

DOG TREATS – HONDE BEDERFIES



www.foodloversrecipes.com



By Food lovers recipes

DOG TREATS – HONDE BEDERFIES

Bow Wow Brunch

- 3 cups cooked oatmeal
- 2 cups active-culture plain yogurt
- 2 cups cottage cheese
- 2 Tbsp safflower oil
- 1 banana, peeled and coarsely mashed
- 1 apple or pear, cored and chopped
- 1 cup ripe mashed mango

Combine all ingredients in a large bowl and mix thoroughly. Refrigerate, but do not freeze. Use caution if your pup has not been exposed to dairy.

Yield

8 cups, which feeds a medium-sized dog for about 2 days at 4 cups per day.

Serving size: 2 cups

Canine Casserole

- 1 cup cooked chicken or turkey
 - half cup steamed vegetables (carrots, broccoli, squash, spinach, sweet potato)
 - half cup prepared brown rice
 - 4 Tbsp. no-sodium broth
- Combine all ingredients.

Peanut Butter Cookies

Dogs love peanut butter, and these cookies are a great way to sneak some fish oil into your dog's diet. Fish oil improves your dog's coat, making it shiny, soft, and healthier.

Look for organic peanut butter at your grocery store. Many commercial brands of peanut butter have unhealthy hydrogenated oils and additives. Better yet, make your own peanut butter using raw peanuts and peanut oil, and processing the mixture in your food processor.

2 cups of flour (white or wheat, if your pup has no wheat allergies)

1 cup of rolled oats

1/3 cup of smooth peanut butter

1 tablespoon of honey

1/2 tablespoon of fish oil

1 1/2 cups of water

Preheat the oven to 350 degrees Fahrenheit.

Mix the flour and oats together in a large mixing bowl. Pour in one cup of water and blend until smooth. Add in the peanut butter, honey, and fish oil and mix until all the ingredients are well blended.

Slowly add the water until the mixture has a thick and doughy consistency.

Lightly flour a cooking surface. Roll the dough onto the cooking surface to create a 1/4 inch thick sheet.

Use a cookie cutter to create shapes. Place the cookies onto a baking sheet and bake for 40 minutes.

Allow to cool completely before feeding.

Pro Tip: If the dough is too sticky to roll, slowly pad more flour onto the dough ball

Frozen Yogurt Pops for Dogs

If your dog loves to chase ice cubes around the kitchen, then he'll love these frozen treats. They're made from human grade ingredients and include fruit juice and carrots, which give your pup an added vitamin boost. Yogurt has calcium and protein, and can help your dog digest food.

Note that this recipe calls for non-fat yogurt, which is a much healthier alternative to other types of yogurt, especially if your dog is overweight.

6 oz. container of plain, non-fat frozen yogurt

1 cup of no-sugar added fruit juice

1/2 cup of carrots, minced

Add the yogurt, fruit juice, and carrots into a medium-sized bowl. Stir until the ingredients are smooth and well-blended.

Drop the mixture into the ice cube trays by spoonful.

Freeze until the ingredients are solid.

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

Fruit and Vegetable Strips

These strips work as a cheaper alternative to the organic chewy treats sold in pet stores. They also break apart easily, so you can serve smaller pieces as training rewards. Fruits and vegetables are rich in vitamin C, which can help boost your dog's immune system.

1 small sweet potato

1 medium banana

1 cup carrots, minced

1/2 cup unsweetened organic applesauce

2 cups of whole wheat flour (white if your dog has allergies)

1 cup of rolled oats

1/3 cup of water

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

Preheat the oven to 350 degrees Fahrenheit.

Mash the banana and sweet potato in a large mixing bowl with a hand masher until smooth. Add in the carrots, flour, and oats. Slowly add in the applesauce and water while mixing.

The ingredients will form a soft dough. Roll the dough on to a lightly floured surface until the dough is 1/8 inch thick.

Cut the dough into strips.

Cook on a baking sheet for 25 minutes.

Store leftover strips in the fridge for up to two weeks.

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

Beef and Vegetable Balls

Some dogs prefer meaty treats over sweet ones. These treats have a hearty meat flavor and good aroma that all dogs love. When I made these, my dog stood outside the oven door, not so patiently waiting for the treats to cool.

2 6-ounce jars of organic beef and vegetable baby food

1 cup of whole-wheat flour (or white substitute)

2 cups of dry milk

1 cup of water

Preheat the oven to 350 degrees Fahrenheit.

Mix all of the ingredients in a large mixing bowl.

Drop the mixture onto a baking sheet in large spoonfuls.

Bake for 12 to 15 minutes.

Allow to the treats to cool completely. Store leftover beef and vegetable balls in the fridge for up to five days.

Beef Stew

This dog-approved version of beef stew includes meat for protein, vegetables for vitamins, and gravy for flavor. This is a good alternative to wet commercial dog foods.

1 pound of beef stew meat

1 small sweet potato

1/2 cup of carrots, diced

1/2 cup of green beans, diced

1/2 cup of flour

1/2 cup of water or organic vegetable oil, plus 1 tablespoon of vegetable oil for frying

Cook the sweet potato in a microwave for 5 to 8 minutes until firm but tender. Set aside.

Slice the stew pieces into smaller chunks, about the size of a nickel.

Cook the stew pieces in a tablespoon of vegetable oil over medium heat for 10-15 minutes or until well-done.

Remove the beef chunks from the pan, reserving the drippings.

Dice the sweet potato.

Heat the drippings over medium-low heat. Slowly add flour and water into the dripping while whisking to create a thick gravy.

Add the meat, sweet potato, carrots, and green beans into the gravy and stir to coat.

Cook until the carrots are tender – about 10 minutes.

Serve cool.

Store remaining stew in the fridge for up to five days.

Pro Tip: You can purchase pre-made gravy at some health food stores. This may save you time when making this food.

Fruit Parfait for Dogs

Your dog deserves a nice dessert every once in a while. This parfait mixes dairy and fruit, so it tastes great but also gives your pup a nice dose of vitamins and protein.

1/2 cup plain, non-fat yogurt

1/2 cup of strawberries, diced

1/2 cup of blueberries, diced

1/2 cup of applesauce

Blend all ingredients in a medium size bowl until the yogurt is smooth and the fruit is well blended.

Serve in small amounts.

Store in the fridge for up to seven days.

Pro Tip: On days you plan to serve your pup a fruit parfait, reduce the amount of regular food by one half to one cup to keep from over-feeding.

Ingestuor deur Marlize Vermaak