



## Healthy Meat Meal Free Pet Treat Recipes

I asked my fellow pet crusaders for some delicious and healthy pet treats, and my email inbox filled up with tons of yummy concoctions. Below are some of the best recipes as tested by me and Cleo.

So the next time you get bummed out by the icky ingredients on pet food labels, don't despair--put on your chef hat!

### **Simple Peanut Butter Cookies for Dogs** from Luca

Eddie says: "I'm a sucker for peanut butter. Very tasty."

3 cups whole wheat flour  
1/2 cup rolled oats  
2 teaspoon baking powder  
1-1/2 cup milk  
1 and a 1/4 cup natural peanut butter  
1 tablespoon molasses

Preheat oven to 350. Mix flour, oats and baking powder in a large bowl. Mix milk, peanut butter, and molasses then add to dry ingredients. Knead dough until firm. Roll out to about a 1/4" thick and cut (use cookie cutters if you want, I use the rim of a glass to press out circles). Bake for 20 minutes or until lightly browned. Let cool completely. Store in a Tupperware in the fridge. Makes about 25 medium cookies.

### **Tuna Pops** from Chef Skylar

Cleo says: "These are mighty tasty (and fun to bat around on the floor) but be careful not to eat tuna more than a few times a month! Canned tuna has high levels of mercury--that's a big deal when you're a cat that weighs 8 pounds."

Drain liquid from tuna packed in spring water. Freeze liquid in small ice cube trays; cocktail ice cube trays work nicely, as well as little square pill boxes available at most drug stores. You can make a second batch of tuna-pop water by recovering your drained tuna with filtered water overnight.

### **Quick Yeast Treat** *from Sweetie*

Yeast flakes sprinkled on your food. That's it!

### **Liver Brownies** *from anonymous pet-chef*

Eddie says: "Cat and dog approved!"

1 lb chicken livers (organic or free range is best)

1/2 lb kamut or rice flour

Put chicken livers in blender with very small amount of water to help blend easier. Grind thoroughly to a liquid and pour into a mixing bowl. Add kamut or rice flour, mixing thoroughly to a consistency of brownie batter. If it's too runny, add more flour.

Pour mixture into a baking dish lined with parchment paper (it will stick otherwise) to a depth of about 1 inch. Bake at 300 degrees for 15-20 mins, until a knife comes out clean. Peel off parchment paper and cool.

Can be frozen for months when cut into 1 inch squares. Liver brownie can be given one square as a treat every couple of days.

### **Turkey Rolls** *from the Great Dane who owns Sascha*

Eddie says: "I think I'd add a little spinach to my wrap, and maybe some carrots on the side."

Organic turkey wrapped in a multigrain tortilla makes for a tasty treat.

### **Hula Cookies** *from Cricket*

Eddie says: "I tried this one, and my humans liked them too!"

Cleo says: "I liked them better after they were broken up a bit and moistened with a little leftover the pineapple juice."

8 ounces canned unsweetened crushed pineapple

1/4 cup vegetable oil

1/4 cup honey

1 egg

1 teaspoon vanilla

2 cups white flour

1 1/2 teaspoons baking powder

1/4 teaspoon baking soda

Preheat oven to 350 degrees. Drain pineapple and set aside. In a mixing bowl, combine oil and honey. Add egg, pineapple and vanilla and mix thoroughly. Combine flour, baking powder and baking soda in a separate bowl. After blending, add this into the wet mixture and stir well. Drop tablespoon size amounts of the mixture onto a greased baking sheet and bake for 20 minutes. Cool on a rack, and then serve. Store in an airtight container.