

# The Healthy



# Pooch Cookbook

**Over 80 Healthy Recipes for Treats and  
Meals for Your Dog!**

**Dog Tested and Approved!**



**by Joe, Jack and Tyler Humphrey**

*Joe and Tyler give the recipes in  
The Healthy Pooch Cookbook 2 Dew Claws Up!*

# The Healthy Pooch Cookbook



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Edited by Jack, Joe, and Tyler Humphrey  
<http://DogCook.com>



Thank you for purchasing our cookbook! And on behalf of Joe and Tyler, I would like to extend a friendly “woof.”

We have worked hard trying a lot of different healthy, fun, and easy recipes from all over the world, selecting only the ones we like!

**So Now It's Time For Some Doggone Good Cookin'!**

Joe Jack Tyler

To see more recipes added every day by our readers, just drop by <http://dogcook.com> and grab some great grub ideas for your pooch today!

Where do all these recipes come from?

We have compiled and tested all these recipes from fellow dog lovers around the internet and from our own “pack” of dog loving friends and family.

**Our #1 Requirement for All Recipes In This Book**

Everything in this book consists of tasty treat and meal recipes that are nutritious and wholesome in order to give your dog the longest, healthiest, happiest life possible! No junk food allowed.

# The Healthy Pooch Cookbook

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## About The Editors

"If you are a host to your guest, be a host to his dog also." - Russian Proverb

"A good dog deserves a good bone." - US Proverb

"The dog wags his tail, not for you, but for your bread." - Portuguese Proverb

### Jack Humphrey

I have had dogs around me my entire life. Very few days in my life have been spent without them. And those days were always lacking. I've shared life with mutts and pure-breeds (Of course the only TRUE pure-breed is the wolf, from which all others sprang) and am now a 100% Golden Retriever addict.

I don't just love MY Golden, I love ALL Golden! You walk down the street toward me with a Golden and you are going to be stopped, and your dog petted.

In general I am a sucker for any canid, whether it be "God's dog" the Coyote, or mighty predator the Wolf, or even a little old lady's apricot toy poodle. (Not my first choice, but there's wolf in there *somewhere!*)

I even had some professional experience with wolves years ago. As a director of a small non-profit organization in New Mexico, I had the opportunity to work on Ted Turner's ranch in the southern part of the state building Mexican Wolf reintroduction pens for the endangered species program of U.S. Fish and Wildlife Service.

What an honor! To this day I am proud that I helped wild wolves regain in their rightful place among vast, open, wild places in the Southwest where they have roamed free for eons.

Maybe someday I will do a wild game cookbook for wolves. Who knows?

For now, I am happy to present a cookbook that will have dog lovers feeding their favorite quadrupeds gourmet treats and meals that are healthy, satisfying, diverse, and tail-wagging good!

It is widely known that the same old food, day in and day out, is boring. Ask anyone! It is also not as healthy for dogs to eat the same 'ol stuff everyday, even if you feed them the most expensive, high-quality chow. Variety among a wide range of foods is the secret to improving and maintaining your dog's health, happiness, and ultimately lengthening the number of years you get to spend with them.

Believe it or not, many dogs *love* things you'd never imagine. Carrots for instance! Break out a bag of those and chop into bite-size pieces and you have a 100% guilt-free treat most dogs love! Great for their teeth and great for their health.

Got a picky eater? I can guarantee there will be *something* in this cookbook that will make your fussy pup clean his bowl time and again.

I hope you enjoy this cookbook. Drop by <http://dogcook.com> anytime and say hi to me, Joe and Tyler and exchange recipes with other dog owners who are more than just a *little* fond of their pets!

### **Joe**

I have been a human lover all my life. I cannot remember a day without a good human around. Taking care of my human is my duty, 24/7. The man would literally be lost without me. It's not an easy job. That's why I require healthy food, concentrated petting and ear scratching, and lots of swimming in the river to keep in shape for my job.

Ever since I started eating the food in this book, my job has been easier. I have more energy, my coat is so shiny it makes the poodle down the street weak in the knees, and I can run for miles without stopping. Just ask the cats!

### **Tyler**

I have been a dog for as long as I can remember, and I can tell you, the last day my human put yet another bowl of the same old store-bought food in front of me without so much as a home-baked garlic and herb biscuit in it, I freaked! I admit I was pretty hard on him for a few days until he finally got the idea to put some spice in my life.

I mean, his big box of food with the heavy door has ALL KINDS of things in it I would eat if given the chance. Then he finally decided to give in, and I have been healthy and happy ever since. I can chase a ball around the moon on good days, and that's saying a lot for a 10 year old dog in human years!



# Healthy Cooking for Your Dog:

## What's the Big Deal?

I was brought up with dogs and was always taught “No people food, no eating from the table, and feed them the same dog food every day.”

Now, whatever your policy is on eating from the table, or “begging,” it is still important to remember that from now on, it is OK for your dog to have a varied diet including things you and I eat. Fruits and vegetables are GREAT for the health and general well-being of your dog. Ask any Vet!

When I make salads, I inevitably drop a carrot or lettuce on the floor (I am a messy cook!) and I notice the dogs LOVING these little additions to their diet. But until a year ago I never thought about the health benefits for dogs to eat healthy “people food.”

**True story:** About 6 years ago I had a garden in the back yard of my apartment. On one side of the porch I had cherry tomatoes and on the other, a small herb garden.

While sitting outside one day, I noticed Joe, one of my Golden Retrievers, walk over to the tomato plants and “pick” a tomato. But he didn't eat it right away. Instead, he carried the tomato over to the herb garden where I had oregano growing and he proceeded to eat the tomato WITH the oregano!

Right then and there I learned a lot about dogs and taste! Joe made a salad in his mouth out of the same ingredients I used all the time in my own salads. And I never consciously taught him any of these behaviors.

What have I learned since the “salad on the go” incident? That dogs LIKE good foods, and not just pre-mixed dry foods with ground up cattle parts. They also like fresh veggies, apparently right off the vine in Joe's case!

**Bottom line:** A varied diet with healthy foods historically reserved for us humans, also makes for a happier, healthier dog! Almost every food that is good for us is good for dogs too. In fact, we'd all be healthier, happier dog OWNERS if we ate foods that are prepared with the ingredients in this book!

(Although I recommend you stick to “traditional” birthday cake on your birthday. I have tried dog biscuit icing, and it's definitely for the dogs!)





# Healthy Treats!

Easy to prepare, and good for some  
"unconditional" love from your dog.

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## ***MOLASSIS ONASIS***

### **Ingredients**

2 cups whole wheat flour  
½ cup white flour  
1/ Tsp Salt  
2 Tbs Vegetable Oil  
¼ Cup Milk  
¼ Cup Cornmeal  
1 Tsp Garlic Powder  
¼ Cup Oatmeal  
¼ cup molasses  
2 large eggs

Beware of silent dogs  
and still waters.  
--Portuguese Proverb

### **Directions**

Preheat oven to 350. Mix dry ingredients. Add oil, molasses, eggs and milk. Add more milk as needed to make firm dough. Roll the dough so that it is ¼" thick and cut into shapes. (We like triangles) Bake on lightly oiled cookie sheet for 25-30 minutes. (Less time for chewy treats)



## Woofs

### Ingredients

1/2 cup milk  
1 egg  
2 spoons of peanut butter  
a dash of water  
a dash of salt  
1 1/4 cup flour

Some days you're the  
dog, and some days  
you're the hydrant.  
--Unknown

### Directions

Heat the oven to 350°F. Mix the egg, peanut butter, water, and the milk in to a large bowl. Then pour the flour and salt in. Stir well and cut into shapes of choice. ENJOY!



## Banana Strips

### Ingredients

1 egg  
1c fast-cook oats  
1/2 banana  
1/3c milk  
1/2c all-purpose flour  
1/8c rice

### Directions

Squash bananas, and beat the egg. then spread evenly on a plate. Next, heat in microwave for 3 and 1/2 minutes. when done, let them cool. Then cut and serve.



# Pug Pops

## Ingredients

1 Quart fruit juice  
1 banana, mashed  
1/2 cup yogurt

## Directions

Mix ingredients together thoroughly then freeze. This can be eaten by people too.



# Crunchy Wheat Treats

## Ingredients

2 1/2C all purpose flour  
2C whole wheat flour  
1C rolled oats  
1/2C wheat germ (I use honey nut wheat germ)  
1/2C corn meal  
14 1/2oz can beef or chicken broth (or make your own)  
1/2C non-fat dry milk  
1 tsp salt  
1 pkg dry yeast  
1/4C warm water  
1 Tblsp milk  
1 beaten egg

It's not the size of the dog in  
the fight, it's the size of the  
fight in the dog.  
--Mark Twain

## Directions

Dissolve yeast in 1/4C warm water and let proof. Warm the broth to about 110°. In large bowl, mix 2 flours, oats, wheat germ, corn meal, dry milk and salt. Stir in broth and yeast mixture. Knead by hand for at least 3 minutes. Don't skimp on the kneading time! Roll into a 1/2" thick sheet and cut with cookie cutter, or roll into a log shape and slice to desired size. Mix the egg and milk and brush on before baking. Bake at 300° for about 40 minutes ( a little longer if they're big). Turn off oven and leave in overnight. (the longer you leave them in the warm oven, the crunchier they get.) Haven't met a dog in the park yet who doesn't love these all natural healthy treats!



# Wheat Biscuits

## Ingredients

3/4 cup hot water, beef broth or chicken broth  
1/3 cup margarine  
1/2 cup powdered milk  
1/2 teaspoon salt (optional)  
1 tbsp minced garlic  
1 tbsp parsley flakes  
1 egg, beaten  
3 cups whole wheat flour

cave canum.(beware  
of the dog)  
--Unknown

## Directions

Preheat oven to 325 degrees. In large bowl, combine water or broth with margarine. Add powdered milk, salt garlic, parsley and egg. Stir in flour in 1/2 cup increments, mixing well after each addition.

Knead the dough for 3-4 minutes and roll out to 1/2 inch thickness. Cut into desired shapes, place on greased cookie sheet and bake for 50 minutes.

Remove from oven and let dog biscuits cool until dry and hard. (I often leave them in the oven after turning it off.) Makes approx. 1-1/4 pound dry dog biscuits.



# Scones

## Ingredients

2 1/2 cups of self-raising flour  
1/4 tspn salt  
1 cup chopped liver (if you don't have chopped liver, use small dog biscuits)  
1/2 water (you can add chicken stock for extra taste)  
1/2 milk  
30g butter (or margarine)

## Directions

(Chopped Liver: Just boil the liver until it is grey and a rubbery consistency. Or if you have a microwave, cook it on high for about 8 mins. Chop it up into small pieces and when cool put the pieces into a number of airtight bags and store in the fridge. Use liver pieces as treats when training)

### Scones:

Sift flour and salt into a bowl, rub in butter. Add chopped liver. Use a knife to stir in milk and enough water to mix to a sticky dough. Turn dough onto lightly floured surface, knead quickly and lightly until dough is smooth. Press dough out evenly to about 2 cm and cut into rounds. Place on prepared tray and bake in very hot oven for 15 minutes. Makes about 16-18

# Crunchy Meat Treats

## Ingredients

1/2 cup non-fat powdered milk  
1 egg, beaten  
1 1/2 cups rice flour  
1/2 tsp. garlic powder  
1 tsp. honey  
1/2 cup water  
5 tsp. chicken or beef broth  
1 jar baby food meat (any flavor)

"I think dogs are the most amazing creatures; they give unconditional love. For me they are the role model for being alive." - Gilda Radner

## Directions

Combine all ingredients well. Form into a ball. Roll dough out on a floured surface. Cut out desired shapes. Bake in a 350 degree oven for 25-30 minutes. Let cool. The treats should be hard and crunchy.



# BoneAnzas

## Ingredients

1/2 lb. ground beef, uncooked  
1/4 cup chicken broth  
1/3 cup mashed black beans  
1/3 cup cottage cheese  
1 tsp. soy sauce

## Directions

Combine ground meat and chicken broth in a bowl. Add the black beans and cottage cheese. Add soy sauce. Mix all of the ingredients together thoroughly. Mold the mixture into bone shapes and place on a cookie sheet. Bake for 45 minutes in a 375 degree oven. Let cool.



# Liver Alone Treats

## Ingredients

All you need are beef livers. Try your local meat packers; they often throw them away. Or you can buy fresh liver from the supermarket.

## Directions

Cut the liver into approximately 1 inch slices. Place in your food dehydrator for 24 hours\*. Use Pam or the equivalent on the drying racks, so the liver won't stick. Let dry for 24 hours.

\*Or you could place them on a cookie sheet and bake in a 325 degree oven for about 45 minutes to help dry them out.



# Doggy Dip

## Ingredients

3 tbsp. peanut butter  
2 tbsp. honey  
1 very ripe banana or a large jar of baby food fruit, any flavor  
1 16 ounce container vanilla yogurt  
1 tbsp. whole wheat flour

## Directions

Mix the peanut butter, honey, and fruit together until well blended. In a separate bowl, combine the yogurt and flour, mix well. Add the fruit mixture to the yogurt and blend together. Keep cold in refrigerator.

Use this dip to coat or dip biscuits and treats into. Allow treats to chill in refrigerator until coating is set and firm; this prevents big messes!



Ever consider what dogs must think of us? I mean, here we come back from a grocery store with the most amazing haul -- chicken, pork, half a cow. They must think we're the greatest hunters on earth!  
--Anne Tyler

## Green Bean Grub

### Ingredients

1 lb. green beans, cooked and sliced (fresh or frozen) 1 can cream of mushroom soup  
1/2 cup milk  
2 tsp. Worcestershire sauce  
1/2 cup cheddar cheese + extra

### Directions

Mix all ingredients together except beans. Place beans in oven casserole, add sauce mixture and stir well. Cover and bake in a 350 degree oven for 25 minutes. Uncover the casserole and sprinkle top with more cheddar cheese. Bake 5 minutes more. Let cool.

\*This is great as an occasional treat with regular kibble - plus humans can share also!



## Total Training Treats

### Ingredients

2 1/3 cup flour (all-purpose or whole wheat) 1/4 cup olive oil  
1/4 cup applesauce  
1/2 cup grated cheese (like parmesan)  
1 large egg  
1 tsp. garlic powder  
1/4 cup non-fat powdered milk

### Directions

Combine all ingredients in a large bowl; mix well; Roll the dough out to size of a cookie sheet; Pat the dough onto a lightly greased cookie sheet, bringing it to the edges.

Using a sharp knife or a pizza cutter, cut desired sizes into dough (just score through). If you're using as training treats, cut them into small pieces; Sprinkle a little extra cheese and garlic powder if desired on dough for flavor.

Bake in a 350 degree oven about 15 minutes until golden brown. Turn off the oven and let cool for a few hours; They will keep hardening the longer you leave them. Break them apart; store tightly covered or in the freezer.



# Cheese & Veggie Chews

## Ingredients

1/2 cup grated cheese, room temperature  
3 tbsp. veg. oil  
3 tsp. applesauce  
1/2 cup cooked veggies (whatever kind you prefer)  
1 clove garlic, crushed  
1 cup whole wheat flour  
non-fat milk

## Directions

Mix cheese, oil and applesauce together. Add veggies, garlic, and flour. Combine thoroughly. Add just enough milk to help form a ball. Cover and chill for one hour. Roll onto a floured surface and cut into shapes. Bake in a preheated 375 degree oven for 15 minutes or until golden brown. Let cool.

Makes: 12 - 15 chews



# Banana Bites

## Ingredients

2 1/4 cups whole wheat flour  
1/2 cup nonfat dry milk  
1 egg  
1/3 cup mashed ripe banana  
1/4 cup vegetable oil  
1 beef bullion cube dissolved in 1/2 cup hot water  
1 tbsp. brown sugar

## Directions

Mix all ingredients until well blended. Knead for 2 minutes on a floured surface. Roll to 1/4 " thickness. Use a 2 1/2" bone shaped cookie cutter (or any one you prefer). Bake for 30 minutes in a 300 degrees oven on un-greased cookie pans.

From: Betsey Roberts in Florida, proud momma of 3 bulldogs!





# Cheesy Dog Cookies

## Ingredients

2 cups all purpose flour  
1 1/4 cup shredded cheddar cheese  
1/4 tsp. garlic powder  
1/2 c. vegetable oil  
4 - 5 Tbsp. water

## Directions

Combine everything except water. Whisk in food processor until consistency of cornmeal. Then add water until mixture forms a ball. Roll it into 1/2" thickness and cut into shapes. Bake on ungreased cookie sheets about 10 min. (depending on size of shapes) at 400. Cool and store in refrigerator.



# Munchy Muffins

## Ingredients

2 carrots  
2 3/4 cups water  
1 egg  
1/4 tsp. vanilla  
2 Tbsp. honey  
1 1/2 bananas, overripe and pureed \*  
4 cups whole wheat flour  
1 Tbsp. baking powder  
1 Tbsp. cinnamon  
1 Tbsp. nutmeg

## Directions

Shred the carrot with a hand shredder or in a blender. Mix all wet ingredients together in a bowl, then add the pureed banana. Mix together thoroughly. Set aside.

Combine the dry ingredients. Add the wet ingredients to the dry and mix thoroughly, leaving no dry mixture on the bottom. Coat a 12 muffin pan with nonstick spray. Fill each muffin hole 3/4 full. Bake about 1 hour at 350 degrees.

Yield: 12 muffins

\* Try replacing the banana with one apple for a different flavor!



# Birthday Cake for Dogs

## Ingredients

1lb ground beef-extra lean  
8 eggs  
1 cup oat meal  
1/2 cup cracker crumbs

## Directions

Using electric mixer, blend all items together until completely blended. Pour into an oblong cake pan sprayed with non-stick spray. Bake in oven at 350 for 25- 35 minutes. Allow to cool. Carefully invert on to plate and frost with non-fat sour cream or imitation potato topping. Store leftovers in refrigerator.



# Doggie Cake Icing

## Ingredients

Around 20 small bones (treats)  
1 banana  
Luke warm/hot water

## Directions

Cut bones into 3 quarters. Put all pieces into bowl of luke warm/ hot water. Let soak. Check every 5 minutes. Drain water when soft. Use masher to mash bone pieces into a soft mush. Place mush into food processor (if have one, if you don't, you must use masher).

Add 1/4 banana, 1/4 cup water. \*If too watery, add more bone mush\* Food process the mush for less than one minute. Take out of food processor. Put into a bowl. Put the "icing" on the special dog's cake! Enjoy!



# Chewy Cheese Pizza

## Ingredients

### Crust:

2 cups cake flour  
1 1/4 cup whole wheat flour  
1/4 cup olive oil  
1 egg  
1 cup water  
1 tsp. baking soda

Mix all ingredients together. Knead on a lightly floured surface. Spray a regular sized, 12 " pizza pan with nonstick spray. Next, spread the dough to the edges of the pan, forming a lip around the ends. Set aside.

### Sauce & Toppings:

1 tomato  
1/2 cup tomato puree  
1 garlic clove  
1/4 cup grated parmesan cheese  
1/2 tsp. oregano  
1/2 tsp. basil  
2/3 cup cooked rice

In a food processor, blend tomato, tomato puree and garlic. Spoon the mixture over the pizza crust. Sprinkle the cheese and spices evenly over sauce. Cut the pizza into slices with a pizza cutter or sharp knife.

### Directions

Bake in a 325 degree oven for 25 minutes. Take out and sprinkle rice evenly over pizza. Return to oven and bake 25 minutes more.

Makes: one 12 inch pizza



Here, Gentlemen, a dog teaches us a lesson in humanity  
--Napoleon Bonaparte

To his dog, every man is Napoleon; hence the constant popularity of dogs.  
--Aldus Leonard Huxley British writer

# Peanut Butter Swirls

## Ingredients

### Dough #1:

4 cups whole wheat flour  
1/2 cup cornmeal  
1 1/3 cup water  
1/3 cup peanut butter  
1 egg

Combine all #1 ingredients and mix thoroughly. Knead on a lightly floured surface. Set aside.

### Dough #2:

4 cups whole wheat flour  
2/3 cup cornmeal  
1/2 cup mashed banana  
1 egg  
1 1/4 cup water  
2 Tbsp. vegetable oil  
2 Tbsp. molasses  
2 Tbsp. cinnamon

Combine all #2 ingredients and mix thoroughly. Knead on a lightly floured surface.

## Directions

Roll each dough separately to a 1/8 inch thickness, into rectangles. Lightly brush a little water over the top of the light dough. Place the dark dough on top, then roll up like a jelly roll. Wrap the roll in plastic and chill in the freezer for one hour. Cut the roll into 1/4 inch slices. Place them on a cookie sheet sprayed with non-stick spray. Bake at 350 degrees for one hour.

Makes: 36 pieces



Heaven goes by favour. If it went by merit, you would stay out and your dog would go in.  
--Mark Twain

# Classic Canine Cookies

## Ingredients

4 cups whole wheat flour  
1/4 cup cornmeal  
1/4 cup cooked rice  
1 egg  
2 Tbsp. vegetable oil  
Juice from a small orange  
1 2/3 cup water

## Directions

Mix all ingredients together well. Turn out onto a lightly floured surface and knead. Roll out dough to about 1/8 inch thickness and cut out desired shapes... doggy bones, paws, balls, etc... have fun!

## Dipping Sauce:

#1

3 cups vanilla chips  
1 Tbsp. spinach powder  
1 tsp. garlic powder  
1 tsp. vegetable oil

#2

3 cups carob chips  
1 tsp. vegetable oil  
1 tsp. turmeric powder

Melt chips in a double boiler or microwave. Add oils and seasonings. Dip tips of cookies, when cooled, into desired sauce and place on a pan lined with wax paper until set.

Yield: about 12 pieces



If you pick up a starving dog and make him prosperous, he will not bite you; that is the principal difference between a dog and a man.

--Mark Twain

## Pint-Sized Carrot Treats

### Ingredients

1/2 cup cheddar cheese, shredded  
1/4 cup (1/2stick) margarine  
1 - 2 drops each red & yellow food dye (optional)  
1 jar, medium sized, baby food carrots  
1 cup all-purpose flour  
1/2 tsp. garlic powder  
1/4 - 1/3 cup milk

### Directions

Melt cheese and margarine in a saucepan, stirring frequently. Take off heat. Stir in food dye, to make orange color. Add carrots, flour, and garlic powder. Stir until well blended. Add enough milk to form into a ball. Transfer to a mixing bowl and chill for one hour.

Roll dough on a lightly floured, flat surface to 1/4" thickness. Place on a cookie sheet lightly sprayed with nonfat cooking spray. Bake in a preheated 350 degree oven for 20 - 30 minutes, or until golden brown. Cool completely.



## Carob Covered Crunchies

### Ingredients

2 1/4 cup whole wheat flour  
1 egg  
1/4 cup vegetable oil  
1/4 cup applesauce  
1 bullion cube (beef or chicken) dissolved in 1/2 cup HOT water  
1 tbsp. honey  
1 tsp. molasses  
Carob chips (about 1 cup)

### Directions

Mix all ingredients together until well blended. Knead dough two minutes on a lightly floured surface. Roll to 1/4" thickness. Bake on an un-greased cookie sheet for 30 minutes in a 300 degree oven. Cool.

Melt carob chips in microwave or saucepan. Dip cool biscuits in carob or lay on a flat surface and brush carob over the biscuits with a pastry brush. Let cool.



## Peanut Butter & Oats Glazed Goodies

### Ingredients

1 cup water  
1 cup quick-cooking oats  
1/4 cup (1/2 stick) butter  
1/2 cup cornmeal  
1 tbsp. sugar  
1 tsp. salt  
1/2 cup milk  
1/3 cup peanut butter  
3 cups whole wheat flour

Speak softly and own a big, mean Doberman.  
--Dave Miliman

### Directions

Boil water in a saucepan. Add oats and butter. Let oats soak for ten minutes. Stir in the cornmeal, sugar, salt, milk, peanut butter, and egg. Mix thoroughly. Add the flour, one cup at a time (you may not need the entire amount) until a stiff dough forms.

Knead dough on floured surface until smooth, about 3 minutes. Roll to 1/2" thickness. Place on a greased cookie sheet.

Glaze:

1 large egg  
2 tbsp. milk

Mix well. Brush glaze on dough with a pastry brush. Bake in a pre-heated 325 degree oven for 35-45 minutes or until golden brown. Cool completely.



## Wacky Wheat Treats

### Ingredients

2 jars baby food meat (chicken, lamb, beef, etc.. - you choose!)  
1/2 cup non-fat dry milk  
2 ounces wheat germ  
1/3 cup water  
1/2 cup flour  
1 tsp. garlic powder

### Directions

Mix together well. Roll out dough on floured surface. Cut out witch hat patterns and place on lightly greased cookie sheet. Bake in a 325 degree oven until golden brown, about 30-35 minutes.

# Bacon Bites

## Ingredients

3 cups whole wheat flour  
1/2 cup milk  
1 egg  
1/4 cup bacon fat (or vegetable oil)  
1 tsp. garlic powder  
3 - 4 slices bacon, crumbled up  
1/2 cup cold water

## Directions

Mix ingredients together thoroughly. Roll out on a floured surface to 1/2 - 1/4" thickness. Bake for 35-40 minutes in a 325 degree oven.



# Fruity Yogurt Treats

## Ingredients

2 mashed kiwis or a jar of fruit baby food  
8 oz. strawberry(or any other flavor)yogurt

## Directions

Mix together, freeze in ice cube tray. serve. Plus: these don't damage gums and teeth like ice does!



One reason the dog has so many friends: He wags his tail instead of his tongue.  
--Unknown



# Home Baked Doggie Treats

## Ingredients

2 meat stock cubes  
48 fl oz of milk or water  
4 lb wholemeal flour  
5 oz oatmeal  
2 fl oz oil  
vitamin powder

## Directions

Dissolve the stock cubes in the milk or water. Mix together the flour, oatmeal and oil. Add the flavored milk or water. Add the vitamin powder and work into a stiff consistency. Roll into small sausage shapes then bake on a greased tray in a slow oven. these cookies can be flavored with extra chicken extract or liver juice.



# Frozen Peanut Butter Yogurt Treats

## Ingredients

1-32oz. container of vanilla yogurt  
1 cup of peanut butter

## Directions

1. Put the peanut butter in a microwave safe dish and microwave until melted.
2. Mix the yogurt and the melted peanut butter in a bowl.
3. Pour mixture into cupcake papers and freeze.

My dogs LOVE these after a nice long walk on a hot summer day!

"I put contact lenses in my dog's eyes. They had little pictures of cats on them. Then I took one out and he ran around in circles." - Steven Wright

"Dogs feel very strongly that they should always go with you in the car, in case the need should arise for them to bark violently at nothing right in your ear." - Dave Barry

"The dog was created specially for children. He is the god of frolic." - Henry Ward Beecher

## Glazed Chicken Treats

### Ingredients

4 cups flour  
1 1/4 cup cornmeal  
1 small can of chicken and rice soup  
1 egg  
2 tbsp veg. oil

### Directions

mix together, (make sure dough is not too sticky or too dry), knead, roll out 1/8 thick, cookie cut, place on greased cookie sheet. (My dogs enjoy charcoal so I let the treats get brown. 30-40 min is fine however...and so they don't crumble, use this popular glaze: 1 egg, 2 tbsp milk and a dash of garlic to free them of fleas!



## Good for You Gobblers

### Ingredients

1 cup white flour  
1 cup whole wheat flour  
1/4 cup chopped sunflower seeds, unsalted  
2 tbsp. applesauce  
1 tbsp. peanut butter  
1/4 cup molasses  
2 eggs, beaten  
1/4 cup milk

### Directions

Mix the dry ingredients (flour and seeds) together. Add applesauce, peanut butter and molasses and stir well. In a separate bowl mix the egg and milk together. Add to the dough. Add a little more milk if the mixture is too dry - you want a firm dough. Knead for a few minutes. Roll out to 1/2" thickness. Cut into desired shapes. Bakes at 350 degrees for 30 minutes, or until biscuits are brown and firm.

"The dog is a gentleman; I hope to go to his heaven, not man's." - Mark Twain, Letter to W D Howells, 4/2/1899

"I hope if dogs ever take over the world, and they chose a king, they don't just go by size, because I bet there are some Chihuahuas with some good ideas." - "DEEP THOUGHTS" by Jack Handy

## Peanut Butter Patties

### Ingredients

1 1/2 cups water  
1/4 cup vegetable oil  
1/4 cup applesauce  
2 eggs  
2 tsp. vanilla  
1/3 cup peanut butter (crunchy works great)  
2 1/2 cups whole wheat flour  
3/4 cup regular flour  
1 cup cornmeal  
3/4 cup oats

"I named my dog 'Stay'... so I can say 'Come here, Stay. Come here, Stay.'"  
- Steven Wright

"I spilled spot remover on my dog. Now I can't find him." - Steven Wright

### Directions

Preheat oven to 400 degrees. Mix liquid ingredients together well. Combine the dry ingredients in a large bowl. Pour the wet mixture into the dry ingredients bowl and mix thoroughly until smooth. Roll into a ball; place ball on floured surface. Roll out to 1/2" thickness. Cut into desired shapes (bone-shaped cookie cutters work great!). Place on un-greased cookie sheets. Bake for 20 minutes; turn off the oven and leave the biscuits in there for one hour to harden.



## Cheesy Garlic Chunks

### Ingredients

1 1/2 cups whole wheat flour  
1 1/4 cups grated cheese, (cheddar or something mild)  
1/2 stick softened margarine  
1 - 2 garlic cloves, crushed  
Milk as needed

### Directions

Cream the cheese and margarine together. Add the garlic. Add the flour and mix thoroughly. Add enough milk to form into a ball. Chill for 1/2 hour or so. Roll onto a lightly floured surface. Cut into shapes and bake at 375 degrees for 15 minutes or until lightly golden brown and firm. Makes 2-3 dozen cookies.



# Luscious Chicken Liver Chewys

## Ingredients

1 cup whole wheat flour  
1 cup regular flour  
1 cup cornmeal  
2 tbsp vegetable oil  
1 egg, beaten  
1/2 cup chicken stock (you can use the juice from boiling the livers)  
2 tsp. garlic powder  
1 cup chopped chicken livers, cooked

## Directions

Combine flour and cornmeal. In a separate bowl, add egg with oil, add broth and garlic; mix well. Add dry ingredients to bowl a little at a time, stirring well. Fold in chicken livers and mix well. Dough will be firm. Put dough on lightly floured surface and knead briefly. Roll out to 1/2" thick and cut into shapes. Place on greased cookie sheets. Bake 15 minutes or until firm. Store in the refrigerator, or freeze for future snacks.



# Frozen Fruit Treats

## Ingredients

Lots of Fruit  
Fruit Juice  
Low-fat Yogurt  
Honey  
Cinnamon

## Directions

Place any fruit you favor in a blender. Some great ones are strawberries, cantaloupe, watermelons, apples, peaches, or bananas. Add some unsweetened juice (your choice - pineapple is good). Add a little low-fat yogurt for thickening, honey for sweetening, and 1/2 tsp. cinnamon. Puree until well blended and smooth. Freeze in little cups or ice cube trays and serve as "popsicles".



"To err is human, to forgive, canine." – Unknown

"Dogs are getting bigger, according to a leading dog manufacturer." - Leo Rosten

# Turkey Treats

## Ingredients

2 cups cooked turkey, cut up  
2 garlic cloves  
4 tsp. grated cheese  
1 tbsp. fresh parsley, chopped small  
2 eggs  
2 cups whole wheat flour  
2 tbsp. brewers yeast  
2 tbsp. vegetable oil

## Directions

Combine turkey, garlic, cheese, parsley and mix well. Beat the eggs in a bowl and pour over turkey mixture. Add the flour, yeast, and oil. Stir until thoroughly mixed and all ingredients are coated. Drop into small lumps onto un-greased cookie sheet. Cook in a 350 degree oven for about 20 minutes, until brown and firm. Store in refrigerator.



# Shush Puppies

## Ingredients

2 cups cornmeal  
1 cup wheat flour  
1-2/3 cup cheddar cheese  
3 tsp garlic powder  
4 Tbsp oil  
‡ cup powdered milk  
1-1/8 cup water

## Directions

Preheat oven to 400 degrees. Combine all dry ingredients in a bowl. Add oil and gradually add water, stirring to mix well. Dough should form a sticky ball. Using a tablespoon, scoop and form a small oval shaped biscuit. Place on a greased cookie sheet and bake for 20 minutes.



Artists like cats, soldiers like dogs.  
--Desmond Morris

# Banana Pupcakes

## Ingredients

2 cups Water  
2 bananas  
1 tsp vanilla  
3 cups flour  
1 tbsp baking powder  
1 egg  
3 tbsp honey

"My husband and I are either going to buy a dog or have a child. We can't decide whether to ruin our carpets or ruin our lives." - Rita Rudner

## Directions

Heat oven 350 degrees  
Mash bananas  
In Bowl Mix all ingredients WELL Pour into cupcake pans  
Bake 20 minutes.



# Carrot Cakes

## Ingredients

1 large carrot or 2 small carrots  
1 tbsb. baking powder  
1 cup whole wheat flour  
1/2 cup wheat germ  
3 tbsb. molasses  
1/4 cup maple syrup  
1/2 cup milk  
1/2 cup oats  
1/3 cup sugar  
1 egg  
1 1/2 tbsb. olive oil  
1/2 tsp. cinnamon

Women and cats will do as they please,  
and men and dogs should relax and get  
used to the idea.  
--Robert A. Heinlein

## Directions

\*Preheat oven to 375\* Combine dry ingredients in a large bowl. In a small bowl combine the other wet ingredients together. Put the batter in a small greased cup cake pan, for 15 to 20 min. Take out of oven to cool. Store in the fridge in an airtight container. For an extra treat you can spread some cream cheese on the top of a muffin when you serve it.

# Tail Waggers Dog Biscuits

## Ingredients

4 1/2 cups whole wheat flour  
3 cups all purpose flour  
3 cups cornmeal  
1 1/2 cups oats  
2/3 cup bone meal powder or  
nonfat dry milk  
2 Tbsp garlic powder  
2 tsp salt  
3 1/2 cups beef broth  
1 cup vegetable oil  
2 large eggs

"When a dog wags her tail and barks at the same time, how do you know which end to believe?" - Anonymous

## Directions

Position oven racks to divide oven in thirds. Heat oven to 300 deg. Use 2 cookie sheets. Mix flours, cornmeal, oats, dry milk, garlic and salt in large bowl. Whisk broth, oil and eggs in medium size bowl. Stir broth mixture into flour - mix until blended and soft dough forms.

Roll out dough on floured surface with rolling pin to 1/2 inch thickness. Cut into desired shapes with floured cutter. Place 1/2 inch apart on un-greased cookie sheets. Reroll and cut scraps. With toothpick prick a line of dots down the centers.

Bake 2 cookie sheets at a time for 2 hours. (I rotate the sheets half way). Turn off oven and leave biscuits in for 1 to 2 hours to dry and harden. Store in tight container for up to 3 months. Makes about 80 4 inch biscuits.



# Whole Wheat Chicken Biscuits

## Ingredients

1/2 cup cornmeal  
6 1/2 tbsp oil  
2/3 cup chicken broth{I prefer clear}  
2 cup whole wheat flour

## Directions

Preheat oven to 350 degrees. Mix all ingredients together, kneading the dough when all is mixed. Cut into any cutter you would like. Bake for 25-30 min., depending on the oven. When finished let cool and ENJOY!!!!



# Brownies

## Ingredients

1/2 cup shortening  
3 Tbsp. honey  
4 eggs  
1 tsp. vanilla  
1 cup whole wheat flour  
1/4 cup carob powder  
1/2 tsp. baking powder

You can say any foolish thing to a dog, and the dog will give you a look that says, 'My God, you're right! I never would've thought of that!'

--Dave Barry

## Directions

Cream shortening and honey together thoroughly. Add remaining ingredients. Beat well. Bake in a greased cookie sheet (10x15") for 25 minutes at 350 degrees. Cool completely.

## Frosting:

12 ounces non-fat cream cheese  
2 tsp. honey

Blend together. Spread frosting over cool brownies. Cut into 3 inch or 1 1/2 inch squares.

Makes: 12 - 24 pieces



# Thanksgiving Treat

## Ingredients

2 lbs. ground turkey  
2 eggs  
2 cups cooked rice  
8 oz. peas  
3 carrots, diced  
1 apple, diced  
2 cloves garlic, minced

Dogs come when they're called; cats take a message and get back to you later.

--Mary Bly

## Directions

Preheat oven to 375 degrees. In mixing bowl, combine all ingredients. Mix well by hand. On baking sheet, form into the shape of a large dog bone. Bake at 375 degrees for 45 minutes. Let cool and serve.





# Fruity Cupcakes

## Ingredients

2 bananas  
strawberries  
apples  
grapes  
1 tsp vanilla  
3 cups flour  
1 tbsp baking powder  
1 egg  
3 tbsp corn syrup

## Directions

Heat oven at 350 degrees Mash Fruit Mix all ingredients in a bowl, WELL bake in cupcake pans for 20 minutes.



# Doggie Donuts

## Ingredients

6 large vita bones  
half cup cornmeal  
2 tablespoons peanut butter  
1 tsp fish oil  
2 tablespoons honey  
1 quick shake baking powder  
1 packet yeast  
6oz container cheese wiz

## Directions

Use pie roller to flatten vita bones to powder. Combine ingredients (except cheese wiz) in large mixing bowl. Let rise. Cook at 325 for 12 minutes. Fill centers with cheese wiz. Serve hot.

"I've seen a look in dogs' eyes, a quickly vanishing look of amazed contempt, and I am convinced that basically dogs think humans are nuts." - John Steinbeck

"Things that upset a terrier may pass virtually unnoticed by a Great Dane." - Smiley Blanton

# Doggie Cookies

## Ingredients

2 cups all-purpose flour  
1 1/4 Shredded cheddar cheese  
6 Finely chopped green beans  
1 Grated apple  
1/2 cup Veggie oil  
7 tb Water with bullian  
1/2 Bacon bits

## Directions

Preheat oven to 400. Add all the ingredients into a bowl. Roll out dough (1/4 inch thick and cut out with a cookie cutter. Baste them with some extra bullion and place them into the oven. Let them cook for about 10-15 minutes or until cheese looks orange. After cooking baste them again and let them cool. Store in a plastic bag or fridge.



# Chicken Biscuits

## Ingredients

2 cups Whole Wheat Flour  
1/2 cup Soy Flour  
1/2 cup Rice Flour  
1/4 cup Powdered Milk  
1 teaspoon Garlic Powder  
1 tablespoon Chopped (finely) fresh parsley  
1 package Active Dry Yeast  
1/4 cup Warm Water  
1 cup Chicken Stock (Beef works also)  
Glaze:  
1 beaten egg mixed with 1 tablespoon Milk

**Directions:** -Preheat oven to 300 degrees.

- Combine flours, powdered milk, garlic powder and parsley in a large bowl.
- In a small bowl, dissolve yeast in the warm water.
- Stir well and add Chicken Stock.
- Pour liquid mixture into dry ingredients.
- Using your hands, combine all ingredients completely.
- knead several minutes.
- Sprinkle board with additional rice flour and roll out dough to 1/4" thickness.
- Cut with a cookie cutter (or knife) and place on an un-greased cookie sheet.
- Brush lightly with egg glaze and bake for 45 mins.
- Turn heat off and let biscuits dry out in oven for several hours or overnight.

# Chock Full O' Chicken Chow

## Ingredients

1 piece of chicken for every 20 lbs. your dog/puppy is (on the bone for extra flavor)  
2 Carrots (or about 10 baby carrots)  
2 Potatoes  
1 Celery Stick  
1-2 Cups Rice  
2 Tablespoons of Garlic Powder  
1 Cup Water

## Directions

Cook the chicken on the bone completely, with a pan to catch the broth. Chop celery and the carrots (if not using baby size) into about 10 pieces. Then, cut potatoes into small cubes. Cook vegetables until soft. Cook the rice as suggested on the package. Put everything in a pot and stir. Take the gravy from under the pan you cooked it on, and pour it into the pot also. Stir well. Let cool in the refrigerator for about 1-1 1/2 hours. Take the doggie stew out and let it sit for about 5-10 minutes. Serve. BONE appetite!



# Rice & Meat Mania

## Ingredients

1/2 cup of either hamburger, ground pork (cooked all the way through), ground chicken, ground turkey, or liver  
4 cups rice  
1 cup vegetables-- choose 1 or more of either sweet potato, regular potato, green beans, carrots, or spinach  
1 tablespoon vegetable oil  
2 cloves garlic

## Directions

Boil all ingredients together in a large pot. Be sure that if you used pork, it is cooked all the way through.

\*OPTIONAL INGREDIENT FOR VARIETY\*

Noodles

Use all the ingredients above, except you boil 1 pound of noodles separately. Mix noodles in with all other ingredients when the ingredients are ready to serve. \*NOTE\* Italian and Chinese noodles work best. BONE appetite!

# Pug Crunchies

## Ingredients

1 large jar baby food (turkey, chicken, beef and/or veggie)  
1 egg  
1 to 1 1/2 cups wheat flour  
1 cup wheat germ

## Directions

Preheat oven to 300 degrees. Mix all ingredients together until firm. Roll dough on floured surface to 1/2" thick and cut into shapes with cookie cutter. Place on un-greased cookie sheet and bake 45-60 minutes. Cool on rack and store in airtight container.



# Frozen Doggie Yums

## Ingredients

1 cup water  
1 cube chicken or beef bullion (dog's favorite)  
4 small pieces of chicken or beef

## Directions

Dissolve bullion in water and tear meat into smaller pieces about 1/2 inch squares. Freeze for about 12 hours or until solid. Great for hot days!! My dog loves these!!!



A dog has the soul of a philosopher.  
--Plato

# Beefy Doggie Cookies

## Ingredients

2 6-ounce jars of beef-and-vegetable baby food  
1 cup of wheat germ  
2 cups of nonfat dry milk

## Directions

Preheat your oven to 350. Mix all ingredients in a large bowl with a fork. Drop by small spoonfuls onto a greased pan. You can flatten slightly or you can cut into fun shapes such as bones, paws, etc. Bake for 12-15 minutes until slightly brown at the edges. Let cool. Store in fridge for up to one week. Give to your pooch and let them enjoy!



# Yummy Stew

## Ingredients

2/3 cup- turkey, liver, hamburger  
1/2 cup rice  
1/4 cup potato  
1/4 tsp.garlic powder  
1/2 carrot  
1 cup water

## Directions

Cut meat into tiny bite size pieces, slice the potato, and cut the carrot. Put all into a pot, add 1/2 cup water, and then garlic powder. Turn on stove to high, let boil. Cook the rice. While cooking add a little water every so often to the stew. Add rice to pot, stir, and keep at boil for 2 more minutes. Take from heat. Strain juice into separate pot. Let food cool. Once done, add a little juice.



Dogs are not our whole life, but they make our lives whole.  
--Roger Caras

## Oatmeal Cookie Treats

### Ingredients

2 cups rice 2 packages Reg. Flavor oatmeal (mixed w/milk)  
1/4 cup molasses  
1 cup carrots  
1/3 cup spinach  
1 1/4 cup flour  
1/2 tsp brown gravy mix  
4 tsp applesauce  
1/2 tsp vegetable oil

### Directions

Preheat oven to 350degrees Stir Ingredients, but adding flour gradually. Drop on cookie sheet using tsp. Bake 15-20 minutes or until golden brown. Makes approx. 20 cookies. Enjoy!!!



## Loosy-Goosy Chicken Fix

### Ingredients

3 boneless, skinless chicken breasts  
1 cup cooked plain white rice  
1 cup cooked plain carrots  
1 cup non- or low-fat cottage cheese

### Directions

For dogs that have had a bit too much 'stuff' that they're a little bit 'loose.' (Get it?)

Boil chicken breasts in a small amount of water until done; chop. Cook carrots in a small amount of water until tender but not mushy. Mix both with the rice and cottage cheese. You may want to add some broth from the meat or carrots if it seems too dry. A nice plain meal to get your baby 'firmed up.' Keep any leftovers in the fridge.

Optional flavorings (add 1 if desired): 1/4 cup mashed banana; 1/4 cup mashed or chopped plain potatoes; 1/4 cup low-fat cheddar cheese.

Remember to go easy since you're trying to get their little tummies back to normal!



# Garlic Chicken Chewys

## Ingredients

1 cup whole wheat flour  
1 cup regular flour  
1 cup white cornmeal  
3 tbsp olive oil  
3 eggs (beaten)  
1/2 cup juice from boiling chicken giblets  
4-5 fresh garlic cloves  
1 pound chicken giblets and hearts (or chicken liver)

## Directions

Place olive oil, fresh eggs, chicken stock, fresh peeled garlic cloves, and boiled chicken gizzards in the blender. Blend until well mix, a little chunky not quite smooth. Then mix in the flours and cornmeal. Place on greased cookie sheets. Bake 20 minutes in a 450 degree oven. Store in the fridge or freeze if you will not use in over four days. They even like them straight out the freezer! The garlic is good for their heart and is a natural flea deterrent. The olive oil and eggs are good for a healthy coat. My dogs love these treats! Email me and let me know what yours think!



# Cinnamon Chicken Treats

## Ingredients

1 cup of flour  
1 cup OF chicken broth  
3/4 cup of oatmeal  
1/4 corn starch  
1/4 cup of oil  
1 table spoon of baking powder  
2 table spoons of cinnamon

## Directions

Mix the ingredients together and cook for 20 minutes at 350 degrees.

"I think we are drawn to dogs because they are the uninhibited creatures we might be if we weren't certain we knew better." - George Bird Evans, "Troubles with Bird Dogs"

"Even the tiniest Poodle or Chihuahua is still a wolf at heart." - Dorothy Hinshaw Patent, Dogs: The Wolf Within

# Yummy Chicken Freezies

## Ingredients

2 cubes beef or chicken bouillon  
chicken pieces  
2 cups water

## Directions

Dissolve the bouillon in the water. Spoon some bouillon into an ice cube tray and put some chicken pieces in it. Repeat until bouillon is used up. Freeze for about 12 hours. Enjoy!



# Garlic Squares

## Ingredients

2 1/2 cups whole wheat flour  
1/2 cup powdered dry milk  
1/2 tsp. garlic powder  
1 tsp. brown sugar or honey  
6 tbs. meat or bacon drippings, cold right from refrigerator, not melted or soft!  
1 egg, slightly beaten  
1/2 cup ice water

## Directions

Preheat oven to 350F. Lightly oil a cookie sheet. Combine flour, dry milk, garlic powder and sugar. Cut in meat drippings until mixture resembles corn meal. Mix in egg. Add enough water so that mixture forms a ball. Using your fingers, pat out dough onto cookie sheet to 1/2" thick. Cut dough into squares appropriate for your dog size. Prick each cookie with fork. Bake 25-30 minutes. Remove from tray and cool on rack. Store in airtight container.



Dogs wait for us faithfully  
--Marcus Tullius Cicero



# Bad Breath Banishers

## Ingredients

2 cups brown rice flour  
1 Tablespoon activated charcoal (find this at drugstores, not the briquettes!)  
3 Tablespoons canola oil  
1 egg  
1/2 cup chopped fresh mint  
1/2 cup chopped fresh parsley  
2/3 cup low fat milk

## Directions

Preheat oven to 400F. Lightly oil a cookie sheet. Combine flour and charcoal. Add all the other ingredients. Drop teaspoonfuls on oiled sheet, about 1 inch apart. Bake 15-20 minutes. Store in airtight container in the refrigerator.



# Beer Coolers

## Ingredients

2 fresh beef (or other species) marrow bones, each at least 1 in long  
water  
1 beer

## Directions

In about a 2 qt pan, put the bones, and add enough water to cover the bones. Bring water to a boil; continue to boil for at least 10 min. (More time is ok, for a richer broth.)

Remove bones, and return any beef marrow to the liquid, along with any meat that you can get off the bones. Cool the broth to room temperature. Pour liquid only into 2-4 ice cube trays. Chop up the marrow/meat/gristle into little bits, and put them into each section of the tray. Freeze solid. Serve 2-3 cubes to your pooch on a hot day. (Not too many if you made the broth very rich with extra bones or lots of marrow.)

*Drink the beer yourself, while your dog enjoys the beer coolers.*



# Beef Biscuits

## Ingredients

2 1/2 cups whole wheat flour  
6 tbsp margarine or bacon fat  
1/2 cup powdered milk  
1 small jar strained beef or lamb broth (baby food)  
1 tsp sugar  
2 tbsp water  
1 egg

## Directions

Mix ingredients. Knead 3 minutes. Dough should form a ball. Roll out 1/2 inch thick. Cut into dog bones. Bake on lightly greased cookie sheet for 30 minutes at 350 degrees F.



To a dog the whole world is a smell  
--Unknown

Never trust a dog to watch your food.  
--Patrick age 10 Advice from Kids

Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read.  
--Groucho Marx (1890 - 1977)

"If dogs could talk it would take a lot of the fun out of owning one." - Andy Rooney

"They [dogs] never talk about themselves but listen to you while you talk about yourself, and keep up an appearance of being interested in the conversation." - Jerome K. Jerome

# Meals: That Make Your Dog Strong, Healthy, and Happy!



## Chicken and Kibble

### Ingredients

3 to 4 chicken breasts (no bone, no skin)  
1 1/2 cups non-sticky rice (we use basmati)

### Directions

Microwave the chicken breasts until fully cooked. Cut into tip of the finger size pieces. Reserve the juice for the first meal. Steam the rice until fully cooked. Combine the chicken and rice. Add a pinch of salt if you didn't already salt the rice. Add any other seasoning your dog likes. (Ours have severe allergies, so we season with Feverfew.)

When ready to feed the dogs, combine half their recommended kibble with sufficient chicken/rice mixture to make up about 1/3 their ration. Make up the rest with fat free cottage cheese.

This makes a very low fat diet, typically less than 10%. You can add vegetable fats or fish oil to improve vitamin absorption, but do be sparing. In the first batch of food, add the cooking juices from the chicken to the kibble.

This recipe makes enough food for several feedings, so don't put the chicken drippings in the storage container: it will only hasten spoilage. Also, don't leave the mix down: it will spoil very fast.

We make a batch of chicken/rice every other day. Our two dogs combined weigh over 200 pounds. If you have one or smaller dogs, you can reduce the recipe. **The vets say they have never seen healthier dogs!**



"In order to really enjoy a dog, one doesn't merely try to train him to be semi human. The point of it is to open oneself to the possibility of becoming partly a dog." - Edward Hoagland

"In dog years I'm dead." – Unknown

"When you feel dog tired at night, it may be because you've growled all day long." - Unknown

## Dachshund's Noodle Jumble

### Ingredients

2 cups of macaroni  
2 cup of mixed vegetables (peas, carrots, corn, etc.)  
3/4 to 1 lb. of meat (ground beef or chicken)  
3 cups water  
1 1/2 tbs. corn starch  
2 tbs. olive oil  
3 large cloves of garlic (pressed)

### Directions

Add meat and water to pot and boil bring to boil. Let simmer for 15 minutes and strain off meat. Save 1 3/4 cups of boiled stock. Now add water and boil macaroni until it begins to feel soft. Add frozen vegetables and let sit in water for a couple of minutes. Strain noodles/vegetables and turn heat to medium. Dissolve corn starch in 1/4 cup of cold water. Add meat, noodles, vegetable, olive oil, garlic and stock to pot. Stir until mixture begins to bubble. Turn heat to medium low and stir in water/corn starch mixture. Stir on element for a few minutes until it thickens (add more corn starch mixture if contents are still thin). Remove from element and let it cool to room temperature.

Take 1 cup dry measuring cup and scoop out increments onto pieces of plastic wrap. Wrap up and freeze. We will usually thaw one out the night before and split it up into two servings (we add some kibble).

Makes approximately 6 servings.

## Chicken and Carrot Casserole

### Ingredients

1 frozen boneless chicken breast  
1 tbl. chicken bouillon or 4 low sodium cubes  
pinch of garlic and onion powder  
1 cup science diet chow or dog's favorite cereal  
4 or 5 baby carrots

### Directions

Simmer frozen chicken breast in enough water to cover it until tender along with all ingredients listed ( except the cereal and carrots). When chicken breast is tender dice it into bite sized chunks on a platter and drain broth into a separate container. Leave just enough broth to keep bites moist. Add cereal to broth just enough to flavor it but not soften too much, then drain. Center of cereal should remain crunchy.

Serve dog the diced chicken with broth flavored cereal and raw baby carrots on top for a garnish.

# Thanksgiving Leftovers Recipes!

## The-Day-After Turkey Omelet

### Ingredients

1 egg  
1-2 tbsp. mashed potatoes  
1/2 cup diced cooked turkey meat  
1/2 cup cooked vegetables, chopped  
1/4 cup desired cheese, grated

"Whoever said you can't buy happiness forgot little puppies." - Gene Hill

### Directions

Heat a medium-sized pan with a small amount of olive oil. Whisk together the egg and potatoes. Spread in pan. Place turkey and veggies on top in even layers. Cover; simmer until egg cooks and the mixture is warm. Sprinkle cheese on top, then cook a few more minutes until cheese is melted and egg is golden brown. Let cool. Cut into wedges. Store in refrigerator.

## Turkey Balls

(These are so good you may want to try them yourself!)

### Ingredients

1 loaf uncooked bread dough or pizza dough  
1/4 cup turkey broth  
1-2 tsp. flour  
3/4 cup cooked turkey, cut up small  
1/2 cup cooked vegetables  
1/4 tsp. garlic powder  
1/4 grated cheese  
1/4 cup sesame seeds

### Directions

Roll out the dough and cut into 3 inches circles with cookie cutter. In a saucepan, combine the broth and flour, stirring until flour is dissolved and mixture thickens. Add the turkey, veggies, and garlic powder. Cook until mixture is heated through. Let cook a bit.

Spoon one to two teaspoonfuls of the turkey mixture onto each circle. Fold up the sides and pinch shut. Roll into a ball shape. Mix the cheese and sesame seeds in a small bowl. Roll or sprinkle each ball with the mixture. Arrange the balls on a cookies sheet. Cook in a preheated 375 degree oven for 10-15 minutes, until they are golden brown. Let cool. Store in the refrigerator.



## Rice n' Hamburger

### Ingredients

2 cups rice  
1/2 pound hamburger  
1 tsp vegetable oil  
1 clove garlic  
1/2 cup carrots or broccoli or spinach  
4 cups water

### Directions

Put all ingredients into a large pot, boil until done, then cool off and serve. I feed my dogs this kind of meal or a variation every day, instead of store-bought food. They've got shiny coats, are full of energy and love eating dinner again!



## Vegetable Stew

### Ingredients

3 tbsp. olive oil 3 garlic cloves, crushed  
1 large pepper (sweet, not hot), sliced  
1 medium zucchini, sliced  
1 medium yellow squash, sliced  
1 medium eggplants, peeled & cubed  
1 potato, peeled & cubed  
1 large can (24 - 28 ounces) tomatoes, cut up and save the juice  
2 tsp. sugar (optional)  
1 tsp. oregano or basil  
salt/pepper

### Directions

Heat oil; add garlic and sauté for 2-3 minutes until softened. Add all of the vegetables, tomatoes, and sugar. Mix thoroughly. Bring the mixture to a boil, then lower the heat and let simmer for 30 minutes. Add the seasonings to taste. Simmer 15 minutes more. Let cool. Top with grated cheese, if desired.



# Meatball Mania

## Ingredients

1/2 lb. ground beef  
2 tbsp. grated cheese  
1 carrot, finely grated  
1/2 tsp. garlic powder  
1/2 cup bread crumbs (whole wheat is healthiest)  
1 egg, beaten  
1 tsp. tomato paste

## Directions

Preheat oven to 350 degrees. Combine all ingredients together; mix thoroughly. Roll into meatballs - whatever size is appropriate for your dog. Place on a cookie sheet sprayed with non-fat cooking spray. Bake for 15-20 minutes, or until they are brown and firm. Cool and store in the fridge or freezer.



# Veggie Vittles

## Ingredients

1 egg, beaten  
1/3 cup applesauce  
1 cup cooked vegetables\*, mashed or grated small  
1 cup cooked rice  
3/4 cup grated cheese  
1 tbsp. brewers yeast  
\*Any desired veggies can be used, such as zucchini, peas, carrots, potatoes, etc...

## Directions

Mix all ingredients well. Drop by rounded teaspoonfuls onto a greased cookie sheet. Bake in a preheated 350 degree oven for about 12 minutes, or until lightly browned and firm. Cool. Store in the fridge, or freeze.



"Old dogs, like old shoes, are comfortable. They might be a bit out of shape and a little worn around the edges, but they fit well." - Bonnie Wilcox 'Old Dogs, Old Friends'

# Chow Chow Chicken

## Ingredients

2 chicken pieces (breasts, thighs, whatever's preferable) 3 carrots, peeled and cut in half  
1 stick celery, sliced into chunks  
2 small potatoes, peeled & cubed  
2 cups rice, uncooked

## Directions

Place chicken pieces in large pot.

Cover with cold water (5 -6 cups). Add carrots, celery, and potatoes to water. Add salt to taste if you want. Cover and simmer on low heat about 2 hours until the chicken becomes tender. Add the rice, cover and cook over low heat for about 30 minutes until the rice is tender and most of the liquid is absorbed.

Remove soup from heat. Pull the chicken meat off the bone (it will practically fall off), discard bones. Return shredded pieces to pot. Stir well. Let cool. Store in the refrigerator or freeze.



# Divine Doggy Dinner

## Ingredients

1/2 lb. ground beef (OR turkey, chicken, lamb)  
1/4 cup cooked rice  
one small potato  
1/2 carrot  
1/4 cup green beans (about 5-8 beans)  
1/4 tsp. garlic powder

## Directions

Brown the meat in a pan. When completely cooked, drain the fat. Add the cooked rice; mix well. Set aside.

Cut the potato, carrot, and beans into small bite-sized pieces. Place in a pot with water; bring to a boil. Simmer until veggies are tender (about 15-20 minutes). Drain. Add the vegetables to the meat mixture. Add garlic powder; toss thoroughly under low heat. Let the dinner cool thoroughly before serving to prevent burning. Makes: about 2 dinners





# Goulash

## Ingredients

1 lb meat - ground beef, ground turkey, ground venison, etc.  
2c cooked BROWN rice  
2 cans veggies, or fresh veggies (about 3 cups)- broccoli, asparagus, sweet potatoes, green beans, carrots, spinach, kale  
2 hardboiled eggs chopped and shells crushed  
1 can of mackerel  
2 cloves of garlic, minced  
chicken livers or gizzards, chopped (about \$1.00 worth)

## Directions

Pulverize veggies, either in a blender, processor, grinder, etc. Mix all ingredients together in a big pot. Add enough water to cover, mix well. if you feed raw, which we do, place into containers, enough for one feeding in each, and freeze. We use plastic baggies. If you don't feed raw, cover the pot and simmer for about 2 hrs, stirring occasionally. When it is done cooking, cool, and place into containers or baggies, enough for one feeding in each and freeze. Simply get out in the morning to thaw in the fridge.

Dogs get this every evening for dinner, with 1/4-1/2c kibble mixed in, depending on size of dog.  
\*\*feed 1c per 15 lb body weight\*\*



# Romantic Dinner for Two

## Ingredients

1lb of Regular Ground Beef  
2 eggs  
3 carrots  
1 cup cabbage  
2 tablespoons Canola, Flax Seed, or Olive Oil  
1/2 cup peas  
1 can of baked beans  
1 tin of sardines  
Garlic (cloves/pureed or powder)

"If your dog doesn't like someone, you probably shouldn't either." - Unknown

## Directions

Puree vegetables in food processor or blender. Mash vegetables and ground beef together in a bowl, with a potato masher or with your hands. Crack the eggs into the bowl, including the shells (for extra calcium). Add remaining ingredients and keep mashing until everything is smooth and there are no large chunks of egg shell. For extra nutrients, mash in a Vitamin E capsule, or Echinacea.

# Meat Patties for the Month

## Ingredients

6 pounds hamburger  
2 sweet potatoes, cut up, boiled, mashed  
24 oz. cottage cheese  
1 apple  
1 pear  
3 Tbs Soy &/or Worcestershire Sauce  
12-15 dog vitamins; crushed (a coffee grinder works wonderfully for this!)

## Directions

Cut up the sweet potatoes and boil for about 15 minutes, until mashable. While sweet potatoes are boiling, put onion, pear and apple through food processor (chop cycle). Combine all ingredients (mashed sweet potatoes, chopped onion, pear and apple, cottage cheese, Soy and/or Worcestershire Sauce and dog vitamins) with hamburger. I just dig my hands in a mix it all up.

It's squishy, but it works the best! I use a 1/2 cup scoop to make meat patties. It will make approximately 27 half-cup meat patties. Keep out enough for two days and freeze the rest. For a remarkable tasty meal, I microwave a meat patty for 5-6 minutes and combine the meat patty and its juices with 1 cup kibble, 1 cup oatmeal, 1 cup fresh vegetables and about 1/2 cup 2% milk.

This feeds one very active large size dog (about 50-60 lb). For a change, instead of oatmeal, use polenta, brown rice, or pasta. Use a variety of fresh vegetables, cabbage, carrots, corn, potatoes, green beans, peas, broccoli, etc. or throw in a fruit or two. If you plan to feed this daily, please switch over SLOWLY! Your dog will LOVE it, have a glowing coat and be happy and healthy.



He is my other eyes that can see above the clouds; my other ears that hear above the winds. He is the part of me that can reach out into the sea. He has told me a thousand times over that I am his reason for being; by the way he rests against my leg; by the way he thumps his tail at my smallest smile; by the way he shows his hurt when I leave without taking him. (I think it makes him sick with worry when he is not along to care for me.)

When I am wrong, he is delighted to forgive. When I am angry, he clowns to make me smile. When I am happy, he is joy unbounded. When I am a fool, he ignores it. When I succeed, he brags. Without him, I am only another man.

With him, I am all-powerful. He is loyalty itself. He has taught me the meaning of devotion. With him, I know a secret comfort and a private peace. He has brought me understanding where before I was ignorant. His head on my knee can heal my human hurts.

His presence by my side is protection against my fears of dark and unknown things. He has promised to wait for me... whenever... wherever - in case I need him. And I expect I will - as I always have. He is just my dog." - Gene Hill

# Doggie Pizza

## Ingredients

### crust:

preheat oven to 325 F  
3 1/4 cup flour  
1/4 cup cornmeal  
1 tsp. baking soda

### topping:

1/2 cup tomato paste  
1/4 cup parmesan cheese  
1/4 cup mozzarella cheese  
1 tsp. garlic powder  
4 mushrooms (sliced)  
1/4 cup sun dried raisins (optional)

"If you are a dog and your owner suggests that you wear a sweater. . . suggest that he wear a tail." - Fran Lebowitz

## Directions

Mix ingredients together in a large bowl. Knead it for 4 to 5 minutes. Roll out on a pizza pan and put in preheated oven for 25-30 minutes. Put back in oven at 200 F for 10 minutes then let cool for 5 minutes before serving Enjoy!



# Spaghetti Dinner for Four

## Ingredients

1 1/2 lbs ground meat (beef, venison)  
1 pkg. spaghetti noodles  
1 can tomato sauce (no salt!)  
1/2 can olives  
1 small can mushrooms  
Spices to taste (basil, oregano, garlic & pepper- no onions, except for human portion!)  
2-3 cups frozen veggies (I use broccoli, carrots & cauliflower)  
Olive oil

**Directions:** Boil water & 2 tsp. olive oil. Add noodles when boiling. Boil just a few tablespoons water in another pot, add frozen veggies, boil about 15 minutes and remove. Brown meat, seasoning with basil, oregano, a little pepper and a little garlic. Add tomato sauce, mushrooms & cut up olives. Remove 3/4 of meat mixture into three dog dishes to cool. Add more garlic & spices (onions if you wish) to remaining mixture to taste, and let simmer. Rinse noodles under cool water, divide equally into four bowls. Add remaining sauce to human portion. Serve with cooked veggies. Feeds 3 large dogs & 1 person at my house.

# Beef Potato Pie

## Ingredients

1/2 cup ground dog biscuits (preferably homemade)  
2 Tbs cooking oil  
1/2 cup cooked ground beef (lean)  
1 small potato (peeled, cooked & mashed)  
1 tsp Cheddar cheese (low-fat)

## Directions

Preheat oven to 350 degrees F. To prepare the crust, grind dog biscuits in a blender or food processor. Place ground biscuits in a bowl and add the cooking oil, mix well. Press mixture into a 5-inch pie pan.

Fill with ground beef then top with the mashed potatoes. Cook for about 10 minutes or until warm. Sprinkle cheese on top of pie right after baking (while still hot). Cool before serving.

Note: You could use instant mashed potatoes. Variation: Try leftover meatloaf instead of hamburger.



# Meatloaf

## Ingredients

1-1/2 lbs ground meat (hamburger or turkey)  
1 lb chicken liver (pureed in food processor)  
3/4 cup spaghetti sauce (or tomato sauce)  
2 cups rolled oats  
1 tsp garlic powder  
1/4 cup parsley (dried)  
1/4 cup grated cheese (your choice)

## Directions

Preheat oven to 400 degrees F. Mix together ground meat, chicken liver and spaghetti sauce. Add oats, garlic powder, parsley, and the cheese; mix well. Place mixture in a greased loaf pan. Bake 45 minutes at 400, then reduce heat to 350 and bake another 15 minutes. Cool before slicing.

Note: You can place the mixture on a cookie sheet and shape into a large bone for special occasions.

# Make Your Own Dry Dog Food With Meat!

## Ingredients

2 cups full fat soy flour, corn flour or potato flour  
2 cups whole wheat flour  
1 cup rye flour  
1 cup corn meal  
1 cup wheat germ  
1 cup nonfat dry milk  
1/4 cup alfalfa powder [or increase brewer's yeast]  
3 tbs bone meal  
1 tbs sea salt  
1 lb ground chicken, or beef [or combine the two] [1/4 lb]\*  
1 can tinned fish [mackerel, tuna or sardines]  
4 tbs oil or fat  
1 tbs cod liver oil [1 tbs]\*  
400 IU Vitamin E [100 IU]\*  
cup chopped onion [optional] [1/8 cup]\*  
1 quart water  
cup brewer's yeast [1/8 cup]\*

## Directions

- Mix all ingredients except yeast to make a firm dough. Spread flat on a cookie sheet and roll to 1/4" to 1/2" thickness.
- Bake at 350 degrees for 30 to 45 minutes. Cool and break or cut into bite size pieces then sprinkle with yeast.
- Store in an air tight container. Keeps 2 to 3 days without refrigeration, longer if refrigerated, and indefinitely if frozen.
- Serve at room temperature or slightly warmer and supplement with fresh vegetables if fed this recipe as a regular diet.

Note: This recipe makes enough to feed an adult Golden Retriever for 4 to 8 days.

### **\*Tips for Food Processors**

*This recipe is too large to mix in the average food processor, so I often follow the directions below since using the food processor is quicker and more convenient for me.*

*Mix up the dry ingredients and put in an air tight container. [Coffee tins with plastic lids work well] and store in the fridge. This way I have an easy way to produce food processor size recipes with little fuss or bother.*

*Use about 2 cups of the dry ingredients with 1/4 of the balance [see bracketed amounts to right of ingredient]*

*Since it might be difficult to use only 1/4 of a tin of sardines or other fish, I often use the full tin and then add water slowly to obtain the correct consistency.*

*I also often add grated cheese and vegetables to this recipe for variety.*

*Follow the directions for mixing and rolling.*

*This method takes about 5 minutes or so to mix up and roll out.*

**Other Tips:**

*To simplify the cutting into bit sized pieces, I use a pizza cutter. This makes short work of the chore!*

*Note: The food processor method makes enough food to last adult Golden about 2 days.*

# Your Dog's Health:

## Dental Care

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I am kind of passionate about my dogs' teeth. That's why I thought it would be good, while on the topic of healthy eating, to cover the care of those chompers your dog will be eating all this delicious food with.

Joe will hate me for bringing this up, but it's important. He has always had a bad breath problem. Aesthetic troubles aside, this usually means one thing when a kiss from him almost knocks you down: His teeth are in need of attention.

Cleanings are recommended on a fairly regular basis, but they are expensive! There are ways to cut down on the number of cleanings your dog needs if you have a good home care regimen.

The next two articles deal with just how you can avoid the bad breath issue while keeping your dog's gums and teeth in top shape!

The following information is excerpted from a site you really need to bookmark on the web. It's called [VeterinaryPartner.Com](http://VeterinaryPartner.Com) and is a total resource for researching various health issues and questions you have about your dog.

**Joe and Tyler give VeterinaryPartner.com 4 Claws!**

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### **THE PET CONNECTION**

**By Gina Spadafori**

*Pet Columnist*

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### **Brush Away Your Pet's Dental Problems**

When I first started writing about the importance of taking care of a pet's teeth, the response I most often heard was one of astonishment. "I'm supposed to brush my dog's teeth?" pet lovers would say. "You're kidding, right?"

These days, many pet lovers respond not with surprise, but with guilt. "I know I should brush my pet's teeth, but I don't because my cat won't put up with it," they say. Or they don't have time, or they forget.

And so ignorance becomes guilt. Now that's progress! And the next step: good dental health from the very beginning.

Veterinarians now recommend training kittens and puppies to accept having their teeth brushed, a job that's not really that hard even with older dogs and cats. Approach the task

with a positive attitude, take it slow and easy, and then follow with something the pet likes -- a play session, petting or even a food treat.

For kittens and puppies, the focus is on training and prevention, but adult pets may need veterinary attention before a preventive-care program can help. Your veterinarian should check your pet's mouth, teeth and gums during the annual physical, and make recommendations based on what he or she finds there. For many pets, that'll mean dentistry under anesthesia. The procedure takes 45 minutes to an hour, and involves cleaning, polishing, and checking for and treating broken or rotting teeth, cavities, abscesses and periodontal disease.

Today's anesthetics are dramatically safer than even a few years ago, making the danger and pain of untreated dental problems the bigger risk to health, even with older pets.

After the problems are treated, at-home care can keep things in good shape. Here are some tips:

- Brush or wipe the teeth regularly. Use a toothpaste designed for dogs and cats a couple of times a week at least, although daily is better. Salt or baking soda isn't recommended because too much of the salt gets swallowed, and with small pets that could be a problem. Toothpaste for people is also out, because animals don't know how to rinse and spit. Pet toothpastes contain enzymes that help dissolve plaque and don't need to be rinsed. They also have a flavor pets appreciate.
- Use a children's soft toothbrush or one made especially for pets. You can also use plain gauze wrapped around a finger or a fingertip brush. Some vets suggest that gauze may work better with cats, especially if dipped in water from some canned tuna.
- Switch to dry food and offer teeth-cleaning toys. Some pet-food companies now offer kibble with a mild abrasive texture to help keep teeth clean. You might ask your vet about these if tartar buildup is a chronic problem for your pet.
- Soft chew toys and a chew rope can help keep teeth clean, too. Avoid chews that are hard or are prone to breaking into sharp pieces. These can break teeth or slice gums.



## **THE DENTAL CARE SERIES**

**By Jan Bellows D.V.M. DipAVDC**

**All Pets Dental Clinic**

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What would happen if you stopped brushing your own teeth? Even if you only ate hard food as most dogs do, there still would be problems. You should be brushing your dog's teeth at least twice weekly, daily if you can manage it. It's not as difficult as you might imagine.

What are the benefits? Brushing removes the daily accumulation of plaque from the teeth. Even though dogs do not commonly get cavities, they do suffer from periodontal disease. If untreated the gum disease can lead to pain and loss of teeth.

How to brush teeth? Step one is to pick an appropriate pet toothbrush. Save yourself time by not buying a child's toothbrush which is usually too hard for dogs. The ideal dog toothbrush will have a long handle, an angled head to better fit the mouth and extra soft bristles. Another option is the finger toothbrush that fits over the tip of your finger.

Step two is to select an appropriate toothpaste. The best pet toothpastes contain enzymes that help control plaque. Try to avoid toothpastes with baking soda, detergents, or salt sometimes found in human pastes. Fluoride may be incorporated to help control bacteria. Rather than placing the paste on top of the brush try to incorporate it between the bristles. This allows the paste to spend the most time next to the teeth.

Step three-is to get the brush with paste into your dog's mouth and all the teeth brushed. Most dogs accept brushing if they are approached in a gentle manner. If you can start when they are young, it's quite easy, but even older pets will accept the process. Start slowly, you can use a washcloth or piece of gauze to wipe the teeth, front and back in the same manner you will eventually be using the toothbrush. Do this twice daily for about two weeks and your dog should be familiar with the approach. Then take the pet toothbrush, soak it in warm water and start brushing daily for several days. When your dog accepts this brushing, add the pet toothpaste.

The toothbrush bristles should be placed at the gum margin where the teeth and gums meet at a 45 degree angle. The movement should be in an oval pattern. Be sure to gently force the bristle ends into the area around the base of the tooth as well as into the space between the teeth. Ten short back and forth motions should be completed, then the brush moved to a new location. Cover three to four teeth at a time. Most attention should be given to the outside of the upper teeth.

In summary, dog home care should include daily (or at least every other day) brushing using an enzymatic pet toothpaste. Taking an active role in the care of your dog's dental care will help reduce dental disease, bad breath and potential life threatening heart and kidney disease. Every one wins.

*Dr. Jan Bellows is a board-certified veterinary dentist. His office, All Pets Dental Clinic, is located at 9111 Taft Street in Pembroke Pines, Florida. He can be reached for consultations at 954-432-1111.*

**Editor's Note:** Remember to stop by [veterinarypartner.com](http://veterinarypartner.com) whenever you have a question about health issues for your dog – I really like the site and it's easy to find answers to all kinds of health questions!

This is where we get our meds:



[1-800-PetMeds](http://1-800-PetMeds)

This is where we get our supplies and toys:



This is where we get "the poop" on dog interests:

<http://www.thepoop.com/>

This is where we donate money:



Each sale of this book generates another dollar for the American Humane Society. I plan to sell 10,000 books in 2003 and 2004, making a big difference in the lives of animals this year. How about you?

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**Pets:** <http://www.hsus.org/ace/11833> **Wildlife:** <http://www.hsus.org/ace/12104>

Do all you can to help a solid organization do good work for the benefit of wildlife and pets. You can make a big difference to an animal today!