey
Pinch of Himalayan pink mountain salt

Steps:

1. Preheat the oven 325°F (165°C or gas mark 3).
2. Mix all the ingredients together in your food processor.
3. Pour into a greased or parchment lined baking tray or mini loaf pan 5x7 inch and even out the surface.
4. Bake for 1 hour or until golden brown.
5. Remove from oven and allow to cool for 25 minutes.
6. Flip onto a cutting board and slice into ½ inch strips.
7. Bake the strips for another 1 hour on a reduced oven setting of 250°F or until brittle.
8. Remove from oven and allow to cool on wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.



BANANA RASPBERRY COOKIES

This delicious cookie recipe is for the dog that loves the taste of fruits, especially bananas. With a hint of sweet honey and cinnamon, your dog also gets a health boost.

Ingredients:

- 1 cup brown rice flour
- 1 cup almond flour
- 1 egg
- 1 tsp cinnamon
- 1 tsp honey
- ¼ cup raspberries – well mashed or pureed
- ½ cup bananas – well mashed or pureed
- Pinch of Himalayan pink mountain salt
- ¼ cup water

Steps:

1. Preheat the oven to 375°F (190°C or gas mark 5).
2. Mix all the ingredients except the water in large bowl – mix well.
3. Add water slowly until dough forms.
4. Spoon out mixture and roll into 1 inch balls.
5. Place onto cookie sheet and flatten with fork to ½ inch thickness.
6. Bake in the oven for 25 minutes or until golden brown.
7. Remove and allow to cool on wire rack.

These treats can be stored in the fridge in an airtight container for up to one week or frozen for up to four months.

