



# Healthy & Homemade Treats for Dogs



**OUR TOP FIVE FAVOURITES**

Image courtesy of Ken Drake Photography

# Tuna Mini Pup Cakes

MAKES 24 CHEWY MINI PUP CAKES

## Ingredients

2 x 95g tins of tuna in  
Springwater  
1 Cup of Buckwheat flour  
1/2 Cup Tapioca flour  
2 Eggs  
2 Tbs of Vegetable oil



## Method

Mix all ingredients in a food processor until smooth and like pancake batter. Do not drain tuna, If using tuna in oil, only add one tablespoon of vegetable oil.

Spoon into mini muffin pans.

Bake at **160 degrees** for **30 min**

Decorate with whipped peanut butter or melted carob.

*This recipe is for grain free pupcakes. If using whole wheat flour replace tapioca and buckwheat flour with 2 cups of whole wheat flour.*

# Turkey, Zucchini & Oat Nibbles



## Ingredients

- 1 small zucchini
- 100g cooked turkey or chicken
- 3/4 Cup of plain flour
- 2 eggs
- 1/4 Cup quick cook oats
- 1 Tbs oil

## Method

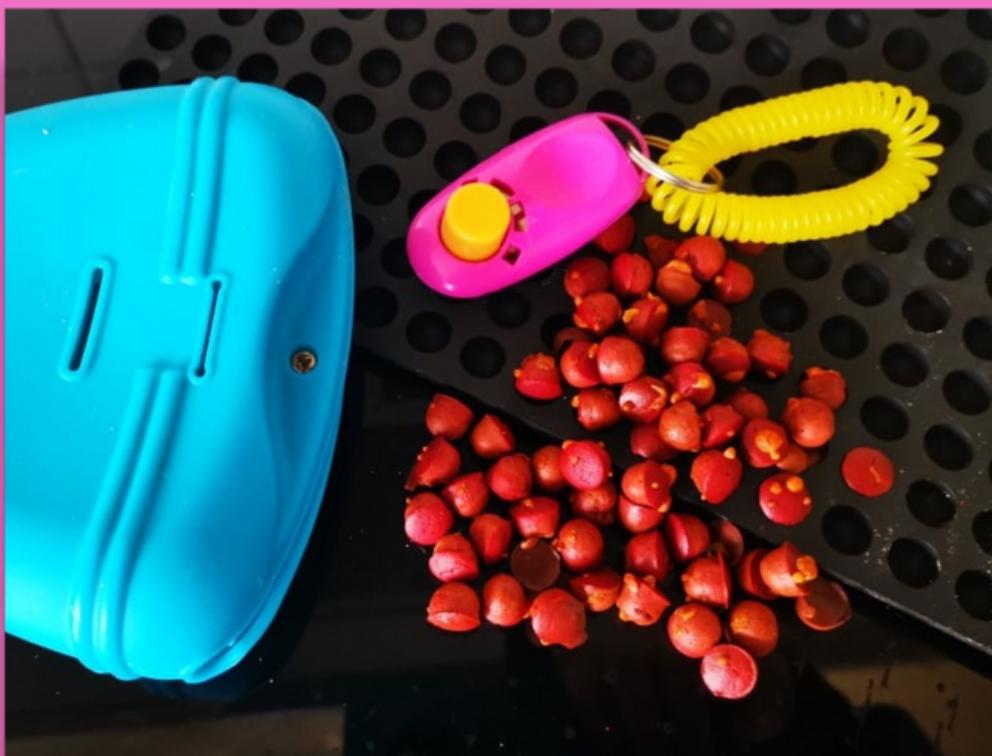
- Mix zucchini and turkey in a food processor until completely shredded and smooth.
- Add flour, eggs, oats and oil, mix until smooth.
- Spread into silicon minimold mat, or spread onto baking paper in 20 x 25cm baking tray.
- Bake at **160 degrees** for **25 min**

*This recipe makes soft treats that should be refrigerated.*

*if you prefer crunchy treats, remove from oven after 20 minutes, shake from silicon tray (or cut into pieces if making in a tray), and return to oven for 10 minutes at 160 degrees, then turn off oven and leave in oven to cool.*

# *Beetroot & Parmesan training treats*

*Parmesan cheese makes these treats extra tasty as a special training treat. You can buy beetroot powder from most health food shops, but it's not essential - it just adds some extra goodness and a lovely colour!*



## *Ingredients*

1/2 Cup of Buckwheat Flour  
1/2 Cup of Rice Flour  
1 Tbs Coconut Oil  
3 Eggs  
100g shredded Parmesan  
1 1/2 Tbs of beetroot powder  
1 Tbs of water

## *Method*

Mix all ingredients into smooth batter.  
Pour into silicon mat or line baking tray, and smooth with a spatula.  
Bake at **150 degrees** for **35 Minutes**

*Silicon mindot mats are the ideal way to make lots of tiny training treats quickly. This recipe makes one tray of 567 treats. If you dont have a silicon mat, line a baking tray with baking paper and spread on tray, then cut treats into tiny pieces while still warm.*

# Turmeric & Vegie Cookies

## Ingredients

1/2 Cup Rice Flour\*  
1/2 Cup of Buckwheat Flour\*  
3 Eggs  
1 Tbs of coconut oil  
110 grams of cooked sweet potato or pumpkin OR 110 gram jar of vegetable babyfood.  
1 tsp of turmeric  
Dash of black pepper

## Method

Mix all ingredients into a smooth batter. Place a teaspoon each into small-med sized silicon molds or mini-muffin pans.

For soft cookies bake at **150 degrees for 40 minutes.**

For harder, crunchy cookies bake for a further 10 minutes at 150 degrees. Leave in oven until cool.



\*This recipe is for grain free treats, if you want to use ordinary flour, substitute 1 1/4 cups of plain flour for the buckwheat flour and rice flour

# Blueberry and Coconut minitreats

*Grain free and egg-free, these treats are so tasty you'll be stealing them off the dog!*

## Ingredients

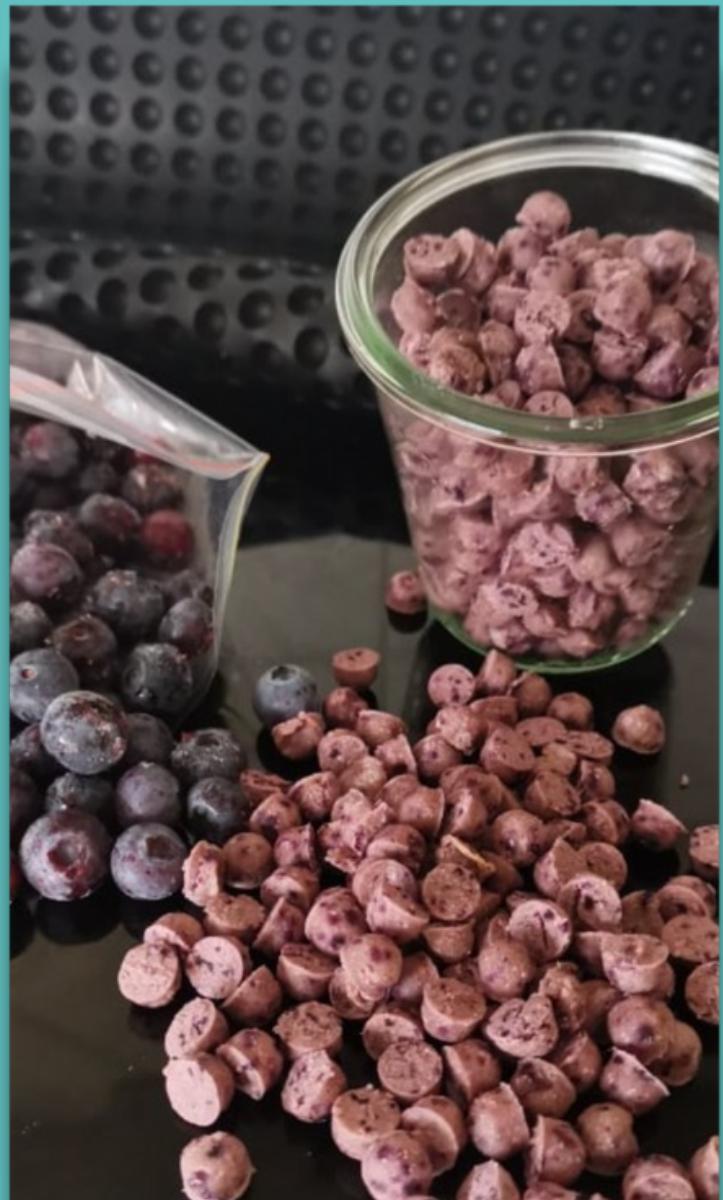
- 1 Cup Frozen Blueberries  
(thawed)
- 1/2 Cup of Buckwheat Flour
- 1/4 Cup Coconut Flour
- 1/2 Cup Unsweetened yoghurt

## Method

Mix all ingredients in a food processor, adding yoghurt last. The coconut flour makes this a stiff, lumpy dough.

Spread into silicon mini-mold sheet or onto a lined baking tray.

Bake at **150 degrees**  
for **25-30 minutes**.



*Coconut flour in this recipe makes a soft, moist treat.  
Keep it in the fridge so it doesn't go mouldy.*