

Ingredients

- 1 cup almond meal or almond flour
- 1 cup shredded raw carrot
- 1/2 cup unsweetened applesauce
- 1 egg
- 1 tsp. baking powder

Directions

- Preheat oven to 350°. Spray a cookie sheet with cooking spray.
- Combine all ingredients in electric mixer and mix well at low speed
- Drop onto prepared cookie sheet in lumps of 1-2 Tbsp. These cookies do not expand or flatten while cooking, so they can be spaced very closely.
- Bake 30 minutes. Remove from the oven and allow to cool.



My name is Lucy and I approved these recipes.

DOG TREATS

The diet of most domestic dogs today bears little resemblance to what their wild relatives — coyotes, wolves, dingoes, jackals and foxes — eat. These animals are carnivores, and about 90 percent of their diet consists of meat, which includes insects, fish, eggs, reptiles, amphibians, snails and worms. The remaining 10 percent incorporates grasses, grains, berries, fruits and bones, often from the stomachs of their prey.

The composition of commercial pet foods and treats does not reflect this. Instead, it emphasizes grain, starch and sugar, not to mention innumerable synthetic ingredients. Savvy veterinarians often link pet allergies and other health issues to a diet that is not compatible with a dog's digestive tract.

The recipes here may not seem tasty to humans, but dogs love them. Protein and fat are emphasized over carbohydrates. There are no sweeteners or salt. Except for the biscotti, which uses a bit of corn meal, there are no grains.

Small amounts of garlic in a recipe discourage ticks and fleas. (The toxicity of garlic to dogs is overblown. A dog would have to eat about 50 cloves of garlic per day to endanger its health. You can also add fresh or dried parsley or oregano to a recipe; they encourage fresh breath.

For more information, look up the BARF diet in your favorite search engine. Despite how repulsive it sounds, it is an acronym for Biologically Appropriate Raw Foods (alternatively, Bones And Raw Food).

Treats with meat or fat content should be refrigerated after baking and cooling.

Pumpkin Squares

Makes about 3 dozen. If you cut these with a cookie cutter there will be a lot of waste (edible, of course), or just break it into chunks of the desired size.

Ingredients

- 1 lb. ground meat (beef, turkey, chicken, pork)
- 1 can pumpkin, unseasoned
- 1 egg
- 1/2 tsp. garlic powder or granules (not garlic salt)



- 1/4 cup ground flax seed
- 1/4 cup potato flakes or instant mashed potatoes
- 1 Tbsp. fresh or 1 tsp. dried oregano or parsley

Directions

- Preheat oven to 350°.
- Combine all ingredients in a bowl and mix well. Allow to rest 15 minutes.
- Spray a cookie sheet with cooking spray. Transfer mixture to cookie sheet and spread evenly to the edges with a spatula. It should be about 1/2" thick.
- Bake one hour. The meat will shrink substantially.
- Remove from oven and use a cookie cutter, or score the surface in 1 1/2" squares with a knife or spatula.
- Return to the oven and bake another hour at 250°. Keep an eye on them. These treats should be dry and a bit crispy, but not burned.

Peanut Butter Puffs

Makes about 4 dozen.

Ingredients

- 1/2 cup lard
- 2 eggs
- 1/4 cup peanut butter (creamy or chunky)
- 1 tsp. vanilla
- potato flakes or instant mashed potatoes
- 1/2 cup ground almonds
- 1/2 cup ground flax

Directions

- Reconstitute the potatoes using water only. Make them on the dry side. You will need 2 cups total.
- Mix all ingredients together thoroughly. Allow to rest 15 minutes.
- Drop about 1 Tbsp. into each cup of a greased mini-muffin tin or drop onto



a greased cookie sheet.

- Bake 20 minutes at 400°. Turn off oven and allow the biscuits to cool in oven until crisp.

Bow-Wow Biscotti

Makes about 4 dozen.

Ingredients

- 1/2 cup corn meal
- 1/2 cup almond meal
- 1/2 cup ground flax
- 1 1/4 cups garbanzo flour
- 2 tsp. baking powder
- 1/4 cup unsweetened applesauce
- 4 tsp. lard
- 3 eggs

Directions

- Preheat oven to 350°.
- Spray a cookie sheet with cooking spray.
- Combine all ingredients in electric mixer and mix well at low speed
- Turn onto a cutting board and allow to rest for a few minutes.
- Divide dough into four equal sections. Roll each piece of dough between your palms into a log about 1-inch in diameter.
- Place rolls evenly spaced across cookie sheet and flatten somewhat.
- Bake 30 minutes. Remove from the oven and allow to cool 5 min.
- Using a serrated knife, cut each roll diagonally into 1/2» slices.
- Place slices on their sides back on baking sheet. Reduce oven temp to 325° and bake 20 minutes more.
- Cool completely on a wire rack.



Carrot Cookies

These cookies are so good that, with the addition of some sugar and a bit of tweaking, they'd make tasty human treats. Recipe makes about 30 cookies.

