

Dog Friendly

**RECIPES**

2018  
**E-book**

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# Who Wants A...

## COOKIE?

**We all are more aware of what's 'good' and 'bad' for dogs nowadays and in general more conscious of what we are feeding our pooches.**

Here are a few recipes that we make and use regularly ourselves.  
They are great for treats in general or for training treats.  
All of these treats can be frozen once cooled.

**With regards to regular allergies, instead of using flour you can substitute it for...**

- \*Oats (Wheat free & Gluten-free)
- \*Brown rice flour (Wheat & Gluten-free)
- \*Coconut flour (Gluten-free)
- \*Oat flour (Wheat & Gluten-free)

I tend to use oats or coconut flour as an alternative. Each one will make a different consistency and each will need to be bound with more/less fluid or egg to help bind the mixture together.



# Peanut Butter

## COOKIES

**\*Peanut butter MUST NOT contain Xylitol and be unsalted**

- 2 ½ cups oats
- 1 teaspoon baking powder
- 1 cup unsalted peanut butter
- 1 cup water
- 1 egg

1. Add all the ingredients into a large mixing bowl and stir well
2. Once the mixture has the right consistency (not sticking to your fingers) roll out and use shape cutters of your choice
3. Cook on 200° for 18-25 minutes
4. Biscuits will be hard/crunchy to touch with a golden colour

## LIVER CAKE

- 450g liver
- 2 eggs
- 450g brown rice flour
- Dash of milk
- 1 garlic clove crushed (optional)

1. Blend the liver, eggs, milk and garlic
2. Add the flour to the mix
3. Pour into a lined or greased tray
4. Cook at 180 degrees for 25-35 minutes
5. The cake should bounce back when pushed and not be gooey inside
6. Cut into small squares once cool

# TUNA CAKE

- 2 tins of tuna in oil (use the oil)
  - 2 eggs
  - 160g oats
  - 1 garlic clove crushed (optional)
1. Mix all together including the oil from the tuna in one large mixing bowl
  2. Grease a loaf tin, or use baking paper to line the tin
  3. Pour the mixture into the tin, cook on 200° for 20-25 minutes
  4. The inside should not be gooey
  5. Once cool cut into lines and then squares

## Chicken

# BISCUITS

- 2 ½ cups of oats
  - 1 egg
  - ½ cup chicken broth
  - 1 cup of chicken
1. Blend the chicken pieces until smooth
  2. Mix all together into a large mixing bowl
  3. Roll out the mixture and use a shape cutter of your choice
  4. Cook on 200° for 18-22 minutes
  5. Biscuits will be crunchy and hard with a golden colour



# Baked Sweet

## POTATO FRIES

- 1 sweet potato
- 1 tbsp melted coconut oil
- 1 tsp turmeric
- 1 tsp cinnamon

1. Preheat the oven to 215°C
2. Wash, peel then slice the sweet potato into evenly sized fries shapes
3. Place the sweet potato fries into a bowl, cover with coconut oil, turmeric and cinnamon spices
4. Place on a baking tray and bake for 30 minutes, turning them halfway through

# Apple & Cinnamon

## DELIGHTS

- 1 cup of oats
- ½ cup of unsweetened apple sauce
- ½ tsp cinnamon
- 1 egg

1. Preheat the oven to 175°C
2. Pour into a mixing bowl the oats, apple sauce, egg and cinnamon
3. Mix well
4. Roll out the mixture and use a shape cutter of your choice
5. Place on a baking tray and bake for 22 minutes



# PYRAMID TRAY

**A pyramid tray will change the way you bake training treats for life...**

Easily available to purchase online.

In one batch you can make over 550 bite-size training treats!

Turn your favourite recipes into bite-size training treats. Simply adjust your favourite recipe into the consistency of a batter.



Here are some of our favourite training treat recipes made using the pyramid tray.  
(The tuna and liver cake recipes are also great for this).

# Fishy

## FRIDAY

- 1 tin of sardines
- 2 eggs
- Flour

1. Preheat the oven to 180°C
2. Add the sardines including oil into a mixing bowl
3. Add in the eggs and mix well
4. Add the flour in gradually. You want a batter like consistency
5. Pour the mixture into a pyramid tray. Use a spatula to help spread the mixture along
6. Bake in the oven for 10-15 minutes
7. Allow to cool, then pop out the treats and place into a tub or container

# Sweet Potato & Peanut Butter

## GOODNESS

**\*Peanut butter MUST NOT contain Xylitol and be unsalted**

- 220g sweet potato
- 90g flour/oats
- 125g peanut butter
- Water

1. Preheat the oven to 180°C
2. Peel the sweet potato and cut into chunks
3. Boil the sweet potato until soft
4. Place the sweet potato, peanut butter and oats into a blender
5. Mix well, add water if needed
6. Pour the mixture into a pyramid tray. Use a spatula to help spread the mixture along
7. Bake for 20 minutes
8. Allow to cool, then pop out the treats and place into a tub or container





# Totally

## BANANAS

- 1 cup of mashed banana
- 1 cup of oats
- 1 egg
- Milk

1. Preheat the oven to 180°C
2. Place the banana, oats and egg into a blender
3. Blend until a batter like consistency (Add in milk if needed)
4. Pour the mixture into a pyramid tray. Use a spatula to help spread the mixture along
5. Bake for 15-20 minutes
6. Allow to cool, then pop out the treats and place into a tub or container

# Minty Fresh Breath

## BITES

- 2 cups of flour/oats
- 1 ½ cup of milk
- 1 egg
- ½ cup of fresh chopped mint
- ½ cup of fresh chopped parsley
- 1 tbsp baking powder

1. Preheat the oven to 180°C
2. Add all the ingredients into a mixing bowl and mix well
3. Pour the mixture into a pyramid tray. Use a spatula to help spread the mixture along
4. Bake for 15-20 minutes
5. Allow to cool, then pop out the treats and place into a tub or container



# PUPSICLES

Treat your dog to a pupsicle. These are great cooling treats to help any dog on a warm summer's day. We recommend using a silicone mould for ease. You can buy these in paw or bone shapes. Alternatively, ice cube trays do the job.

# Yoghurt

## POPS

**\*Peanut butter MUST NOT contain Xylitol and be unsalted**

- 32oz of plain yoghurt
- 1 banana
- 1 tsp honey
- 3 tbsp peanut butter

1. Blend all ingredients together
2. Pour the mixture into your mould or tray
3. Freeze until solid

## Cool

## SUNDAY ROAST

- 2 cups of cooked meat
- $\frac{3}{4}$  cup of plain yoghurt
- 1 tsp fresh chopped parsley
- 1 cooked and mashed carrot
- 3tbs olive oil

1. Mix all the ingredients together into a mixing bowl
2. Spoon the mixture into your mould or tray
3. Freeze until solid



# Peanut Butter

## JELLY

**\*Peanut butter MUST NOT contain Xylitol and be unsalted**

- 12 strawberries
- 4 tbsp peanut butter
- ¼ cup of cold water

1. Wash then remove the strawberries stems
2. Puree water and strawberries
3. Pour the strawberry mixture into your mould or tray
4. Place a dollop of peanut butter into the strawberry liquid, making sure it sinks into the juice
5. Freeze for several hours until solid

# Banana

## SMOOTHIE

- 1 cup of mashed bananas
- ¾ plain yoghurt

1. Mix ingredients together into a mixing bowl
2. Pour the mixture into your mould or tray



# Pumpkin

## ICE

- 1 cup of plain yoghurt
- 1 can of pumpkin puree
- 1 tsp honey
- 1 banana

1. Add the banana and pumpkin puree into a blender and blend until smooth
2. Pour the yoghurt into a mixing bowl, adding in the pumpkin and banana mixture and honey
3. Pour the mixture into your mould or tray
4. Freeze until solid

# Watermelon

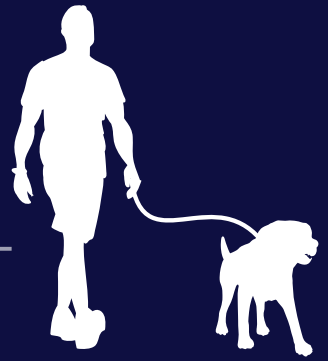
## TREATS

- ¼ of watermelon (no seeds)
- 1 can of coconut milk

1. Blend the watermelon and coconut milk together
2. Pour the mixture into your mould or tray
3. Freeze until solid



# Dog Training College



We are a **team** that build **relationships**

We believe dog training should be fun, kind and...

*Effective*

We are on a journey of...  
*Discovery*

We strive for

*Progress*

not **perfection**

We see **opportunity**, not...

*Impossibility*

We are responsible **dog owners**

We know that **dog training** is...  
& we never stop

*Learning*

*24/7*



We inspire **creativity and embrace...**

We do not believe that any dog is...

*Untrainable*

*Curiosity*

We build confidence through **enrichment and games**



We believe dogs teach **us** as much as we teach **them**

We are **Dog Trainers**