

*Wildgoose*



**Natural Diet  
Vitamins and Supplements  
and  
Dog Biscuit Cook Book**



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## **Feeding a Natural Diet**

Proper nutrition is the foundation of health. Without enough nutrients the body begins to deteriorate and resistance to disease is lowered. Taking charge of your dog's health means being informed on the subject of nutrition, supplements and general health.

This information is provided for educational purposes and to help you make the correct decisions regarding your dog's health. It is not intended to diagnose or prescribe for your dog. The suggested dosages are for healthy adult dogs weighing 9 to 18 pounds. This information is what I do for my dogs. Wildgoose Norwich Terriers does not accept liability for the use of this information in lieu of the services of a holistic veterinarian. Remember that all things in life have varying degrees of risk. What is right for one may not be right for the other.

On a farm, dogs don't eat alfalfa, wheat, oats, corn or any other grains as a mainstay of their diet. They will nibble in a bucket of grain once in a great while and only primarily out of curiosity or boredom. Dogs eat protein in the form of meats and eggs.

We have been feeding our Norwich Terriers bones and raw food for almost two decades and we have found a noticeable positive difference in the general health of the the dogs in every respect.

The Wildgoose raw diet is essentially (by weight):

- 40% uncooked meat (50% meat and 50% bones);
- 25% uncooked vegetables;
- 12.5% dairy ( which can be either plain yogurt or kefir for the beneficial enzymes);
- 12.5% organ meat; and
- 10% fruit (banana, apple, cranberry, melon, kiwi, etc)

The meat source includes the bone. We grind most things with a simple home electric grinder so that they don't choke on bones that might be too big. We use turkey, lamb, and fish (mackerel mostly) as our preferred protein sources because they are less acidic than beef, chicken, or other fowl. We rotate the meat source so it is not always the same. Organ meats are great (tripe, heart, liver, offal). For the vegetables we usually make a puree of a few different ones (carrots, zucchini, pumpkin, green beans, broccoli, parsley, etc). Organic meat and vegetable sources are the best!

Mix all the food above (meat, vegetables, dairy, organ meats and fruit) into a container. You can freeze this in any quantities that you like. We sometimes use ice cube trays for portions. The mix will keep in the fridge for a few days. You now have a complete home prepared food for your dogs!

## **Dietary Supplements**

In addition to good food we also recommend daily supplements to round out the best diet that we can provide for our dogs. Even if you use the best commercial food available there is still the need to supplement for optimum health. Vitamins and minerals must be fed in the right balance to work properly. Feeding just one vitamin is relatively useless. Sometimes doing nothing can be worst of all. The information below was predominantly derived from Wendell O. Bellfield D.V.M. and Martin Zucker, "How to have a Healthier Dog: The Benefits of Vitamins and Minerals for Your Dog's Life Cycles." New York, NY: New American Library, 1981. It is just one perspective.

Here are a number of things that one can add to diets (with explanations) for variety and rotation sake.

**Wild Salmon oil** - 1000 mg per day. This is a great source of Omega 3 and 6. Wild is much better than cultivated salmon oil. We do alternate

with other fish oils like "Arctic Vigor" (dose is 1/4 teaspoon). We don't use flax seed oil because there are some studies that indicate dogs get itchy from it, despite that it is a good source of Omega 3 and 6;

**B Complex** - 25 mg per day. B Complex Vitamins are necessary for the proper functioning of the brain and nervous system. Generally, B vitamins reduce pain and protect the body from stress. They are required for emotional and mental health; energy; immune system and infection fighting ability; nervous system health; the proper functioning of skin, hair, eyes, liver, muscles and digestion. B vitamins are water soluble and cannot be overdosed. The suggested dose of B complex is 25 mg per day.

**Vitamin C** - 500 mg per day, 1000 to 1,500 mg for pregnant bitches. Vitamin C is perhaps the only vitamin that could be used in isolation. Dogs produce about 40 milligrams of C per kilogram (=2.2 lbs) of body weight per day and most pet food companies do not add it to their food. This is only a fraction of what is actually needed. Research indicates a number of pet diseases to be forms of sub clinical scurvy, the deficiency of vitamin C. This includes hip dysplasia, lameness, arthritis, spinal myelopathy, ruptured discs, viral diseases and skin problems.

Vitamin C is the basic to all life processes and necessary for a sound system. Vitamin C regulates the dog's body biochemical balance and is the body's major detoxifier and repairer of the damages of stress.

Calcium ascorbate powder is suggested as the best form and is lowest in acidic taste. 500 mg (=1/8 teaspoon) per day is suggested.

**Vitamin A** deficiency can be the cause of a number of skin, coat and mucous membrane problems in dogs. These include lung and respiratory tract; eye membrane; bladder lining; teeth and gums; digestive tract; and the layers that comprise the skin and glandular system. Like vitamin C and E, A is an anti-oxidant. It is also necessary

for the development and growth of puppies and aids the immune system protect from infection.

Dry, itching skin is the first indicator of a vitamin deficiency. In dogs, deficiency symptoms include degeneration, reproductive failure, night blindness, uncoordination, seizures, failure to gain weight and deafness. Vitamin A is largely overlooked by commercial pet foods.

The suggested dose is 10,000 IU once a week. Significant skin problems may require more. I have read that a maximum of 10,000 IU per day for a short period, in some cases can be used. To avoid toxicity, you should consult a holistic vet if you think you need more than 10,000 IU per week.

**Vitamin D.** 400 IU per week of Vitamin D is recommended. That is sufficient for healthy teeth and bones. Since D is produced by the sun, it is the winter months or dogs that don't get outside much that require this supplement. Lack of calcium and phosphorous are also indicators of a need for Vitamin D.

This vitamin regulates the thyroid and nervous system, heart , skin , respiration and blood clotting. Rickets is a deficiency of D. Symptoms of D deficiency are allergies, kidney and urinary disorder, diarrhea, arthritis, poor metabolism, poorly developed bones, muscles or teeth and irritability.

**Vitamin E** - 200 IU per day. Vitamin E is essential for healing diseases of the circulatory system and preventing them, including heart tachycardia and arteriosclerosis. It promotes fertility, slows ageing prevents cataracts, boosts the immune system, protects the body against pollutants and cancer and helps heal the skin. It also boosts muscle power in dogs. It helps dissolve tumours and relieves posterior paralysis and disc problems. It oxygenates the blood and improves the function of the internal organs. The suggested dose is 100 IU per day.

**Selenium** - 50 mg per day;

**MSM, Chondroitin, Glucosamine** - in one pill for joint care (glucosamine alone is for arthritis only). The dosage size we use is approximately 500mg/day. We also alternate MSM, Chondroitin, Glucosamine sometimes with a product called "Synovicare". (You can find this on the internet by doing a search for the product name.) Synovicare is a combination of Glucosamine, Chondroitin Sulfate, MSM, Vitamin C, and Devil's Claw. It was originally a horse supplement but many dog owners are using it too! Chondroitin Sulfate is a specific PSGAG (building block) in joint cartilage and is comprised of a long chain of sugars. Its chemical structure helps to create a watery, shock-absorbing space within cartilage tissue, enhancing the fluid protection within the joint system and resulting in better lubrication and nutrient transport. Studies have shown Chondroitin to be effective in reducing synovitis and alleviating symptoms of arthritis in people and dogs. It is considered a non-toxic compound and using it over extended periods of time has resulted in no appreciable side effects. Reports further indicate the combining it with Glucosamine produces better joint fluid quality (clear with higher viscosity) and overall joint health than either substance alone. The Glucosamine stimulates the production of cartilage, provides lubrication and helps to reduce pain and inflammation. Chondroitin complements Glucosamine as it boosts cartilage synthesis, promotes cellular nourishment and contributes to joint protection. It also works by directly inhibiting the enzymes that destroy cartilage, allowing the rebuilding process to proceed. Vitamin C is a powerful anti-oxidant that helps to increase the bio-availability of the other ingredients. Devil's Claw is a herb with anti-inflammatory and analgesic properties that has been used for centuries to treat arthritis. Together these ingredients work to protect your dog's important joint functions.

Another alternative for MSM, Chondroitin, Glucosamine we recommend is "Run Free" for some more variety. "Run Free" uses a combination of glucosamine & shark cartilage to aid in repairing and rebuilding damaged joints while the addition of flaxseed (some dogs are allergic to

flaxseed), a powerful anti-inflammatory, Vitamin C , & MSM will decrease inflammation and pain and allow healing to occur.

## **Basic Biscuits**

### **Happy Dog Bones**

2 c. whole wheat flour	2 c. soy flour
1 c. wheat germ	1 c. corn meal
1 c. nonfat dry milk	1 c. dry nutritional yeast flakes (health store)
1/2 c. cooking oil	1 egg
1-3/4 c. water or broth	

Mix dry ingredients in large bowl. Mix together egg, oil and water. Add to dry mixture and mix until well blended. Divide dough in thirds. On floured surface, roll out to 1/4" thick. Cut out dog bone shapes (Optional: prick tops three times with toothpick.) Place on well-oiled baking sheet. Bake at 325 degrees for 25-30 minutes. Biscuits should be well browned on the bottom. Don't store air tight. Makes approx. 4 dozen.

### **Dog Treat**

1/2 c. corn meal	6 T. oil
2/3 c. water or meat broth	2 c. whole wheat flour

Mix ingredients well. Roll out to 1/4" thick. Cut into shapes with cutter. Baste with meat drippings. Bake at 350 degrees for 35-40 min. Cool on wire rack and store in airtight container.

### **Whole Wheat Dog Cookies**

2-1/2 c. whole wheat flour	1/4 c. wheat germ
1/4 c. milk	1 clove garlic, crushed
4 T. margarine, softened	1 egg, beaten
1 T. molasses	salt
water	

Combine flour, wheat germ, garlic, and salt in a large bowl. Cut in margarine. Stir in beaten egg, molasses, and milk. Add enough water so mixture can be shaped into a ball. Roll dough onto a floured board to a

thickness of 1/2 inch. Cut into shapes and place on a greased baking sheet. Bake at 375 for 20 minutes, remove from oven, and let cool. Makes about 30 biscuits.

### Jason's Doggie Biscuits

3-1/2 c. unbleached all-purpose flour	2 c. whole wheat flour
1 c. rye flour	2 c. bulgur (cracked wheat)
1 c. cornmeal	1/2 c. nonfat dry milk
4 tsp. salt	1 envelope active dry yeast
1/4 c. warm water	3 c. chicken broth
1 egg, slightly beaten with 1 tsp. milk	
<b>utensils needed:</b>	
plastic scoop for flour	measuring spoon
measuring cup	wooden spoon
glass measuring cup for dissolving yeast	can opener
cutting board	rolling pin
dog biscuit (about 3-1/2") for tracing	large mixing bowl
small bowl for egg-milk mixture	cookie sheets, greased
pastry brush	

Turn oven on to 300 degrees. Mix the first 7 ingredients with a wooden spoon in a large bowl. Dissolve yeast thoroughly in warm water (110-115 degrees) in glass measuring cup. Add to dry ingredients. Add chicken broth to flour mixture. Stir until dough forms. Roll out dough until it is 1/4 inch thick. Using a large dog biscuit for model, cut out bone shapes from dough. Place on prepared cookie sheets. Brush dough with egg glaze. Bake bones for 45 minutes. Turn oven off. Biscuits should remain in oven overnight to harden. Makes 30 large bones. Per bone: 158 calories, 6 g. protein, 32 g. carbohydrate, 1 g. fat, 11 mg. cholesterol, 364 mg. sodium.

Variations:

- A. with 2 c. chicken stock and 1 T. milk.
- B. with 2 c. chicken stock and no glaze.
- C. with 1 tsp. salt (optional), 2 c. chicken stock, 1 T. milk.
- D. with 1/2 tsp. salt and baked for 1-1/2 hours.
- E. with 1 T. salt optional, 2-3 c. chicken broth, 1 T. milk, on ungreased baking sheets.
- F. with no salt, pinch of sugar to proof yeast, 2 c. bran cereal/cracked wheat or 1 c. cornmeal, 4 tsp. kelp powder, 3 to 4 c. chicken broth, 2 T. milk, knead by half batches, bake for 45-60 minutes in upper and lower 3rd of oven, rotate trays 3/4 way through, yields 110 3-1/2" treats or 80 2-1/2" treats [?], dough must be used immediately but treats will keep for months in airtight container.
- G. with 2 c. chicken stock, no cornmeal, 1 tsp. salt, 1 T. milk.
- H. with bran instead of bulgur, use grits or cornmeal, 1 T. powdered or dehydrated minced garlic, 2 c. tomato juice instead of broth, baked for 1 hour, yields 7 dozen.
- I. with 2 c. chicken stock, 1 T. milk, knead for 3 minutes, yields several dozen, note: dough extremely stiff but end product is excellent.
- J. with 1 T. or less salt, 1 c. boiling water, 2 c. chicken or beef broth, 1 T. milk, variations: molasses or honey, no salt, add vitamins, add fat or margarine, add more eggs.
- K. with 2 c. chicken stock, yield 150 biscuits.

## Secret Pet Treat Recipe

5 c. whole wheat flour 1 c. nonfat dry milk	
1-1/2 stick margarine, melted	2 eggs
6 T. bouillon granules (beef or chicken)	1 c. hot water
2 tsp. sugar	

Mix flour and dry milk together. Beat margarine and eggs together until well blended. Dissolve bouillon in hot water. Combine all ingredients and knead for three minutes. The mixture should be firm, not crumbly. You may add up to 1/2 c. of water to achieve the correct texture. Roll out to 1/2 - 3/4 inch thickness and cut to shape. Bake on a lightly greased or nonstick cookie sheet in a slow oven (325 degrees) for 45 to 60 minutes until browned and crunchy. Makes approximately 8 dozen small cookies. (Variation: with 3/4 c. oil instead of margarine, hot water or broth, 2 tsp. bouillon, 2 T. brown sugar, baked at 300 for 40 minutes, turning over after 20 minutes.)

## Home-Style Dog Treats

3/4 c. hot water or meat juices	1/3 c. margarine
1/2 c. powdered milk	1/2 tsp. salt (optional)
1 egg, beaten	3 c. whole wheat flour

In a large bowl pour hot water over margarine. Stir in powdered milk, salt, and egg. Add flour, 1/2 c. at a time, mixing well after each addition. Knead 3 to 4 minutes, adding more flour if necessary to make very stiff dough. Pat or roll to 1/2-inch thickness and cut out with cookie cutter. Place on a greased baking sheet and bake at 325-degrees for 50 minutes. Allow to cool and dry out until hard. Makes approximately 1-1/4 lbs. at approx. 25 cents a pound. I'm sure you can add grated cheese, ground beef, garlic, peanut butter or whatever other flavours you want for a variety too.

## Variations:

- A. with salt or instant bouillon, could be done at 30 minutes.
- B. just mix and roll into small logs with your hands; note: could be rolled out and cut with cookie cutters, or logs cut into 1/2" slices, also could use bread machine dough cycle.
- C. with 2 tsp. sugar, mix with food processor with plastic blade, yields 24 servings.
- D. with 1/2 c. margarine, 2 tsp. sugar, baked on ungreased air bake pan, shapes can be placed side by side since no rising, maybe cut down on salt and sugar.
- E. same ingredients and variation with 1/2 c. margarine and 2 tsp. sugar, yields approximately 1-1/4 lbs. at \$.25 per pound.
- F. with 2 tsp. sugar added with salt; knead 3-4 minutes.
- G. as (Machine) Doggie Biscuits, "roll into small logs in your hands" instead of shapes.

## Homemade Dog Biscuits

1 pkg. active dry yeast	1 c. warm chicken broth (low salt)
2 T. molasses	1-3/4 to 2 c. all-purpose flour
1-1/2 c. whole wheat flour	1 c. cracked wheat
1/2 c. cornmeal	1/2 c. nonfat dry milk
2 tsp. garlic powder	2 tsp. salt
1 egg, beaten	1 T. milk
1/4 c. warm water	

Dissolve yeast in warm water. Stir in broth and molasses. Add 1 c. of the all-purpose flour, whole wheat flour, cracked wheat, cornmeal, dry milk, garlic and salt. Mix well. On a floured surface, knead in remaining flour. Roll out half at a time to 3/8 inch thickness. Cut in desired shapes. Place on an ungreased baking sheet. Brush tops with mixture of egg and milk. Repeat with remaining half of the dough. Bake in a 300 oven for 45-50

minutes. Turn oven off, let cookies dry in oven overnight. Makes 42-48 biscuits.

### **Tail Wagger's Dog Biscuits**

4-1/2 c. whole wheat flour	3 c. all purpose flour
3 c. cornmeal	1-1/2 c. rolled oats
2/3 c. bonemeal powder (health stores; or substitute nonfat dry milk)	
2 T. garlic powder	2 tsp. salt
3-1/2 c. beef broth (from bouillon)	1 c. vegetable oil
2 large eggs	

glaze (optional): 1 large egg beaten with 1 T. Worcestershire sauce

Position oven racks to divide oven in thirds. Heat to 300 degrees. Mix flours, cornmeal, oats, bone meal or powdered milk, garlic powder, and salt in a large bowl. Whisk beef broth, oil and 2 eggs in a medium size bowl. Stir broth mixture into flour mixture with a wooden spoon until blended and a soft dough forms. On flour surface with floured rolling pin, roll out dough to 1/2 inch thickness. Cut in dog-bone shapes with floured cookie cutter. Place 1/2 inch apart on ungreased cookie sheets. With toothpick, prick a line of dots down the centre, if desired. Brush tops and sides of biscuits with the glaze. Bake 2 cookie sheets at a time for 2 hours. Turn off oven and leave biscuits in 1-2 hours to dry and harden. Store, covered. Will keep at room temperature up to 3 months. Makes eight [eighty?] 4-inch biscuits or 112 2-1/2 inch biscuits. Dough may be frozen up to 6 months and used when needed.

## Dog Biscuits #1

1-1/2 c. flour	1 tsp. salt
1-1/2 c. whole wheat flour	1 tsp. garlic powder
1 c. rye flour	1 egg
1 c. oats	1/2 c. vegetable oil
1 c. cornmeal	1-3/4 c. beef broth
1/4 c. liver powder (health stores)	

Place oven rack in upper third of oven. Heat oven to 300F. Line a cookie sheet with foil. Mix flours and all other dry ingredients in a large bowl. Add egg, oil, and beef broth. Mix the dough, adding enough additional flour to make a dough that can be rolled. On a floured surface, roll to 1/2" thickness, then cut into heart shapes with floured heart cookie cutter or pattern cut from cardboard (2" dia. for small dog, 3-1/2" for large). If using pattern, flour top of dough first. Place hearts 1" apart on foil-covered cookie sheet. Re-roll scraps. With a skewer prick a line of dots halfway through dough 1/4" from sides and down centres. Bake for 2 hours. Turn oven off, and let biscuits stand in oven overnight to harden. Can be stored in plastic bags at room temperature up to 3 months. Makes about 24 3-1/2" hearts. (Per biscuit: 31 cal., 6 g. protein, 23 g. carbohydrate, 5 g. fat, 21 mg. cholesterol, 142 mg. sodium.)

## Microwave Doggie Doughnuts

2 c. whole wheat flour	3 T. oatmeal
1 egg, lightly beaten	1 tsp. garlic powder
2/3 c. beef or chicken broth	

Place flour in a bowl, add egg and broth, mix well. Blend in oatmeal and garlic powder. Roll dough into a ball, roll out on a lightly floured surface to 1/2" thick. Cut with small doughnut cutters. Re-roll scraps and repeat. Shape last bits by hand. Arrange rings on a shallow baking dish or on a sheet of parchment paper in a single layer. Cook on high 10 minutes or until firm. Let cool until hardened. Store in covered container when doggies not looking.

## **Bowser Biscuits**

1 pkg. Dry yeast	1/4 tsp. salt
1/2 c. warm water	2 c. all-purpose flour
2 c. warm chicken or beef broth	1 c. cornmeal
1/2 c. powdered milk	1 c. wheat germ
1/4 c. margarine	2 c. cracked wheat
1/4 c. honey	4 c. whole wheat flour
1 egg, beaten	

In small bowl, dissolve yeast in warm water. In large bowl combine broth, powdered milk, margarine, honey, egg, and salt. Add yeast/water and mix well. Stir in flour, cornmeal, wheat germ, and cracked wheat. Mix well. Add whole wheat flour, 1/2 cup at a time, mixing well after each addition. Knead in the final amounts of flour by hand and continue kneading for 4-5 minutes until dough is not sticky. Pat or roll dough to 1/2" thickness and cut into bone shapes. Place on a greased cookie sheet, cover lightly and let set for 20 minutes. Bake in a 350F. oven for 45 minutes. Turn off heat and leave in oven several hours or overnight. Makes approximately 3-1/2 lbs. (Variation with margarine or hamburger grease, yields 3-1/2 lbs.)

## **Pogo's Light Biscuit for Belly Draggers**

2 c. whole wheat flour	1/2 c. soy flour
1/2 c. cornmeal	1/4 c. brewer's yeast
1/4 c. dry milk powder	1 tsp. garlic powder
1 T. parsley, finely chopped	1 pkg. active dry yeast
1/4 c. warm water	1 c. chicken stock
glaze: 1 egg beaten with 1 T. milk	

Preheat oven to 300 F. Combine the flours, cornmeal, brewer's yeast, dry milk powder, garlic powder and parsley in large bowl. In a small bowl, dissolve the yeast in warm water and stir well. then add the chicken stock. Pour the liquid mixture into dry ingredients. Working with your hands, combine all ingredients completely. Knead for several minutes.

Sprinkle a board with additional cornmeal and roll dough out to 1/4" thickness. Cut into shapes and place on ungreased cookie sheet. Brush lightly with egg glaze and bake 45 minutes. Turn heat off and let biscuits dry out in oven for several hours or overnight. Store in airtight container.

### **B/M Dog Cookies**

1 c. meat or vegetable stock	1 c. all-purpose flour
1 c. whole wheat or rye flour	1 c. cracked wheat
1/4 c. nonfat dry milk powder	1/2 tsp. salt
1-1/2 tsp. yeast [1/2 pkg.]	cornmeal

Use dough cycle. Roll dough to 1/4" thickness. Cut with cookie cutters or knife. Place on baking sheet sprinkled with cornmeal. Cover with clean kitchen towels and let rise in warm place about 45 minutes. Bake at 325F. for 45 minutes. When all are baked, turn off oven and return all cookies to cooling oven overnight to harden. Store in airtight container. Yield: 30-35 cookies with 3-1/2" bone shaped cutter.

### **No-Flea Dog Biscuits**

2 c. unbleached flour	1/2 c. wheat germ
1/2 c. brewer's yeast	1 tsp. salt
2 cloves garlic, minced	3 T. vegetable oil
1 c. chicken stock	

Preheat the oven to 400F and oil two or three baking sheets. Combine first four ingredients. In a large mixing bowl, combine garlic and oil. Slowly stir flour mixture and stock alternately into oil and garlic, beating well, until the dough is well-mixed. Shape dough into a ball. On lightly floured surface, roll out dough 1/2" thick. Using a 2" biscuit cutter or knife, cut dough into rounds. Transfer biscuits to prepared baking sheets. Bake 20-25 minutes or until well-browned. Turn off heat and allow biscuits to dry in oven for several hours. Store in refrigerator or freeze. Makes about 26 biscuits.

## Canine Cookies

2 c. all-purpose flour	1 c. whole wheat flour
1 c. cornmeal	3/4 c. wheat germ
1/2 c. nonfat dry milk	2 tsp. salt
1 pkg. active dry yeast	1/4 c. warm water
1 can (10-3/4 oz.) beef broth	glaze: 1 egg, slightly beaten with 1 T. milk

Combine the flours, cornmeal, wheat germ, dry milk and salt in a very large bowl. Soften the yeast in the warm water and add it along with the beef broth to the dry ingredients. Mix well with hands, for dough will be very stiff. Divide dough into halves and roll each half out on a floured board to a thickness of 1/4". Cut into shapes with a cookie cutter. Place fairly close together on an ungreased baking sheet. Combine beaten egg and milk; brush over surface of each cookie. Bake in a 300F. oven for 45 minutes. Turn off oven heat but leave baking sheet with cookies in the oven to harden overnight. If you lack room in the oven for all of them, then just place them in a dry spot until they are quite hard. Makes 74 2" cookies with a total weight of 1 lb. 11 oz.

## Dog Biscuits Garlic Cookies

1 c. uncooked oatmeal	3/4 c. cornmeal
3 c. whole wheat flour	3/4 c. powdered milk
4 cloves garlic, minced	1/2 c. margarine
1 tsp. bouillon granules	1-1/2 c. meat broth
1 egg, beaten	

Preheat oven to 325 F. Dissolve bouillon in meat broth, while still hot put some of the broth into a blender with the garlic and blend on high. Pour all broth into large bowl, add margarine & oatmeal and stir. Let sit 5 minutes to cool. Stir in powdered milk, cornmeal, and egg. Add flour, 1/2 c. at a time, mixing well after each addition. Knead by hand, adding more flour if needed. Roll on floured surface to 1/2" thick, cut into shapes. Place on greased cookie sheet. Bake 50 to 60 minutes, allow to cool and dry out until hard. Variations: plain flour, shredded cheese,

hamburger/bacon grease instead of margarine, or add 1 pkg. dry yeast and 1/4 c. honey to make biscuits instead of cookies. They can be frozen but dry extremely well before freezing. Yields 75 servings. From the Rotten 'N Cookie Board, posted by Sue Woolley, submitted by Ursula R. Taylor, (Variation with no garlic, 1/3 c. margarine, 1 tsp. to 1 T. bouillon, 1-1/2 c. hot water, no broth, pour water over oatmeal, margarine, and bouillon, let stand 5 minutes, knead 3 to 4 minutes, bake 50 minutes, makes approximately 1-3/4 lbs.)

### **Dog Biscuits -- Meat Flavoured**

2 eggs	1/2 c. milk
2 c. beef or chicken broth	2 tsp. salt
1 T. yeast (1 envelope)	3-1/2 c. all purpose flour
2 c. whole wheat flour	1 c. rye flour
2 c. cracked wheat	1 T. Gravy Master

Mix all dry ingredients together. Stir in broth, Gravy Master, milk, and eggs. Knead mixture until dough forms, then roll out to 1/2 inch thickness. Cut into 1/2 inch squares. Place pieces on a cookie sheet and bake in preheated 325 degree oven for 45 minutes. Turn oven off and leave biscuits in oven for 8 hours. Remove from oven and cool well before storing them.

### **Microwavable Dog Treats with Variations**

1 c. whole wheat flour	1/2 c. all purpose flour
3/4 c. nonfat dry milk	1/2 c. quick cooking oats
1/4 c. yellow cornmeal	1 tsp. sugar
1/3 c. shortening	1 egg, slightly beaten
1 T. chicken or beef bouillon granules	1/2 c. hot water

variation: omit bouillon, add 1/4 c. canned grated American cheese food with dry ingredients

Combine flours, milk powder, rolled oats, cornmeal and sugar in medium bowl. Cut in shortening until mixture resembles coarse crumbs.

Stir in egg. Stir bouillon granules into hot water until dissolved. Slowly pour into flour mixture, stirring with a fork to moisten. Form dough into ball and knead on floured board 4 minutes or until smooth and elastic. Divide dough in half and roll out each 1/2 inch thick. Make cut outs with cookie cutter or make nuggets by rolling dough into 1 inch diameter log and cut off 1/2" pieces. Arrange six cut out shapes or 24 nuggets on 10 inch plate. Microwave at 50% (medium) for 5 to 10 minutes, or until firm and dry to the touch. Rotate plate every 2 minutes and turn shapes over after half the time. Cool on wire rack. Shapes will crisp as they cool. Yields 1-1/2 dozen cut outs or 5-1/2 dozen nuggets.

### **Doggie Treats**

2-1/2 c. flour	1/2 c. powdered milk
1/2 tsp. salt	1 tsp. garlic powder
2 tsp. onion powder	2 tsp. brown sugar
1 tsp. granulated bouillon (fish)	6 T. meat drippings
1 egg, beaten	1/2 c. ice water

My dogs prefer fish flavored granulated bouillon, but you can use any flavour you wish. Combine it and the rest of the dry ingredients. Cut in drippings until mixture resembles cornmeal. Mix in egg. Add just enough water to make mixture form a ball. Pat (or roll) dough to 1/2" thick and cut into desired shapes. Small dogs like bite-sized pieces like stars about the size of a quarter. The bigger the dog, the bigger the "cookie". Makes 10 6" bones. Place on a lightly greased cookie sheet. Bake at 350 for 25 to 30 minutes, until hard and dry. Cool before serving. (Variation with whole wheat flour, 1/2 tsp. garlic powder, no onion powder, 1 tsp. brown sugar, no bouillon, cooked at 350F.)

## Bread Machine Dog Biscuits

3/4 (1/2) c. beef, chicken, or vegetable broth (or hot water with 2-3 bouillon cubes)	
1 (1) egg	3 (2) T. oil
1 (3/4) c. all-purpose flour	1 (3/4) c. whole wheat flour
1/3 c. (2 T.) bulgur	1/3 c. (2 T.) wheat germ
1/3 c. (2 T.) bran	1/4 c. (3 T.) nonfat dry milk
1/4 (1/4) tsp. garlic powder	1-1/2 (1-1/2) tsp. yeast

Ingredients are for 1-1/2 lb. (1 lb.) bread machines. Place ingredients in bread pan according to manufacturer's directions and press "dough" cycle. When machine beeps, remove dough to lightly floured countertop and roll dough out to 1/4" thickness. Using a dog bone cutter (or any small seasonal cookie cutters) cut out dog biscuits and place on a lightly greased cookie sheet or one sprinkled with cornmeal. Re-roll scraps and repeat till all dough is used up. Place in a warm location and let rise 30 minutes. Bake at 325 for 30 minutes until brown and no longer soft. Place on a rack to cool. Store in an airtight container.

## BS Dog Cookies

1-1/2 c. whole wheat flour	1/8 c. peanut butter, no additives or salt
1-1/2 c. whole grain oats (oatmeal)	1/4 c. molasses
1/4 c. untoasted wheat germ	1/8 c. olive oil
1/8 c. soy flour	1/2 c. water
1/2 c. buckwheat flour	1/2 c. soy milk
1/8 c. honey	

Preheat oven to 300 degrees. Mix dry ingredients first, then add the others and mix well. Make into 1" (one inch) balls, place on a greased (with olive oil) cookie sheet, then flatten. Bake for 60 minutes. Turn off oven. Let sit in oven for 30 minutes more.

## Dog Biscuits

2 c. whole wheat flour	1/2 c. soy flour
1/4 c. cornmeal	1 tsp. Bone meal (or equiv. of 750 mg. calcium)
1/2 c. sunflower or pumpkin seeds	1 T. nutritional yeast (optional)
1-2 cloves crushed garlic, or 1/2 tsp. garlic powder (optional)	

Mix together. Then mix together separately:

2 T. melted butter, or oil (keeps longer)	1/2 c. unsulfured molasses
1 tsp. salt	2 eggs mixed with 1/4 c. milk
	(for harder biscuits use 1 egg and 1/2 c. milk)

Combine with flour mixture. It should be a stiff dough. Turn out the dough onto a floured surface and knead for a few minutes. Let the dough rest for an hour or more. Roll out to 1/2 inch thick, cut into desired shapes. Bake at 350 for 30 minutes. Turn off the heat in the oven and let biscuits sit overnight (this makes biscuits harder). Variation: without bone meal, yeast, or garlic, 1/2 c. molasses, let dough sit 1/2 hour, save 1 T. egg mixture for glaze, don't leave overnight.

## Dog Biscuits #2

1 c. whole wheat flour	1/2 c. wheat germ
1/2 tsp. salt	1 tsp. brown sugar
1/2 c. water	1 c. all-purpose flour
1/2 c. dry milk powder	6 T. margarine or shortening
1 egg	1 tsp. garlic powder (optional)
1 tsp. grated carrot (optional)	1 tsp. grated cheese (optional)

Preheat oven to 325 degrees. Combine flours, milk, margarine/shortening, wheat germ; mix until it resembles cornmeal. Beat brown sugar into egg. Stir egg mixture into flour mix. Add water gradually to make stiff dough. Knead and roll out 1/2 inch thick. Cut

into desired shape with cookie cutter. Bake for 30 minutes. Let cool and store in tightly sealed container. (Variation with 1 T. margarine, no garlic/carrot/cheese, knead on floured surface till dough is smooth, yields 30 servings.)

### **Carob Treats: Dog Cookies**

3 c. whole wheat flour	1/2 c. wheat germ
2-1/2 c. oatmeal	1/8 c. peanut butter
1/8 c. corn oil margarine	1 T. brown sugar
2 oz. carob chips (health store), melted	1 c. water
1/4 c. molasses	1/2 c. powdered milk

Mix dry ingredients in a large bowl. Add remaining ingredients and mix until blended. Dough will be stiff. Chill. Roll dough on a greased cookie pan and cut into shapes 1/2 inch thick. Bake at 300 for 1 hour. Makes 2 to 3 dozen. If very stiff...I usually add water to it.

### **Pumpkin-Patch Biscuits**

1-1/2 c. whole wheat flour	1 T. brown sugar
1/2 tsp. ground cinnamon	1/2 tsp. ground nutmeg
4 T. butter flavoured shortening	1/2 c. solid pack canned pumpkin
1 egg	1/2 c. buttermilk

Preheat oven to 400 degrees F. Combine flour, cinnamon, and nutmeg and cut in shortening. Beat egg with milk and pumpkin, and combine with flour, mixing well. Stir until soft dough forms. Drop by tablespoons onto an ungreased cookie sheet and bake for 12 to 15 minutes. Let cool and serve.

## Vegetable Flavoured Doggie Biscuits

1-1/2 c. whole wheat flour	1 c. rye or buckwheat flour
1/2 c. powdered milk	1/2 tsp. salt
1/2 tsp. garlic powder	6 T. shortening or lard
1 egg	1 tsp. brown sugar
1/2 c. ice water	1 c. pureed veggies (green beans, broccoli, carrots, etc.)

Combine dry ingredients and cut in shortening until mixture resembles cornmeal. Mix in egg and add enough water to form a ball. With fingers, pat out dough 1/2 inch thick on lightly oiled cookie sheet. Cut with knife or cookie cutter. Bake at 350 degrees for 25-30 minutes and cool on racks.

### Variations:

- A. with 2-1/2 c. whole wheat flour, no rye/buckwheat flour, 6T. meat drippings instead of shortening, no veggies.
- B. with 2-1/2 c. whole wheat flour, 1 T. brown sugar, 6 T. margarine/bacon drippings/shortening; variations to be added with egg: 1 c. pureed cooked green vegetables or carrots, 6 T. whole wheat or rye kernels, 2 to 3 T. dried soup greens, 3 T. liver powder.
- C. with no garlic powder or veggies, 1 tsp. salt, 1 T. sugar, 6 T. margarine, variations (omit salt): powdered chicken or beef bouillon, dried soup greens, dried soup mix.
- D. with no sugar or veggies, 2-1/2 c. any flour, 1/2 tsp. onion or garlic powder, yields 30 servings. Also from SOAR, with all whole wheat flour, no veggies, note: butter, margarine, shortening, or meat juices may be used; variation to add with egg: 1 c. pureed cooked green vegetables or carrots, or 6 T. whole wheat or rye kernels, or 3 T. liver powder.

### **Chicken Flavoured Squares**

1 can (14 oz.) chicken flavour dog food	1 egg
4-1/2 c. quick oats	1/2 c. whole milk powder
1/2 c. wheat germ	1/2 c. warm water

Liquefy dog food and egg in a blender. Pour into mixing bowl and add the remaining ingredients alternately with the warm water. Bake in greased 8x11 pan at 325 for 30 minutes. Cut in squares and store in refrigerator. (Compare other recipe: Oatmeal Liver Cookies.)

### **Baby Food Soft Doggie Cookies**

3 2-1/2 oz. jars baby food, beef or chicken	1/4 c. dry milk powder
1/4 c. wheat germ (or cream of wheat)	

Combine ingredients in bowl and mix well. Roll into small balls and place on well-greased cookie sheet. Flatten slightly with a fork. Bake in preheated 350F oven for 15 minutes until brown. Cool on wire racks and STORE IN REFRIGERATOR. Also freezes well. Variation: substitute cream of wheat for wheat germ and then use tablespoon to make cookie sized drops on plate. Microwave for 4 minutes on Medium-high. Suggest keeping an eye on them in microwave and perhaps start out for only 3-1/2 minutes. They do come out soft. Also suggested using Beef/Vegetable dinner baby food instead of beef or chicken.

### **Cookies a la Rufus**

3/4 c. wheat germ	3/4 c. powdered milk
1 egg	1 jar baby meat, preferably liver or beef
1/2 jar water	

Mix well and drop on a cookie sheet. The cookies should be the size of a quarter. Bake for 20 minutes at 350F. or microwave on High for 7-12 minutes. Refrigerate. Nice crunchy texture.

### **Dog Cookie/Bones**

1-3/4 c. plain flour	2 tsp. toasted wheat germ
1/2 c. brown sugar	1/4 c. sesame seeds
rind of 1 lemon	12 tsp. butter or margarine
1/2 c. ground walnuts	1/2 tsp. vanilla extract

Combine all the ingredients. Knead until thoroughly blended. Divide into 6 parts. Roll each part to resemble a cucumber. Wrap loosely in wax paper. Freeze. When needed, thaw and slice into 1 cm. thick slices (across roll). Make into bone shapes or your choice of shapes. Preheat oven to 375F. Place cookies on an ungreased cookie pan. Bake about 12 minutes. Makes 6-8 cookies per roll. (Variation with 1 egg yolk, 2 T. toasted wheat germ, 12 T. butter, thaw and roll into 1/2" slabs and bake for 13 minutes. Or try with 2 T. toasted wheat germ, 12 T. butter/margarine, and 1 egg yolk, sliced 1/2" thick and baked 13 minutes.)

### **Reggie's Chewies**

3-4 T. liver powder, or finely chopped chicken gizzards	1/3 c. powdered milk
2-1/2 c. rye flour	1/2 c. water
1 egg, well beaten	1/2 tsp. onion or garlic powder
1/2 tsp. salt	1 tsp. Brown sugar
6 T. shortening or margarine	

Combine all dry ingredients. Add shortening to dry ingredients. Add beaten egg and liver powder (or substitution). Add 1/2 c. cold water or giblet broth and form ball. Roll dough 1/2" thick on oiled sheet and cut with cutter. Bake 25-30 minutes in 350F oven. Store in refrigerator. (Compare other recipes with similar ingredients.)

## Good Dog Biscuits

1-3/4 c. whole wheat flour	1/2 c. oatmeal
1/2 c. cornmeal	1/4 c. liver powder (health stores)
2 T. brewer's yeast powder	1/4 c. bone meal powder
3 T. powdered milk	2 eggs, lightly beaten
1/2 c. water	3 T. wheat germ oil/bacon drippings/vegetable oil

Preheat the oven to 325F. In a large bowl or in the food processor, combine the flour, oatmeal, cornmeal, liver powder, brewer's yeast, bone meal, and powdered milk. Stir in the eggs, oil, and water and mix thoroughly. The dough will be very stiff and dry. Remove the dough to a lightly floured surface or pastry cloth. Roll or pat it into a rectangle 1/4 to 1/2" thick. Cut into bone-shaped biscuits with a small knife or cookie cutter. Re-roll the leftover scraps of dough and cut into shapes until all the dough is used. Place on a lightly greased or parchment-lined baking sheet and bake for 40-50 minutes until brown and dried through. Cool on a rack. Yield: about 12 large bones or 24 small ones.

## Bacon Biscuits

5 c. whole wheat flour	1 c. milk
2 eggs	10 T. vegetable oil or bacon fat
1 pinch onion/garlic powder	1 tsp. Salt
1/2 c. cold water	

Mix all ingredients well. Pinch off pieces of the dough and roll them into 2-inch balls. Put them on a greased cookie sheet. Bake at 350 degrees for 35 to 40 minutes. Let them cool, then store in an airtight container. Yields 40 servings.

## Dog Biscuits -- Liver Flavoured

2-1/4 c. whole wheat flour	1 egg
1/2 c. vegetable oil	1 T. brown sugar
1/2 c. nonfat dry milk	1/4 c. liver powder (from health store)
1 beef bouillon cube	1/2 c. hot water

Dissolve bouillon cube in water. Mix all ingredients well. Knead for 2 minutes. Roll to 1/4 inch thick and cut with cutters of desired shapes. Bake on ungreased cookie sheet for 30 minutes at 300 degrees. Cool on rack. Store in baggies in cupboard. Yields about 4 dozen.

### **Canine Cookies**

1/2 c. milk powder	1 egg, well beaten
2-1/2 c. flour	1/2 tsp. garlic/onion salt
1-1/2 tsp. brown sugar	1/2 c. water
6 T. gravy	baby food, meat

Combine and shape into a ball and roll on floured board. Use extra flour if needed. Cut. Bake at 350 F. for 25-30 minutes. Cool. Should be hard.

### **Dog Cookie Treats**

1 c. wheat germ	2 jars meat baby food
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Mix both together until you have stiff dough. Form into balls and place on cookie sheet. Flatten with fork. Bake at 350 degrees for 20 - 35 minutes until desired hardness. Can be frozen.

### **Molasses Almond Cookies for Dogs**

3 c. whole wheat flour	1/4 c. wheat germ
1/2 c. molasses	4 T. margarine, softened
1/2 tsp. salt	1/4 c. sliced almonds
1 egg, beaten	

Preheat oven to 375 F. Combine flour, wheat germ, salt, and almonds, cut in margarine, stir in egg, and molasses. Roll into ball, add water if needed. Roll on floured surface 1/2" thick, cut into shapes and place on greased baking sheet. Bake 20 minutes, cool, store in airtight container. Yield 30 servings.

## Vegetarian Dog Biscuits

2-1/2 c. all purpose flour	1/2 c. vegetable oil
2 vegetable bouillon cubes	3/4 c. dry milk powder
2 T. brown sugar	1 egg
1/2 c. carrots	3/4 c. boiling water

Preheat oven to 300 F. Dissolve bouillon in boiling water. Mix everything into workable dough and roll out to about 1/4" thick. Cut with bone-shaped cookie cutter - or into strips - or use cutter shape of your own choice. Place on ungreased cookie sheet and bake 30 minutes. Yields 24 servings.

## Doggie Biscuits Veggie-Based

1 c. white flour	1 c. whole wheat flour
1/2 c. powdered dry milk	1/2 c. wheat germ
1/2 tsp. salt	6 T. margarine or shortening, low fat
1 egg	1 tsp. brown sugar
3/4 to 1 c. mashed or pureed cooked veggies/carrots	

Combine flours, wheat germ, powdered milk, and salt in a large bowl. Cut in shortening until it resembles cornmeal. Beat sugar with egg with whipping fork well. Stir egg mixture and add mashed veggies, should make stiff dough when all added together. Mix with hands like "play dough" until mixed. Knead and roll out kind of thick. Cut with doggie bone biscuit cutter or small cutter shapes for various seasons. Bake at 325 degrees until lightly browned. Makes about 2 dozen biscuits.

## Breath Biscuits

2 c. brown rice flour	1 T. charcoal
1 large egg, slightly beaten	3 T. vegetable oil
1/2 c. chopped parsley	1/3 c. chopped fresh mint
2/3 c. milk	

Preheat oven to 400. Combine flour, salt, and charcoal. In a medium bowl, combine egg, oil, parsley, and mint; mix well. Slowly stir in flour

mixture, then add enough milk to make a dough the consistency of drop biscuits. Drop heaping tablespoons of dough about 1 in. apart onto greased baking sheets. Bake 15 minutes or until firm. Store cooled biscuits in tightly covered container in refrigerator.

### **Susan's Dog Cookies**

3-1/2 c. whole wheat flour	1/2 c. powdered milk
2 tsp. cod liver oil	1-1/2 c. beef or chicken bouillon
3 c. rolled oats	1/2 c. bacon grease
2 eggs	

Combine all ingredients into a sticky dough. Drop by tablespoonful onto ungreased cookie sheet and bake at 325 f. for 50 minutes. Cool on rack and store in plastic bag. Makes about 30.

## **LIVER TREATS**

### **Auntie Cait's Chicken Liver Cookies**

4 lb. chicken liver, washed & drained	1/4 c. chicken stock
7 c. flour	8 eggs, beaten
4 c. oatmeal	6 tsp. garlic powder

You can use any type of liver or ground meat, any type of flour, any type of stock. Preheat oven to 350 degrees. Line two rimmed cookie sheets with parchment paper. You'll need two large mixing bowls (one for dry ingredients, and an even larger bowl for the wet) and a food processor. First process the oatmeal into a fine meal. Put in one bowl and add flour and garlic powder and mix thoroughly. Next, process the livers until smooth. Put in the larger bowl and add the stock and the eggs and mix. While stirring with a large whisk or wooden spoon, mix the dry ingredients into the wet, a little at a time, until thoroughly combined. Divide between the two cookie sheets and spread to the edge (or use a pastry bag to make shapes such as bones or mailmen). Bake for 25 to 35 minutes until there are no wet spots. Rotate the sheets halfway between

cooking [to ensure even baking]. Remove from oven and let cool. Use a pizza wheel or sharp knife to cut into bars. Refrigerate half and freeze the rest for later.

**Pacer's Brownies**

1 lb. liver, pureed	1 c. flour
1 c. cornmeal	cheese or onion or garlic

Bake at 250 - 300 degrees for 20 to 30 minutes.

**Dog Treats**

1 c. cornmeal	1 c. flour ("I like whole wheat")
2 lbs. pureed raw liver	1 tsp. garlic powder
2 raw eggs	

Mix the above and bake in a 9x13 inch pan for 20 minutes at 325. If you take them out at this point and cut them into the size you want, you can either keep them frozen and pull them out in handfuls (they are dry and firm to the touch) or you can then put them back in the oven for an additional 20 minutes. Just make sure to cut them before extended cooking or you'll end up with liver bricks. The dogs love it and it has not changed the stools in even large amount and young puppies.

**Chevelle's Favorite Liver Bait**

1 lb. finely ground raw liver	1 c. flour
1/2 c. cornmeal	1 to 3 T. garlic salt

optional: eggs, cottage cheese, grated cheddar cheese or parmesan, oatmeal, other grains, grated carrots or apple, several cloves of crushed garlic instead of garlic salt

Mix together. Spread on a lightly greased piece of tin foil on a cookie sheet. It is very thick -- like wet concrete! Bake at 350 degrees for 30 minutes. When it is done, peel off the tin foil, break the liver into pieces, and then freeze in packages to fit your needs. This bait will keep without refrigeration for at least a week if it isn't in the sun or extreme heat; it breaks up into tiny pieces using only your fingernails; it doesn't go

mushy; and dogs will do just about anything for just a crumb of it! It will keep for several weeks in the refrigerator; it can be frozen and refrozen numerous times, and it thaws in less than 5 minutes! To make crunchy bait, bake until it looks like a biscuit. Freeze unused portions in sealed bags. (variation with 2 T. garlic salt and 1 T. garlic powder, all pureed in food processor, note: do not over bake or the brownies will crumble.)

### **Oatmeal Liver Cookies**

1 can (14 oz.) liver dog food (mushy, not chunks)	1 egg, slightly beaten
5 c. dry Quick Quaker Oats	2 heaping T. wheat germ or kelp or bone meal
warm water as needed	

Mix egg and canned dog food. Gradually add oatmeal alternately with warm water to the meat/egg. Mix until it is like a thick cake batter. Bake in a greased 8x11 pan at 350 degrees for 30 minutes. Cut in squares. Place in plastic bags and refrigerate. Can be frozen.

### **Garlic Liver Squares**

1/2 lb. beef liver	1 egg
1/2 c. white flour	1/2 c. whole wheat flour
1/2 c. cornmeal	1 c. wheat germ
1/2 tsp. garlic powder	

Cook liver 3-5 minutes in water until colour is gray. Pour off the water and cut in small pieces. Put liver and egg in a blender and liquefy. In a large bowl combine flours, cornmeal, wheat germ and garlic powder. Gradually add the liver/egg mixture and mix well. Spread on an 8x11 cookie sheet and bake in 325 degree oven for 30 minutes. Remove from oven and allow to cool about 10 minutes. Cut in squares while still slightly warm. Allow to cool. Store in refrigerator. Can be frozen. Makes approximately 6-1/2 dozen 1 inch squares.

## Liver Lumps

1 lb. liver	1/2 tsp. garlic powder
1 egg	2 c. whole wheat flour

Preheat oven to 350F. Mix liver, egg and garlic powder in food processor until smooth (a blender will work too) until liver looks like baby food. Stir in flour a little at a time, until you have a thick but pourable batter. Spread into a greased 8"x8" pan. Bake until dry, approx. 30 minutes. Cut into 1/2" squares. Freeze and use as needed. No need to thaw. (Yields 30 servings.)

## Liver Bait

1 lb. beef liver	1 c. cornmeal
4 eggs	garlic salt/powder

Mix in food processor or blender until smooth. Pour onto greased cookie sheet. Bake for 30 minutes at 350F. When cool, cut into squares. (Yields 40 servings.)

## Liver Brownies

1 lb. beef liver (or ham or turkey)	1/2 tsp. salt (optional)
1 c. cornmeal	1-1/2 c. whole wheat flour (or any flour)
1 tsp. garlic powder	

Preheat oven to 350F. Puree liver in food processor or blender, pour into bowl, mixing in dry ingredients, adding flour a bit at a time until you have a stiff mixture. Pat and spread out on a greased cookie sheet or jellyroll pan. Bake 20 minutes or until dry. Cool and cut into squares. Refrigerate or freeze. (Variation with 1 lb. raw liver and blood, 1/2 tsp. chopped garlic, no salt, may need some water. Yields 30 servings.)

## Tasty Tidbits

8 oz. boiled chicken livers	1/2 c. cornmeal
1 c. wheat flour	1 tsp. garlic powder
1 tsp. beef bouillon	1 egg
1 T. yeast flakes	2 T. vegetable oil
parmesan cheese	

Preheat oven to 350F. Blend all in food processor. Press into big cookie sheet about 1" thick, sprinkle parmesan cheese on top. Bake for 45 minutes then cut into bite size squares, put back in oven at 200F for 1 hour. Refrigerate in airtight container. (Yields 30 servings.)

## Liver Squares

1-1/2 c. wheat germ	3 eggs
3 lb. liver, chopped	garlic
1-1/2 c. cornmeal	

Preheat oven to 350F. Mix all ingredients and puree in food processor. Spread on well-greased cookie sheet and bake for approximately 20 minutes. Cut into squares, freeze, and use as needed. Variation with 1 lb. liver, 3-4 eggs, 2-3 cloves minced garlic.) Yields 35 servings.

## Liver Bait #2

version 1:

large slice of raw liver	garlic powder
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Sprinkle liver generously with garlic powder. Preheat oven to 450 degrees. Put liver on nonstick metal cookie sheet and bake 10 minutes, turn off oven and leave until cooled. Slice and freeze. Works great and is easy. You can turn liver over when you turn off oven if you want.

version 2:

raw liver	egg with shell
garlic powder	uncooked oatmeal

Puree liver, egg, and generous amount of garlic powder in a food processor. Add oatmeal until it is the consistency of cookie dough.

Grease and flour a glass baking pan and bake at 350 degrees for about 15 minutes. You really need to check on it occasionally as times can vary. Cool, slice, and freeze. This makes a nice dry but palatable cookie that I've never seen any dog refuse.

### **Liver/Graham Cracker Bait**

1 lb. liver	1 pkg. graham crackers, finely ground
1/3 c. honey	garlic powder to taste

Puree liver in food processor. Add other ingredients and mix to a cake batter consistency. Pour into microwave safe square bowl and nuke for 10 minutes. Cool, cut and freeze.

### **Liver Bait**

1 lb. liver (beef or chicken)	1-1/2 c. whole wheat flour
1 c. cornmeal	1 egg
1 T. brewer's yeast (optional)	dash of garlic powder

Put liver in blender and blend it a bit, then add everything else (including egg shell if you want), blend well. Pour onto a flat greased cookie sheet. Bake at 325 degrees for 25 minutes. Score the biscuits while warm. You can also just use beef heart cooked in water with garlic until done, then slice it up and dry it out a bit in a 200 degree oven.

### **Homemade Liver Treats**

1 c. whole wheat flour	1 c. cornmeal
1/2 c. wheat germ	1 tsp. garlic powder
1 lb. raw liver (beef, chicken, or lamb)	

Preheat oven to 350. Liquefy liver in blender, add dry ingredients. Grease cookie sheet. Drop teaspoonfuls of mixture onto cookie sheet and flatten with bottom of glass dipped in water and cornmeal. Bake for 15-20 minutes. You may store baked or unbaked dough in freezer. "This makes a big batch, so share some. They smell absolutely wonderful to dogs. Your family may not like the smell of them baking."

## Chicken Liver Treats

1 lb. chicken livers	1-1/2 c. cornmeal
2 eggs	1/2 c. dry milk
2 T. molasses	2 large cloves of garlic

Combine all ingredients into a food processor; blend until smooth. Pour into baking pan. Bake at 400 until sides pull away from the pan, or a knife comes out clean. When cool, cut into bite sized pieces and store in the fridge.

## Doggie Liver Treats

1 lb. raw liver	2 cloves garlic
1 box corn muffin mix	

Heat oven to temperature listed for the corn muffins. In blender or food processor, mix liver and garlic until liquid. Mix in box of muffin mix. Scrap onto a cookie sheet and pat to about 1/2 to 1 inch thick. Bake until very firm but not burned. Cut into squares. May be frozen.

## Canine Bones for Xmas

1 lb. beef liver	2 large eggs, shells washed
1 c. low fat cottage cheese	1-1/2 c. wheat germ
about 3-1/4 c. whole wheat flour	1 c. water

Rinse liver and cut into 1-inch chunks. Put in a 2-quart pan with 1 c. water, and bring to a boil on high heat. Reduce heat, cover and simmer gently until liver is no longer pink, about 5 minutes. Put liver in a blender, saving the liquid from previous step. Break in eggs, including shells. Whirl to puree, adding reserved liquid as needed. Scrape mixture into bowl, adding remaining cooking liquid, cottage cheese, wheat germ, and 3 c. flour. Stir until evenly moistened. Knead until dough no longer feels sticky, adding more flour as required. Roll out dough onto a floured board until 1/2 inch thick. Cut dough with floured bone-shaped cookie cutter. Bake in 300 degree oven until bones are tinged darker brown and feel firm to touch, about 1 hour. Cool on racks. Once cool, bones should be hard when pressed; if not, bake 10 minutes more at 300

degrees and cool. Makes about 4-1/2 dozen 3-1/2 inch long bones. Nutritional information per bone: 41 calories, 3.2 g. protein, 0.7 g. fat (0.2 g. saturated), 5.5 g. carbohydrates, 19 mg sodium, 28 mg. cholesterol. Variation with up to 3-1/2 c. flour, adding water if needed after cooking to make 1 cup liquid, not non-fat cottage cheese.

### **Chicken Liver Cookies**

2 c. flour	3 T. vegetable oil
1 c. corn meal	1 egg, lightly beaten
1/2 c. chicken broth	2 tsp. chopped parsley
1 c. chopped chicken liver, cooked	

Preheat oven to 400F. Combine flour and cornmeal. In separate bowl, beat egg with oil, then add broth and parsley, 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. Turn dough out on lightly floured surface and knead briefly. Roll out 1/2" thick and cut into shapes. Place on greased cookie sheet 1" apart. Bake 15 minutes or until firm. Store in refrigerator.

### **Gourmet Dog Biscuits**

12-16 oz. raw liver	1-1/2 lb. white flour
8 oz. Quaker Oats	3 bouillon cubes, meat or chicken flavored
about 1 c. water	2 eggs, beaten

Preheat oven to 350F. Grease 3 tins (cookie sheets?). Chop the liver finely, or put briefly in a blender. Mix flour and oats, crumble in the bouillon cubes, add eggs and the chopped liver. Add enough water to make a firm but slightly sticky dough. Spread evenly on the tins, about 1/2" thick. Dip a small dog-biscuit cutter in flour before cutting out each portion. Bake 1 hour. Can be kept for about 2 weeks.

# **PEANUT BUTTER TREATS**

## **My Favorite Dog's Favorite Dog Biscuits**

3 c. whole wheat flour	2 c. multigrain oatmeal (or old-fashioned oats)
1/4 c. wheat germ	1/4 c. nonfat dry milk powder
1/2 tsp. garlic powder	1-1/3 c. water
1/3 c. creamy peanut butter	1 large egg

Adjust rack to the lower third of the oven. Preheat the oven to 275 degrees. Line a baking sheet with parchment paper. Toss the flour, oatmeal, wheat germ, powdered milk, and garlic powder in a large bowl to blend thoroughly. Blend the water, peanut butter, and egg until smooth. Add to the dry ingredients and stir until well blended. (The dough will be stiff. You might find it easier to knead the mixture with your hands.) The dough will be a little moist and just slightly sticky. Roll or pat the dough to a 1/2-inch-thick rectangle. Cut out biscuit shapes using a 3-inch bone-shaped cookie cutter. (Scraps are reusable.) Place on the baking sheet and bake for about 1-1/2 hours. For crisper, drier biscuits bake an additional 1 to 1-1/2 hours. Store in an airtight metal container. Yields 3 dozen. Posted by Paul Goodman, San Francisco, 12/19/96, as from the San Francisco Chronicle.

## **Aims' Homemade Dog Biscuits**

2 c. whole wheat flour	2 c. brown rice flour
1 egg	2 T. oil or shortening
1/4 to 1/2 c. peanut butter, or, 1/2 to 3/4 c. shredded cheddar cheese	

Mix together flours, add egg and oil/shortening, then add flavouring. Add enough water to make a VERY stiff dough. Roll out to 1/4 inch thick and cut with cookie cutters into desired shapes. I usually start them out in the oven at 350 degrees and turn it down to 200-250 degrees after they start browning. Alternatively, I often bake them at 350 until brown,

then turn off the oven since mine is gas powered, and let them stay there overnight. Use within one week or freeze.

### **Peanut Butter Treats for Dogs (and People)**

3 c. whole wheat flour	1/2 c. rolled oats
2 tsp. baking powder	1-1/2 c. milk
1-1/4 c. peanut butter	1 T. molasses

Preheat oven to 350 F. Combine flour, oats and baking powder in a large bowl. Mix the milk, peanut butter, and molasses until smooth, add to dry ingredients. Knead dough with hands, it will be stiff. Roll out to 1/4" thick and cut into shapes. Bake for 20 minutes or until lightly browned. Turn off oven and leave in oven until cool. Store in airtight container. Yields 30 servings.

### **Peanut Butter Cookies**

2 c. whole wheat flour	1 c. wheat germ
1 c. peanut butter	1 egg
1/4 c. vegetable oil	1/2 c. water
1/2 tsp. salt	

Preheat oven to 350 F. Combine flour, wheat germ, and salt in large bowl then mix in peanut butter, egg, oil, and water. Roll dough out onto a lightly floured surface till about 1/2 inch thick...then cut out the biscuits using a cookie cutter -- but Mom uses a dog-bone cutter but any neat cutter will do (or make squares). Put the biscuits onto an ungreased baking sheet. Bake 15 minutes for the smaller sized cookies and up to 35 minutes for larger shaped ones. Store in the fridge...if they last that long.

### **Peanut Butter Biscuits**

1-1/2 c. oat flour	1/2 c. soy flour
1 T. baking powder	1-1/4 c. peanut butter
3/4 c. milk	

Preheat oven to 400. In a mixing bowl, combine oat flour, soy flour, and baking powder. In a blender, blend peanut butter and milk. Pour peanut butter mixture into dry ingredients and mix well. Turn dough out onto a

lightly floured surface and knead lightly. Roll out dough 1/4 inch thick and cut into squares or use a cookie cutter. Place biscuits on baking sheet about 1/2 inch apart and bake for 15 minutes or until lightly browned. Biscuits should be refrigerated or frozen.

### **Peanut Butter Cookies for Mutts**

1/2 stick butter or margarine	2 eggs
1/2 c. peanut butter	2 T. sugar
pinch of salt	2-3 "handfuls" whole wheat flour

Melt butter in saucepan, add two eggs and stir briskly until it is one glutinous mass. Remove from heat. Add peanut butter, sugar, salt, and flour. Bake in an 8x8 square pan for 15 minutes or until brown on edges. Cool and serve in small quantities.

## **CHEESE BISCUITS**

### **Hors D'ogs**

1/4 c. cheddar cheese, grated	1/2 tsp. brewer's yeast
2 T. hydrogenated vegetable shortening	1/4 c. swiss cheese, grated
1/2 c. oatmeal, toasted	

Combine cheeses, yeast and shortening. Using plastic wrap, shape mixture into a log about 1 inch in diameter and 8 inches long. Roll log in toasted oatmeal. Refrigerate. Slice into half-inch rounds and serve.

### **Cheese and Garlic Dog Cookies**

1-1/2 c. whole wheat flour	1-1/4 c. grated cheddar cheese
1/2 c. corn oil margarine, softened	1 clove garlic, crushed
pinch of salt	milk

Grate the cheese and let stand until it reaches room temperature. Cream the cheese with the softened margarine, garlic, salt, and flour. Add

enough milk to form into a ball. Chill for 1/2 hour. Roll onto floured board. Cut into shapes and bake at 375 for 15 minutes or until slightly brown and firm. Makes 2 to 3 dozen, depending on size. (Variation with 1-1/2 c. cheese, 1/4 to 1/2 c. milk, no salt, don't chill, roll to 1/4" thick, use ungreased sheet or parchment paper.

### **Cheese Multi-Grain Dog Biscuits**

1 c. uncooked oatmeal	1/4 tsp. salt
1/4 c. margarine	1 egg, beaten
1-1/2 c. hot water or meat juices	1 c. cornmeal
1/2 c. powdered milk	1 c. wheat germ
4 oz. (1 c.) grated cheese	3 c. whole wheat flour

In large bowl, pour hot water over oatmeal and margarine: let stand for 5 minutes. Stir in powdered milk, grated cheese, salt, and egg. Add cornmeal and wheat germ. Mix well. Add flour, 1/3 cup at a time, mixing well after each addition. Knead 3-4 minutes, adding more flour if necessary to make a very stiff dough. Pat or roll dough to 1/2" thickness. Cut into bone shaped biscuits and place on a greased baking sheet. Bake for 1 hour at 300F. Turn off heat and leave in oven for 1-1/2 hours or longer. Makes approximately 2-1/4 lbs. (Cheese should be cheddar/jack/swiss/colby/other hard.)

### **Misty's Treats Dog Biscuits - Cheese Flavoured**

1 c. rolled oats	1/3 c. butter
1 c. water	3/4 c. cornmeal
1 T. sugar	1 tsp. beef bouillon
1/2 c. milk	4 oz. (1 c.) cheddar cheese, shredded
1 egg, beaten	3 c. whole wheat flour

Boil water. Combine oats, butter, and water. Let stand ten minutes. Stir in cornmeal, sugar, bouillon, milk, cheese, and egg. Mix well. Add flour, a cup at a time, mixing well after each addition to form a stiff dough. On floured surface, knead in remaining flour until dough is smooth and no longer sticky, 3 to 4 minutes. Roll or pat dough to 1/2-inch thickness. Cut with bone-shaped cookie cutter. Place 1 inch apart on greased

cookie sheets. Bake in preheated 325 degree oven for 35 to 45 minutes or until golden brown. Cool completely. (variation, with margarine, 1-2 tsp. beef or chicken bouillon, 2-3 c. all purpose or whole wheat flour, store loosely covered, yields 3-1/2 dozen large or 8 dozen small dog biscuits.)

### **Dog Biscuits Cheddar Cheese Crackers**

1/2 lb. cheddar cheese, grated	1/4 lb. margarine, softened
1 egg	1 clove garlic, minced
1-1/2 c. whole wheat flour	1/2 c. wheat germ
1/2 tsp. salt	1/8 c. milk

Cream room temperature cheese and margarine, add egg & garlic, mix well. Add flour, wheat germ & salt, mix well until it forms a dough, add milk and mix again. Chill 1 hour. Preheat oven to 375 F. roll dough on floured surface to 1/4", cut into shapes. Bake on ungreased cookie sheet 15 to 18 minutes. Yields 35 servings.

### **Doggie Delights Dog Biscuits**

1 c. whole wheat flour	1/2 c. grated cheese
1/c. cooked peas or carrots	1/4 lb. margarine
1 clove crushed garlic	milk

Mix room temperature cheese and margarine together, adding peas/carrots, garlic, and flour. Add enough milk to help form into a ball. Chill 1 hour, roll onto floured surface and cut into shapes. Preheat oven to 375 F. Bake for 15 minutes or until slightly brown. Yields 30 servings.

### **Pavlov's Mouth Watering Treats**

2 eggs, beaten	1 c. cooked rice or bulgur (cracked wheat)
1 T. brewer's yeast	1 c. grated cheese
1 T. chopped parsley (optional)	1 c. cooked veggies (potatoes, zucchini, peas, carrots, etc., grated or mashed)

Preheat oven to 350 degrees. Mix all ingredients, well. Drop by teaspoonful onto a greased cookie sheet. Bake for about 12 minutes or until set and lightly browned. Cool and store in airtight container in the refrigerator.

### **Ham and Swiss on Rye Biscuits**

2-1/4 c. rye flour	1 c. grated swiss cheese
1 c. grated ham	1/3 c. vegetable oil
1 egg	1/2 tsp. salt

Preheat oven to 350 F. Combine the flour, cheese, ham, and salt in a bowl, then add the egg and the oil, mixing thoroughly. Roll the dough out to about 1/2 inch and cut biscuits with a dog bone cookie cutter or use any other shape. Place biscuits onto an ungreased cookie sheet. Bake for 15-25 minutes depending on the size of the biscuits. Store in the refrigerator in an airtight container.

### **Dog Pooch Munchies**

3 c. whole wheat flour	1 tsp. garlic salt
1/2 c. soft bacon fat	1 c. shredded cheese
1 egg, beaten slightly	1 c. milk

Preheat oven to 400 F. degrees. Place flour and garlic salt in a large bowl. Stir in bacon fat. Add cheese and egg. Gradually add enough milk to form a dough. Knead dough and roll out to about 1 inch thick. Use dog bone cookie cutter to cut out dough. Place on greased cookie sheet. Bake about 12 minutes, until they start to brown. Cool and serve.







The FUN starts HERE!