



Don't Forget Fido & Fluffy...

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My pets have always been an important part of my family, and so several years ago I began collecting and adapting recipes for pets, so my pets could enjoy home-made treats too. Making your own pet treats can be a fun and rewarding experience.

Doggie bone cookie cutters can be found in kitchen supply stores, and several other fun shaped cookie cutters are also pet friendly, so have fun when shopping for your cookie cutters. You will also need to be prepared to store your pet treats properly. Often, pet treat recipes contain liver, cheese, or other perishable ingredients, so if in doubt about proper storage, please refrigerate your finished treats so your favorite fuzzy friend does not get food poisoning. The following recipe is delicious for both dogs as well as cats, and has the added benefit of adding vitamins to your pet's diet.

Vitamin Crisps

1 cup Whole Wheat Flour

1/4 cup Soy Flour

1/4 cup Spinach, cooked, drained & chopped finely

1/4 cup Carrots, cooked, drained & chopped finely

1 tsp. Parsley, dried

2 Tbsp. Vegetable Oil

1 Tbsp. Alfalfa Meal

2 Tbsp. Brewer's Yeast

1 tsp. Bone Meal

1 tsp. Lecithin

Chicken Broth

Mix all ingredients together in a large bowl. Add enough chicken broth to make a firm dough. Roll dough out onto a greased baking sheet; score dough with pastry cutter to form small crackers or bits (1/3 inch square for cats, 1 1/2 inch square for dogs). Bake at 350 degrees F until golden brown in color. Turn oven off, and leave baking sheet in cooling oven for up to 2 hours to complete drying process for crackers. Remove baking sheet from oven, and break crackers apart at score marks. Store up to 30 days, in refrigerator, in a sealed container.