

A E O W Y N 's Dog Treats



Twelve Months of Aeowyn's Favorite Dog Treat Recipes

Created by Dianne McKenzie

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Dedication Quotes

I enjoy reading what others have written about dogs and our relationship with them. Here are some of my favorite quotes:

"For all they bring to our partnerships, we want to acknowledge the beloved dogs who have become to so many of us, our families, our friends, our teachers and our healers. We honor them; for their playfulness and joy, for their nurturing and devotion, for their patience and forgiveness, for the opportunity to step outside ourselves and explore through their eyes all that the world has to offer, from a perspective of living in the simple, but perfect present moment. We give our deepest gratitude. Striving to come closer to our common ground with all animals, we commit ourselves to rise above our own self-interest. Recognizing who these precious being are, shifts our perception from that of having dominion or control over our kin, to that of having the privilege of being entrusted with serving and revering them through the everyday action of our lives, with respect and responsibility, with justice and protection, with balance and attention, with light hearts and deep love. In short, we celebrate these relationships for the love we bring into each others lives, which generates the healing we bestow upon one another, as we walk together on the path toward wholeness." - From BodyWork for Dogs by Lynn Vaughan & Deborah Jones

"It is with dogs that we permit ourselves feelings of the deepest joy and the deepest sorrow. Dogs are not our whole lives, but they make our lives whole." - Roger Caras

"A dog is the only thing on earth that loves you more than he loves himself." - Josh Billings

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

"Dogs are minor angels. They love unconditionally, forgive immediately, are the truest of friends, willing to do anything that makes us happy." - Jonathan Carroll

"Everything I know, I learned from dogs." - Nora Roberts

"Dogs come into our lives to teach us about love.... they depart to teach us about loss. A new dog never replaces an old dog; it merely expands the heart. If you have loved many dogs, your heart is very big." - Erica Jong

"Dogs have given us their absolute all. We are the center of their universe. We are the focus of their love and faith and trust. They serve us in return for scraps. It is without a doubt the best deal man has ever made." - Roger Caras

*"If a dog was the teacher, you would learn:
When loved ones come home, always run to greet them. Never pass up the opportunity to go for a joy ride. Run, romp and play daily. Avoid biting when a simple growl will do. When you're happy, dance around and wag your entire body. When someone is having a bad day be silent, sit close by and nuzzle them gently."*



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Disclaimer

I am not a dog nutritionist or veterinarian. If you have health concerns about your dog's diet, please consult your veterinarian.

Some dogs have dietary sensitivity or allergies to certain foods such as dairy, corn, peanuts, wheat and other ingredients. You can substitute rice or oat flour in any of the recipes. You can also substitute almond butter for peanut butter, if your dog is sensitive to peanuts or use another recipe that does not include nut butters.

The treats in this booklet are meant as an *addition* to your dog's regular diet and should not replace a balanced diet.

Feel free to experiment with Aeowyn's Dog Treat recipe ingredients. Use the ratio to dry ingredients to moist ingredients as a guide when substituting an ingredient. Read the pages that discuss treat storage, equipment list, ingredient list, healthy foods, healthy ingredients to add and foods to avoid for more detailed information. Have fun & enjoy the process!

~ Dianne, Aeowyn's guardian

About Aeowyn Standard Poodle, Service Dog, CFO

Aeowyn is our 14 year old apricot standard poodle, retired service dog, Comet Studios visionary, real estate office receptionist and CFO (Chief Fun Officer).

A quote about Aeowyn from her webpage:

I am...

- an inquirer of all things new, embracing everything related to food
- an idealist who loves to dream
- an observer of all things that move
- inquisitive, adventurous and persistent when learning something new
- affectionate, loving and cuddly with my 2 favorite humans
- tenacious at finding all my favorite stuffed animals, and I obstinately refuse to put them away
- enthusiastic, energetic and exuberant in agility



Aeowyn's portraits on this page by photographer
Ginger Russell



Aeowyn is the inspiration for this dog treat recipe book. Her enthusiasm and her keen intense interest while we cook, has greatly encouraged our recipe development. While she loves to watch us cook, she prefers to taste test everything. We have confined her taste testing to vegetables, fruits and dog treats. She prefers not to share her treats or her toys, being that she is our "only" dog.

"The parchment paper makes the rolling easy, with no mess. Cutting the crisps with the pizza cutter is super fast, which means I can eat the treats sooner. I eat the whole batch within a month in time for the next month's real estate newsletter's new recipe." —Aeowyn

Visit Aeowyn's web page: about.me/aeowyn

About Dianne

I write a monthly real estate newsletter for my clients, "Eco Lifestyle and Home." One of the monthly featured articles is "Aeowyn's Dog Treats", a recipe of the month. I have created different dog treat recipes each month and after over a year and a half of newsletters, I decided I should do something with my collection of recipes, hence this booklet.

Why dog treat recipes?

Well, like many of us, I have a very busy schedule. I wanted to make healthy dog treats that were also easy and fast to make, and safe to eat. After lot's of research on ingredients, I realized that even homemade treats can contain harmful ingredients such as sugar, salt, nutmeg etc. Many other homemade dog treat recipes also required more time than I wanted to spend.

Since my time to devote to cooking is limited, I needed to find a method that would be fast, efficient and easy. Most dog treat recipes use cute cookie cutters that require several steps in re-rolling out the dough, which requires more time than I wanted to devote. The technique I use for cutting the dog treats is very efficient.

Rolling the dough between layers of parchment paper and using a ruler and pizza cutter to cut the dough into little squares takes less than 3 minutes per baking tray. The whole process of making the cookies, not counting baking is less than 15 minutes from assembling the ingredients to rolling out the dough onto the cookie sheet, cutting into a checkerboard pattern. While the dog treats do not look cute, they are bite size, they taste good and Aeowyn loves them. Once a month I make a batch of dog treats. It takes me longer to research the ingredients and proportions, than actually making the treats.

In the real estate newsletter, "Eco Lifestyle and Home", I will be publishing more dog treat recipes for Aeowyn.



Dianne & Aeowyn. Aeowyn has been trained as a service dog. Aeowyn loves me (I feed her, bathe and groom her). But she adores my husband John.



Aeowyn and John. Don't they look related? It's official, we are completely smitten with her. She is our best friend, teacher, & guardian spirit. The love we share forever binds our hearts together.

Dog Treat Storage

In general you should store dog treats the same way you would with homemade cookies for humans. Dog treats may mold or spoil much faster in humid or very hot climates.

Since healthy dog treats have no preservatives, it is important to make sure the cookies are **crisp and dry**. Softer cookies will not last as long. Fresh fruits will mold sooner than dried fruits. Store your homemade dog biscuits in air-tight canisters. And for longer storage in the refrigerator, put them in an air-tight glass sealed containers.

- If left outside in a cool environment, *hard cookies* can last up to 2 weeks, although 1 week is preferred.
- If left in the refrigerator, they will last approximately 1 month.
- If it will take some time for your dog(s) to eat all the treats up, it is a good idea to freeze any that will not be eaten within a reasonably short time. Or give extras away to dog friends when freshly baked.

Make sure to check for possible spoilage before feeding to your dogs.

All the recipes in this booklet have been carefully researched and have been taste tested by our standard poodle Aeowyn and her various dog friends. However, some dogs are intolerant to particular foods.



It is important to ask the advice of your veterinarian before feeding your dog any homemade food. The recipes are intended for special occasions treats. They are meant as an *addition* to your dogs regular diet and should not replace a balanced diet.

Aeowyn snoopervises the whole process of making her dog treats. She sits patiently waiting her turn to taste test the new treat recipe. Both John and I also taste test each recipe. We feel the dog treats need salt, if they were to be eaten by humans. But since these dog treats are intended for dogs only, they lack salt, sugar and other harmful ingredients to dogs.

So far Aeowyn has never rejected a recipe. Her favorite treat is the one she just ate. Each batch must be taste tested prior to placing them in storage containers, which are then strategically placed around the house & office, ready to disperse for rewarding good dog behavior.

"I eat them all up, so we never have to worry about spoilage. Great for gift giving to my dog friends, if there are any left over...and if I feel like sharing, which is not my first choice." ~ Aeowyn

Equipment

The following equipment is used for making Aeowyn's dog treats:

- large mixing bowls
- measuring cups
- measuring spoons
- mixing spoons
- rolling pin
- pizza cutter
- parchment paper
- plastic ruler
- kitchen timer
- 2-4 insulated baking sheet trays (2 is essential)
- glass storage containers (3 quarts approximately)
- 4 storage tins (placed around home & office 4-16oz.)
- zip-lock bags for gift giving



Cooking Temperature: 350° F. Soft 15-20 minutes, hard 25-40 minutes approximately. Check frequently.



Ingredients I Use

I keep a lot of the following ingredients in stock. So when I am inspired to make dog treats once a month, usually everything is in the pantry.

Grains

flour (all purpose)
 rice flour (gluten free)
 wheat flour
 quinoa flour (gluten free)
 almond flour (gluten free)
 barley flour
 buckwheat flour (gluten free)
 wheat germ
 rolled oats, uncooked oatmeal
 oat bran
 corn meal (use small quantities as some dogs are allergic)
 cooked white or brown rice (brown rice is healthier)
 amaranth (gluten free)

Seeds

sunflower seeds
 sesame seeds
 flax seeds
 pumpkin seeds
 wheat germ

Fruits

dried apples (no sugar added)
 dried blueberries (no sugar added)
 dried cranberries (no sugar added)
 apple sauce (no sugar added)
 bananas

Vegetables

asparagus
 broccoli
 carrots grated
 zucchini grated
 sweet potatoes
 yams

There are other healthy ingredients. But what is listed here has been taste-tested by Aeowyn and has her paw of approval!



Other Ingredients

canned pumpkin (no spices or sugar)
 peanut butter smooth or crunchy (no salt)
 almond butter (no salt)
 cashew butter (no salt)
 chicken broth (no onions, garlic or salt)
 wheat grass powder

Spices & Herbs

cinnamon
 ginger
 parsley

Oils

olive oil
 coconut oil

Cheese & Dairy

mozzarella cheese (grated)
 parmesan cheese (grated)
 cheddar cheese (grated)
 plain yogurt
 greek yogurt

Ingredients can be purchased at most grocery stores. Organic ingredients are a great choice.



Healthy Fruits & Veggies



Good Fruits (fresh, dried or frozen)

apple (not seeds)
 bananas
 berries: blueberries, blackberries, strawberries
 coconut
 cranberries
 melons
 raspberries

Canine digestive systems can't break down whole raw vegetables very well, so they should be puréed, cooked or steamed, when possible.

Good Veggies

acorn squash (all winter squash + pumpkin)
 alfalfa sprouts (small amount)
 asparagus
 beets
 bell pepper (all colors)
 broccoli
 cabbage
 carrots
 cauliflower
 collards
 cucumber
 green beans (lightly cooked)
 kale
 lettuces (not iceberg, hard to digest)
 spinach
 sweet potatoes, baked potatoes
 summer squash (yellow & zucchini)

Homemade dog food requires balanced nutrition, more so than homemade dog treats. Personally, I have chosen to concentrate on making dog treats and not on making dog food, as dog food requires more time, knowledge and commitment than I am ready to make.

Safe Foods

The treats in this booklet are meant as an *addition* to your dog's regular diet and should not replace a balanced diet.

A well-designed dog food recipe gives your dog all the nutrients it needs for an active and healthy life. Do your research before starting your dog on a homemade diet. Making homemade dog food requires more time and more knowledge to create a balanced diet.

Lean Meats

Most dogs tolerate eating lean cuts of meat cooked or with raw food diet. *Remove* all visible fat, including the skin on poultry and do not feed bones.

Some Fresh Fruits

Slices of apples, oranges, bananas, and watermelon make tasty treats for your dog. Remove any seeds first.

Some Vegetables

Your dog can have a healthy snack of carrot sticks, green beans, cucumber slices, or zucchini slices. A plain baked potato is also OK. Do not let your dog eat any raw potatoes or any potato plants it might have access to in your garden.

Cooked Brown Rice

A serving of cooked plain brown rice with some boiled chicken can sometimes provide welcome relief from gastrointestinal upset.

Blackstrap Molasses For Dogs

Blackstrap molasses, rich in iron and B vitamins, is an addition to homemade dog treats. Many dog owners even claim that it helps dog arthritis, anemia and diabetes.

Blackstrap is a by-product of the sugar industry. It is the dark liquid that is left after the sugar has been removed from the sugar cane. The sugar is the main product and is depleted of its vitamins and minerals, and the blackstrap is full of them!

Often used as a dog food ingredient or a dog treat ingredient, blackstrap improves both taste and nutritional value.

Combining blackstrap with wheat germ or brewers' yeast makes the treat even healthier for your dog! This food is healthy enough for your dog, to be considered a dog food supplement.

Most commonly, blackstrap molasses is used for dogs that suffer from:

- **Arthritis** – It contains an ingredient, the **wulzen factor** that cures wrist stiffness in humans, muscular dystrophy, and arthritis, according to Dr. Michael Sharon, author of *Complete Nutrition*.
- **Anemia** – Blackstrap is very high in iron, that is easily assimilated. But it does not cause constipation, like many other high iron remedies.
- **Skin conditions**
- **Aging** – many say that it restores hair color

The main ingredients in this molasses:

- **Iron, Copper and zinc**
- **Folate and B Vitamins** – healthy red blood cell production
- **Magnesium and calcium** – healthy bones and nervous system and a healthy heart
- **Manganese** – fights free radicals, stabilizes blood sugar and utilizes fatty acids

I rarely make treats with molasses, as I notice that the molasses seems to eat through the storage tins. I am concerned about the effects on Aeowyn's teeth. As a child I was anemic and was fed a tablespoon of molasses daily. It rotted my baby teeth, hence I am overly cautious. Aeowyn will eat anything, as she is not a finicky eater. If your dog is picky, try adding 1 tablespoon of blackstrap molasses to a recipe and see if it improves a finicky dog's preference. Try brushing the dog's teeth.

There are different kinds of molasses:

Unsulphured Blackstrap Molasses

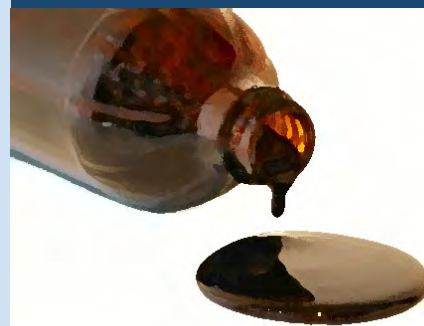
This is the kind that you want to use in your dog's homemade dog treats and food. It has not been treated with chemicals, and is in its most natural form. It is also the healthiest and most nutritious form of molasses.

Light molasses

Sometimes known as Grandma's Molasses (which is a brand commonly found in your local grocery store), this molasses has more sugar in it than blackstrap does.

Dark molasses

This molasses is better for you and your dog than Grandma's; however, it may be sulphured (processed with sulphur, a chemical element) and it is not as pure as blackstrap.



The recipes in this booklet do not use molasses. You are welcome to add it to your dog treats.

Healthy Ingredients to Add to Your Dog Treats

Chia

Chia is an ancient seed and “super food”. Chia has more than three times the amount of omega-3 fatty acids as salmon. It is high in fiber, promoting healthy bowel movements, aiding in constipation woes, and promoting weight loss. It contains loads of iron, magnesium, and calcium (more than whole milk!), as well as phosphorus, potassium, copper, iron, and zinc. Plus, it keeps well (unlike flax seed) and has no taste/odor. Add 1/8 teaspoon ground chia daily for every 10 pounds of your dog's body weight. I add 1 tablespoon to many of the treat recipes.



Coconut Oil

Coconut oil speeds healing, improves skin, coat, and digestion, and helps with allergies. It supports healthy immune response and has an anti-inflammatory effect. Coconut oil's medium-chain fatty acids have been shown to improve brain function and decrease the amyloid protein buildup that negatively affects brain health in older dogs. Start by giving 1/8 teaspoon for every 10 pounds of body weight daily. I use it in the dog treat recipes when it calls for olive oil.



Flax Seed & Flax Seed Oil

Flax seed, either ground or oil, is a good source of omega-3 fatty acids, great for skin, coat, and a whole lot more. Additionally, flax seed (as opposed to flax seed oil) is a source of fiber. Flax seeds are tasteless. Whole flax seeds are best if ground right before feeding as this type of fat can go rancid quickly; be sure to store the oil or seeds in the fridge in an air-tight dark container. Flax seed oil is a more concentrated form of omega-3 fatty acids without the fiber. Keep the oil refrigerated. I add 1 tablespoon to many of the dog treat recipes. I also add 1 tablespoon of flax seed oil to Aeowyn's food once a day. I can feel & see the difference in her coat. Her fur is softer and silkier when I use it daily. If I run out I can feel the difference in just a few days!



Fish Oil

The omega-3 fatty acids found in fish oil are good for all many ailments, from poor skin and coat health to cancer. They play an important role in any cancer fighting regimen due to their anti-inflammatory properties. Omega-3's also promote healthy cells, joints, and immune system function, as well as cardiovascular function, brain health, and normal eye function. I add a fish oil pill to Aeowyn's food daily.



Turmeric/Curcumin

Turmeric/curcumin has been shown to act in a number of ways to prevent the growth or spread of cancer cells for many different types of cancer. It works as an anti-inflammatory, as an antioxidant, and by encouraging cancer cell death. Despite the bright yellow color, it has very little flavor or odor. Try adding 1/8 of a teaspoon daily for every 10 pounds of your dog's body weight.



The Process

1. Preheat the oven to 350° F.
2. Assemble all the ingredients for the recipe.
3. Assemble the equipment listed from the equipment page.
4. Mix the dry ingredients in one large bowl (spices, seeds, flour etc.).
5. Mix the wet ingredients in another bowl (ie: apple sauce, pumpkin, grated vegetables, grated cheese, etc.).
6. Combine the bowls of ingredients and mix until thoroughly combined. You may need to mix the final combinations with your hands.
7. Add more liquid or flour, if needed.
8. Divide into 4 balls.

Roll out each dough ball between parchment paper, 1/8-1/16" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper & save parchment paper for the next baking tray. Use pizza cutter to cut the dough in two directions, creating 1" x 1" postage stamp size squares. Use a ruler to help cut straight lines.



This pizza cutting technique makes the process super fast. No re-rolling, cutting shapes and re-rolling, as there are no waste scraps. Since your dog does not care what cute shape the treat is made in, this pizza cutting technique is an amazing time saver. Highly-decorated fancy treats made with cookie cutters are not part of this recipe booklet. While they can look inviting for us humans, Aeowyn has proven to me that she only cares if she gets to eat them, no matter what they look like. And since my time is limited, I have opted for quick, simple and easy.

Transfer rectangular shaped dough with the bottom parchment paper to baking sheet. Do not move the squares—leave them in place on the parchment paper and place on baking sheet.

Bake time varies: 25 minutes, slightly brown for chewy treats (they are more perishable if cooked less). For crispy treats, bake 30-45 minutes. Watch carefully. Remove from oven and immediately remove parchment paper. Cool treats before taste testing. See each recipe for individual cooking instructions.

These recipes use 4 baking sheet/trays. All the treats are chewy or crunchy depending how long you bake them. The treats are very tasty, as taste tested by Aeowyn, John and myself. Each recipe makes enough treats to fill 3 quart storage containers. Keep small amount of treats at room temperature in an airtight container for up to 1 week and remaining treats in an airtight container in the refrigerator up to 4 weeks.

Mixing the dry ingredients.



Mixing grated zucchini, carrots and parsley.



Combining the dry & moist ingredients.



Rolling the dough out between parchment papers.



Cutting the lines with pizza cutter. Use a ruler!



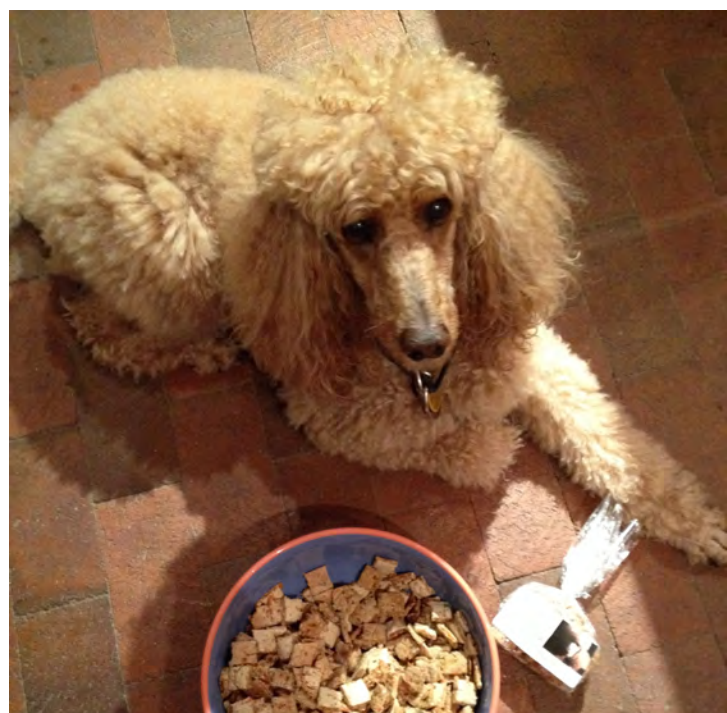
Glass storage container with baked dog treats.



Aeowyn patiently waits to start her taste testing.



Aeowyn sits waiting to taste test her dog treats. She “snoopervises” the whole process from start to finish. She tests every batch after the treats are removed from the oven and cooled. So far she has never rejected a recipe. Her favorite treat is the one she just ate. Posing with her treats is the least favorite part of the process, as she is anticipating eating all of them at once. She can get rather bored with the photo shoots unless she is rewarded for her patience. She is not fond of seeing her treats wrapped up in the small give-away treat bags, as sharing her treats is not her most favorite thing to do, being that she is our “only” dog.



Aeowyn's Dog Treats



Oatmeal Cheese Treat Crisps

Ingredients:

- 1 cup rolled oats, uncooked
- 1 cup wheat germ
- 1/2 cup powdered milk
- 1 cup cornmeal (blue if you like)
- 3 cups flour: whole wheat flour, rice flour, or almond flour, etc.
- 1 -1/2 – 1-3/4 cup organic beef or chicken broth
- 4 ounces (1 cup) grated parmesan cheese
- 1 egg, beaten
- 1/3 cup coconut oil or olive oil

*Parchment paper & rolling pin for rolling out the dough

- *Pizza cutter & ruler
- A dog to "snoopervise"

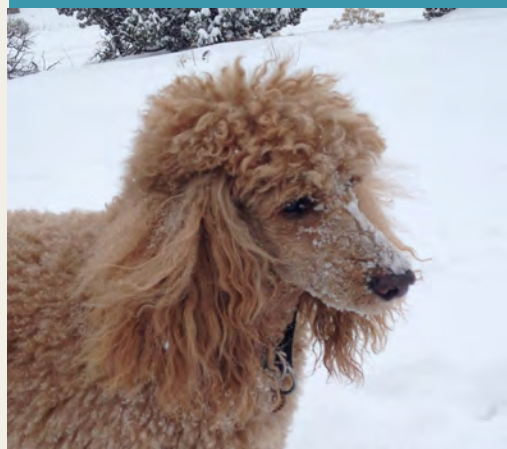
* "The parchment paper makes the rolling easy, with no mess & cutting the crisps with the pizza cutter is super fast, which means I can eat the treats sooner."

Method:

1. Preheat oven to 350° F.
2. Mix dry ingredients in a bowl. Beat egg, add in olive oil & add cheese. Mix all ingredients until thoroughly combined. Add broth to combine the ingredients. Add more liquid if needed. Divide into 4 balls. Chill the dough for a few hours.
3. Roll out dough ball between parchment paper, 1/8" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper. Transfer rectangular shaped dough with the bottom parchment paper to baking sheet. Use pizza cutter to cut dough in parallel strips to create a checkerboard of 1" squares.
4. Bake 35 minutes until no longer soft, slightly brown, not burnt. The crisps should be crunchy. If you prefer a softer treat, bake for 25 minutes. Remove from oven and cool.

These treats are a bit thicker than the thin crisps & are very tasty. Some dogs cannot tolerate dairy. Recipe makes enough treats to fill a 3 quart storage container with some to share with dog friends. You can keep the dog treat crisps up to 1 week at room temperature in an airtight container or in the refrigerator for up to 4 weeks.

Aeowyn- "These treat crisps taste great after a romp in the snow!"



Aeowyn's Dog Treats



Banana & Yam Treat Crisps

Tempting banana & yams are combined with sweet cinnamon, nutritious rice flour, oatmeal, wheat germ, sunflower seeds & sesame seeds.

Ingredients:

- 2 cups rice flour
- 1 cup rolled oats, uncooked
- 1 cup wheat germ
- 4 tablespoons finely chopped raw sunflower seeds
- 2 tablespoons ground sesame seeds
- 1 teaspoon cinnamon
- 1 ripe medium banana
- 2 yams, cooked
- 1 cup chicken broth
- 1 tablespoon coconut oil

*Parchment paper & rolling pin for rolling out the dough

- *Pizza cutter & ruler
- A dog to snoopervise

Method:

1. Preheat oven to 350° F.
2. Mix dry ingredients in a bowl. In a smaller bowl mash the banana & cooked yams, add in olive oil & chicken broth. Mix all ingredients until thoroughly combined, kneading with hands. Add more liquid if needed. Divide into 4 balls.
3. Roll out dough ball between parchment paper, 1/8" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper, use for next baking tray. Transfer rectangular shaped dough with the bottom parchment paper to baking sheet. Use pizza cutter to cut dog treats in 1" checkerboard pattern. Use a ruler to help cut straight lines.
4. Bake 25-30 minutes slightly brown, not burnt. The crisps are chewier than other crisps. If you prefer a softer treat, bake for 15-20 minutes. Remove from oven and cool.

This recipe uses 4 baking sheet/trays.

These treats are a soft thin treat & are very tasty. Recipe makes enough treats to fill a little more than 3 quart storage container with some to share with dog friends & keep in tins around the house. You can keep the dog treat crisps up to 1 week at room temperature in an airtight container or in an airtight container in the refrigerator up to 4 weeks

* "The parchment paper makes the rolling easy, with no mess & cutting the crisps with the pizza cutter is super fast, which means I can eat the treats sooner. I eat the whole batch within a month in time for the next issue's new recipe." -Aeowyn



Aeowyn's Dog Treats



Tofu Treats

Tofu contains 77% of a daily value of calcium. Wheatgrass adds chlorophyll. Ground flax for the healthy omega 3's. And Peanut butter adds savory and delicious taste.

Ingredients:

- 2 cups rice flour
- 1 cup rolled oats, uncooked
- 3 tablespoons oat bran
- 2 tablespoons dried mint
- 1 teaspoon dried parsley
- 1 – 8 gram packet of wheatgrass powder
- 8 oz silken tofu
- ¼ cup peanut butter
- ¾ -1 cup water

*Parchment paper & rolling pin for rolling out the dough

- *Pizza cutter
- Ruler to cut straight lines
- A dog to snoopervise

Method:

1. Preheat oven to 350° F.
2. Mix dry ingredients in a large bowl. Mix all ingredients until thoroughly combined, kneading with hands. Add more liquid if needed. Divide into 4 balls.
3. Roll out dough ball between parchment paper, 1/8" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper, use for next baking tray. Transfer rectangular shaped dough with the bottom parchment paper to baking sheet. Use pizza cutter to cut dough in parallel strips to create a checkerboard of 1" squares. Use a ruler to help cut straight lines.
4. Bake 30-40 minutes slightly brown, not burnt. If you prefer a softer treat, bake for 15-20 minutes. Remove from oven and cool. This recipe uses 4 baking sheet/trays.

These treats are a soft thin treat & are very tasty. Recipe makes enough treats to fill a little more than 3 quart storage container with some to share with dog friends & keep in tins around the house. You can keep the dog treat crisps up to 1 week at room temperature in an airtight container or in an airtight container in the refrigerator up to 4 weeks.

Aeowyn loves her stuffed animal toys almost as much as she loves her dog treats. All her stuffed toys are her favorites. When asked what is her favorite treat, it is the one she just ate!



Aeowyn's Dog Treats



Pumpkin Oatmeal Treats

Ingredients:

- 2 cups rice flour (or you can use any flour)
- 1 cup rolled oats, uncooked
- 1 cup wheat germ
- 4.5 tablespoons flax seeds
- 1.5 tablespoons oat bran
- 1 teaspoon cinnamon
- 1 can (15 oz) pumpkin (not pie filling)
- 1 tablespoons coconut oil
- $\frac{3}{4}$ -1 cup water or chicken broth

*Parchment paper & rolling pin for rolling out the dough

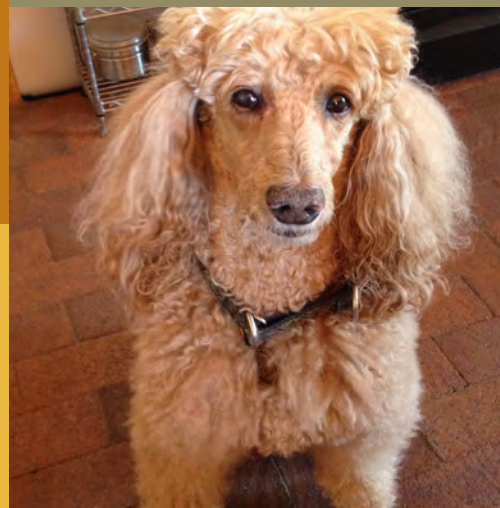
- *Pizza cutter
- Ruler for cutting straight lines
- A dog to snoopervise

Method:

1. Preheat oven to 350° F.
2. Mix dry ingredients in a large bowl. Mix all ingredients until thoroughly combined, kneading with hands. Add more liquid if needed. Divide into 4 balls.
3. Roll out dough ball between parchment paper, 1/8" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper, use for next baking tray. Transfer rectangular shaped dough with the bottom parchment paper to baking sheet. Use pizza cutter to cut dog treats in 1" checkerboard pattern. Use a ruler to help cut straight lines.
4. Bake 30-40 minutes slightly brown, not burnt. If you prefer a softer treat, bake for 15-20 minutes. Remove from oven and cool. This recipe uses 4 baking sheet/trays.

These treats are a soft thin treat & are very tasty. Recipe makes enough treats to fill a little more than 3 quart storage container with some to share with dog friends & keep in tins around the house. You can keep the dog treat crisps up to 1 week at room temperature in an airtight container or in the refrigerator for up to 4 weeks.

Aeowyn snoopervises the whole process of making her dog treats. She sits patiently waiting her turn to taste test the new treat recipe. So far she has never rejected a recipe. Her favorite treat is the one she just ate. Each batch must be tested prior to placing them in storage containers, which are then strategically placed around the house & office, ready to dispense for rewarding good dog behavior.



Aeowyn's Dog Treats



Carrot Cheese Treat Crisps

Ingredients:

- 2 cups rice flour (or you can use any flour)
- 1 cup rolled oats, uncooked
- 1 cup wheat germ
- 1 cup 2 grated carrots
- 2.5 tablespoons flax seeds
- 1.5 tablespoons oat bran
- 2 teaspoons baking powder
- 1/3 cup grated mozzarella cheese
- 2 teaspoons chopped fresh parsley
- 1 tablespoons coconut oil
- 1 ¾ cup water or chicken broth

*Parchment paper & rolling pin for rolling out the dough

- *Pizza cutter
- Ruler for cutting straight lines
- A dog to snoopervise

Method:

1. Preheat oven to 350° F.
2. Mix dry ingredients in a large bowl.
3. Mix all ingredients until thoroughly combined, kneading with hands. Add more liquid if needed. Divide into 4 balls.

Roll out dough ball between parchment paper, 1/8" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper, use for next baking tray. Transfer rectangular shaped dough with the bottom parchment paper to baking sheet. Use pizza cutter to cut dough in parallel strips to create a checkerboard of 1" squares. Use a ruler to help cut straight lines.

Bake 30-40 minutes slightly brown, not burnt. If you prefer a softer treat, bake for 15-20 minutes. Remove from oven and cool. This recipe uses 4 baking sheet/trays. These treats are a crunchy, thin treat & are very tasty. Recipe makes enough treats to fill a 3 quart storage container. Keep treats in tins at room temperature in an airtight container for up to 1 week or in the refrigerator for up to 4 weeks.

Aeowyn snoopervises the whole process of making her dog treats. She sits patiently waiting her turn to taste test the new treat recipe. So far she has never rejected a recipe. Her favorite treat is the one she just ate. Each batch must be tested prior to placing them in storage containers, which are then strategically placed around the house & office, ready to dispense for rewarding good dog behavior.



Aeowyn's Dog Treats



Banana Peanut Butter Treats

Ingredients:

- 2 medium bananas
- ½ cup peanut butter (crunchy)
- 2 eggs
- ¼ cup of chicken broth
- 2 ½ - 3 cups rice flour (or you can use any flour)
- 1 cup rolled oats, uncooked
- ½ cup wheat germ
- ¼ cup flax or chia seeds

*Parchment paper & rolling pin for rolling out the dough

- *Pizza cutter
- Ruler for cutting straight lines
- A dog to snoopervise

Method:

1. Preheat oven to 350° F.
2. Mix the peanut butter with mashed bananas. Beat in the eggs. Stir in the chicken broth.
3. Mix dry ingredients in a large bowl.
4. Mix all ingredients until thoroughly combined, kneading with hands. Add more liquid or flour, if needed. Divide into 4 balls.

Roll out dough ball between parchment paper, 1/8" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper & save for next baking tray. Use pizza cutter to cut dough in parallel strips to create a checkerboard of 1" squares. Use a ruler to help cut straight lines. This technique makes the process super fast. Transfer rectangular shaped dough with the bottom parchment paper to baking sheet. Don't move the squares—leave them in place on baking sheet.

Bake 20 minutes, slightly brown, not burnt. Remove from oven and cool. This recipe uses 4 baking sheet/trays. These treats are a crunchy, thin treat & are very tasty. Recipe makes enough treats to fill a 3 quart storage container. Keep small amount of treats at room temperature in an airtight container for 1 week & the remaining in the refrigerator up to 4 weeks. Because of the eggs, these treats are more perishable.

Aeowyn snoopervises the whole process of making her dog treats. She sits patiently waiting her turn to taste test the new treat recipe. So far she has never rejected a recipe. Her favorite treat is still the one she just ate.



A E O W Y N 's Dog Treats



Pumpkin Banana Treats

Ingredients:

- 3 small bananas
- 1 can (15 oz) pumpkin (not pie filling)
- 1 cup of chicken broth
- 3 ½ cups rice flour (or you can use any flour)
- 1 cup rolled oats, uncooked
- ½ cup wheat germ
- ¼ cup oat bran
- 1 tablespoon cinnamon

*Parchment paper & rolling pin for rolling out the dough

- *Pizza cutter
- Ruler for cutting straight lines
- A dog to snoopervise

Method:

1. Preheat oven to 350° F.
2. Mix the pumpkin with mashed bananas. Stir in the chicken broth.
3. Mix dry ingredients in a large bowl.
4. Mix all ingredients until thoroughly combined, then mix with hands. Add more liquid or flour, if needed. Divide into 4 balls.

Roll out dough ball between parchment paper, 1/8" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper & save for next baking tray. Use pizza cutter to cut dough in parallel strips to create a checkerboard of 1" squares. Use a ruler to help cut straight lines. This technique makes the process super fast. Transfer rectangular shaped dough with the bottom parchment paper to baking sheet. Don't move the squares—leave them in place on the parchment paper and place on baking sheet.

Bake 35 minutes, slightly brown, not burnt. Remove from oven, remove parchment paper and cool. This recipe uses 4 baking sheet/trays. These treats are a crunchy, thin treat & are very tasty. Recipe makes enough treats to fill a 3 quart storage container. Keep small amount of treats at room temperature in an airtight container for up to 1 week & the remaining in the refrigerator up to 4 weeks.

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's Dog Treats



Apple Sauce Carrot Treats

Ingredients:

- 2 cups apple sauce
- 4 large grated carrot = 2 cups
- ¼- ½ cup of chicken broth
- 2 cup rolled oats, uncooked
- 2 cups rice flour (or you can use any flour)
- ½ cup wheat germ
- ¼ cup oat bran
- ¼ cup flax seeds
- ¼ cup chopped parsley
- 1 tablespoon cinnamon

*Parchment paper & rolling pin for rolling out the dough

- *Pizza cutter
- Ruler for cutting straight lines
- A dog to snoopervise

Method:

1. Preheat oven to 350° F.
2. Mix the apple sauce, grated carrots & parsley.
3. Mix dry ingredients in a large bowl. Slowly stir in small amount of the chicken broth, as needed. The apple sauce maybe enough.
4. Mix all ingredients until thoroughly combined, then mix with hands. Add more liquid or flour, if needed. Divide into 4 balls.

Roll out dough ball between parchment paper, 1/8" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper & save for next baking tray. Use pizza cutter to cut dough in parallel strips to create a checkerboard of 1" squares. Use a ruler to help cut straight lines. This technique makes the process super fast. Don't move the squares—leave them in place on the parchment paper and place on baking sheet.

Bake 30-40 minutes, slightly brown, not burnt. Remove from oven, remove parchment paper and cool. This recipe uses 4 baking sheet/trays. These treats are a crunchy, thin treat & are very tasty. Recipe makes enough treats to fill a 3 quart storage container. Keep small amount of treats at room temperature in an airtight container for up to 1 week & the remaining in an airtight container in the refrigerator for up to 4 weeks.

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A E O W Y N 's Dog Treats



Blueberry Pumpkin Treats

Ingredients: This recipe is gluten free

- 1 cup of dried blueberries
- 1 can (15oz) pumpkin (not pie filling)
- 1 cup of chicken broth (low sodium) or water
- 2 ½ cups coconut flour (or you can use any flour)
- 1 cup cooked brown rice
- ½ cup blueberry flax seeds
- 1 tablespoon cinnamon

*Parchment paper & rolling pin for rolling out the dough, Pizza cutter, Ruler for cutting straight lines & a dog to snoopervise.

These treats, because of the fruit, can spoil quickly, so keep refrigerated.

Aeowyn snoopervises the whole process of making her dog treats. She sits patiently waiting her turn to taste test the new treat recipe. So far she has never rejected a recipe.



Method:

1. Preheat oven to 350° F.
2. Mix the pumpkin puree, dried blueberries. Wait to add the chicken broth or water.
3. Mix dry ingredients in a large bowl. Stir in the pumpkin puree & blueberries, add in small amount of the liquid, as needed.
4. Mix all ingredients until thoroughly combined, then mix with hands. Add more liquid or flour, if needed. Divide into 4 balls.

Roll out dough ball between parchment paper, 1/8" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper & save for next baking tray. Use pizza cutter to cut dough in parallel strips to create a checkerboard of 1" squares. Use a ruler to help cut straight lines. This technique makes the process super fast. Transfer dough with the bottom parchment paper to baking sheet.

Bake 40 minutes, slightly brown. Remove from oven, remove parchment paper and cool. This recipe uses 4 baking sheet/trays. These treats are a soft, almost crumbly thin treat & are very tasty. Recipe makes enough treats to fill a 3 quart storage container. Keep small amount of treats at room temperature in an airtight container for up to 1 week and the remaining in the refrigerator up to 4 weeks.

A E O W Y N 's Dog Treats



Pumpkin Apple Treats

Ingredients:

- 1 cup of chopped dried apple
- 1 can (15oz) pumpkin (not pie filling)
- ½ cup of chicken broth (low sodium) or water
- 2 ½ cups of flour (you can use any flour)
- ½ wheat germ
- 1 cup rolled oats, uncooked
- ½ cup pumpkin seeds chopped
- 1 tablespoon cinnamon

*Parchment paper & rolling pin for rolling out the dough, Pizza cutter, Ruler for cutting straight lines & a dog to snoopervise.

Method:

1. Preheat oven to 350° F.
2. Mix the pumpkin puree, chopped dried apple pieces. Wait to add the chicken broth or water.
3. Mix dry ingredients in a large bowl. Stir in the pumpkin puree & apple slices add in small amount of the liquid, as needed.
4. Mix all ingredients until thoroughly combined, then mix with hands. Add more liquid or flour, if needed. Divide into 4 balls.

Roll out dough ball between parchment paper, 1/8" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper & save for next baking tray. Use pizza cutter to cut dough in parallel strips to create a checkerboard of 1" squares. Use a ruler to help cut straight lines. This technique makes the process super fast. Don't move the squares—leave them in place on the parchment paper and place on baking sheet.

Bake 35 minutes, slightly brown. Remove from oven, remove parchment paper and cool. This recipe uses 4 baking sheet/trays. These treats are chewy because of the dried apples & are very tasty. Recipe makes enough treats to fill a 3 quart storage container. Keep small amount of treats at room temperature in an airtight container for up to 1 week & the remaining in an airtight container in the refrigerator for up to 4 weeks.

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Aeowyn's Dog Treats



Pumpkin, Zucchini & Carrot Treat Crisps

Ingredients:

- 1 medium shredded zucchini
- 1 cup 2 small shredded carrots
- 2 cups of rice flour (any flour could be used)
- 1 cup of rolled oats, uncooked
- 1 can (15 oz) pumpkin (not pie filling)
- ½ cup of dried or fresh finely chopped parsley
- 1 cup of water +/- adjust as needed

*Parchment paper & rolling pin for rolling out the dough

- *Pizza cutter & ruler
- A dog to snoopervise

Method:

1. Preheat oven to 350° F.
2. Place all ingredients in a bowl. Stir until thoroughly combined. Add water as needed to combine the ingredients. Divide into 4 balls.
3. Roll out dough ball between parchment paper to 1/8" -1/16" thickness in rectangular shape to fit baking sheet. Discard top parchment paper. Transfer rectangular dough with the bottom parchment paper to baking sheet. Use pizza cutter to cut dough in parallel strips to create a checkerboard of 1" squares. Use a ruler to help cut straight lines.
4. Bake 35-40 minutes until no longer soft. Remove from oven and place upside down to remove parchment paper while hot.



**"The parchment paper makes the rolling easy, with no mess & cutting the crisps with the pizza cutter is super fast. You can keep them up to 1 week at room temperature in an airtight container or in the refrigerator for up to 4 weeks. You can also freeze them! I love*

these crisps because they are thin & I get to eat more. More is always better than less. After all, more is more!!!!" - Aeowyn





's Dog Treats



Sweet Potato Cranberry Treat Crisps

Ingredients:

- 3 medium large sweet potatoes, cooked and mashed
- 1 cup dried cranberries
- 2 cups rice flour (or you can use any flour)
- 1 cup rolled oats, uncooked
- 2 tablespoons chopped parsley
- 1 tablespoon coconut oil
- 1 teaspoon cinnamon
- ½ -1 cup of water +/- adjust as needed

*Parchment paper & rolling pin for rolling out the dough

- Ruler to help cut straight lines
- *Pizza cutter
- A dog to snoopervise

Method:

1. Preheat oven to 350° F. Cook the sweet potatoes for about an hour.
2. Place dry ingredients in a bowl. Add mashed sweet potatoes. Mix all ingredients until thoroughly combined. Add water as needed to combine the ingredients. Divide into 4 balls. Refrigerate the dough to cool, if necessary.
3. Roll out dough ball between parchment paper, thin 1/8" - 1/16" thickness in rectangular shape to fit baking sheet. Discard top parchment paper. Transfer rectangular shaped dough with the bottom parchment paper to baking sheet. Use pizza cutter to cut dog treats in 1" checkerboard pattern.
4. Bake 35-45 minutes until no longer soft, slightly brown, not burnt. The crisps should be crunchy. Remove from oven and place upside down to remove parchment paper while hot.

You can keep the dog treat crisps up to 1 week at room temperature in an airtight container or in the refrigerator for up to 4 weeks.

"I eat them all up, so we never have to worry about spoilage. Great for gift giving for my dog friends."



A E O W Y N 's Dog Treats



Pumpkin Almond Butter Treats

Ingredients:

- 1 can, (15 oz) pumpkin (not pie filling)
- 1 cup almond butter
- ½- 1 cup of chicken broth (low sodium) or water as needed
- 2 cups of rice flour
- ½ cup coconut flour
- 1 cup rolled oats, uncooked
- ½ wheat germ
- ½ cup pumpkin seeds chopped
- 1 tablespoon cinnamon

*Parchment paper & rolling pin for rolling out the dough, Pizza cutter, Ruler for cutting straight lines.

Aeowyn snooperises the whole process of making her dog treats. She sits patiently waiting her turn to taste test the new treat recipe. So far she has never rejected a recipe. Her favorite treat is the one she just ate. What a dog!



Method:

1. Preheat oven to 350° F.
2. Mix the pumpkin puree & almond butter in a bowl. Wait to add the chicken broth or water.
3. Mix dry ingredients & pumpkin seeds in a large bowl. Stir in the pumpkin puree, & peanut butter mix & add in small amount of the liquid, as needed.
4. Mix all ingredients until thoroughly combined, then mix with hands. Add more liquid or flour, if needed. Divide into 4 balls.

Roll out dough ball between parchment paper, 1/8-1/16" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper & save for next baking tray. Use pizza cutter to cut dough in parallel strips to create a checkerboard of 1" squares. Use a ruler to help cut straight lines. This technique makes the process super fast. Transfer the squares—leave them in place on the parchment paper and place on baking sheet.

Bake 25-30 minutes, slightly brown. Remove from oven, remove parchment paper and cool. This recipe uses 4 baking sheet/trays. These treats are chewy & are very tasty. Recipe makes enough treats to fill a 3 quart storage container. Keep small amount of treats at room temperature in an airtight container for up to 1 week & the remaining in the refrigerator for up to 4 weeks.

Aeowyn's Dog Treats



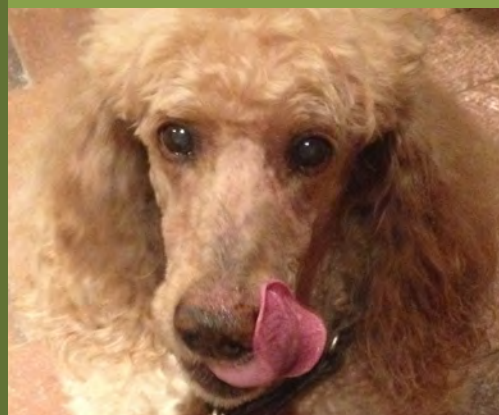
Yam Cashew Butter Dried Blueberry Treats

Ingredients:

- 2 cups, 4 large yams cooked
- 2 cups of rice flour (you can use any flour)
- 1 cup rolled oats, uncooked
- 1 cup cashew butter
- 1 cup dried blueberries
- ½ wheat germ
- ½- 1 cup of chicken broth (low sodium) or water as needed
- ½ cup coconut flour (you can use any flour)
- ½ blueberry flax or chia seeds
- 1 tablespoon cinnamon

*Parchment paper & rolling pin for rolling out the dough, Pizza cutter, ruler for cutting straight lines & a dog to snoopervise.

Aeowyn's favorite treat is still the one she just ate. What a dog!



Method:

1. Preheat oven to 350° F.
2. Mix the peeled, mashed yams & cashew butter in a bowl. Wait to add the chicken broth or water.
3. Mix dry ingredients & dried blueberries in a large bowl. Stir in the yam & peanut butter mix & add in small amount of the liquid, as needed.
4. Mix all ingredients until thoroughly combined, then mix with hands. Add more liquid or flour, if needed. Divide into 4 balls.

Roll out dough ball between parchment paper, 1/8-1/16" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper & save for next baking tray. Use pizza cutter to cut dough in parallel strips to create a checkerboard of 1" squares. Use a ruler to help cut straight lines. This technique makes the process super fast. Transfer dough with the bottom parchment paper to baking sheet.

Bake 25 minutes, slightly brown. Remove from oven, remove parchment paper and cool. This recipe uses 4 baking sheet/trays. These treats are chewy & are very tasty. Recipe makes enough treats to fill a 3 quart storage container. Keep small amount of treats at room temperature in an airtight container for up to 1 week & the remaining in an airtight container in the refrigerator up to 4 weeks.

Poisonous Food To Avoid

DO NOT feed these to your dog

Avocado

Avocados contain a substance called persin. It's harmless for humans who aren't allergic. But large amounts might be toxic to dogs. If you happen to be growing avocados at home, keep your dog away from the plants. Persin is in the leaves, seed, and bark, as well as in the fruit.



Alcohol

Beer, liquor, wine, foods containing alcohol -- none of it's good for your dog. Alcohol has the same effect on a dog's liver and brain that it has on humans. But it takes far less to do its damage. Just a small amount can cause diarrhea, vomiting, central nervous system depression, problems with coordination, coma, difficulty breathing, even death. The smaller the dog, the greater the effect.

Candy and Gum

Candy, gum, toothpaste, baked goods, and some diet foods are sweetened with xylitol. Xylitol can cause an increase in the insulin circulating through your dog's body. That can cause your dog's blood sugar to drop and can also cause liver failure. Initial symptoms include vomiting, lethargy, and loss of coordination. Eventually, the dog may have seizures. Liver failure can occur within just a few days.

Chocolate

Most people know that chocolate is bad for dogs. The toxic agent in chocolate is theobromine. It's in all kinds of chocolate, including white chocolate. The most dangerous kinds, though, are dark chocolate, chocolate mulch, and unsweetened baking chocolate. Eating chocolate, even just licking the icing bowl, can cause a dog to vomit, have diarrhea, and be excessively thirsty. It can also cause abnormal heart rhythm, tremors, seizures, and death.

Coffee, Tea, and Other Caffeine

Caffeine in large enough quantities can be fatal for a dog. There is no antidote. Symptoms of caffeine poisoning include restlessness, rapid breathing, heart palpitations, muscle tremors, fits, and bleeding. In addition to tea and coffee - including beans and grounds -- caffeine can be found in cocoa, chocolate, colas, and stimulant drinks such as Red Bull. It's also in some cold medicines and pain killers.

After Exposure Act Quickly

With any toxic exposure, minutes count so knowing what to do can save a life. Most importantly, you should have the phone number of poison control, your regular veterinarian and an after-hours hospital posted in your home.

It is best to wait until you reach poison control before you do anything but usually you will be told to make your pet vomit to get rid of some of the toxic substance. **Vomiting can be induced with a teaspoon of peroxide if you don't have ipecac.** Give the peroxide by mouth every few minutes, giving your pet a chance to relax between since many dogs and cats will refuse to vomit when held.

Once vomiting occurs, or if you are unsuccessful within a few minutes, you should then seek professional help from a qualified veterinarian. Be sure to have an idea of how much of the substance your pet ingested and how long ago it happened.

ASPCA Animal Poison Control Center

National Hotline:

888-426-4435

Available 24 hours a day,
365 days a year.

Poisonous Food To Avoid Continued



Fat Trimmings and Bones

Table scraps often contain meat fat that is dangerous for dogs. Fat trimmed from meat, both cooked and uncooked, turkey skin and turkey fat or pan drippings can cause pancreatitis in dogs. Bones can also splinter and cause an obstruction or lacerations of your dog's digestive system. Bones can start rotting in a matter of hours or days, resulting in the meat becoming poisonous or infectious. Spoilage is caused by the practically unavoidable infection and subsequent decomposition of meat by bacteria and fungi.

Grapes and Raisins

Grapes and raisins have often been used as treats for dogs. Grapes and raisins can cause kidney failure in dogs. A small amount can make a dog ill. Repeated vomiting is an early sign. Within a day, the dog will become lethargic and depressed.

Milk and Other Dairy Products

Milk and milk-based products (even a lick of your ice cream cone) can cause diarrhea and other digestive upset as well as set up food allergies (which often manifest as itchiness). Limit the amount of dairy.

Macadamia Nuts

Dogs should not eat macadamia nuts or foods containing macadamia nuts because they can be fatal. Six raw or roasted macadamia nuts can make a dog ill. Symptoms of poisoning include muscle tremors, weakness or paralysis of the hindquarters, vomiting, elevated body temperature, and rapid heart rate. Eating chocolate with the nuts will make symptoms worse, possibly leading to death.

Mushrooms

Mushrooms are complicated. Different varieties of mushrooms contain different toxins. Mushrooms can cause dog poisoning and shock in your pet, and they can even result in his death. Remove any mushrooms or toad stools that you find in the yard.

Onions and Garlic

Onions and garlic in all forms -- powdered, raw, cooked, or dehydrated - can destroy a dog's red blood cells, leading to anemia. Poisoning can happen even with the onion powder found in some baby food. An occasional small dose is probably OK, but just eating a large quantity once or eating smaller amounts regularly can cause poisoning.

Human Medicine

Reaction to a drug commonly prescribed for humans is the most common cause of poisoning in dogs. Keep all medicines out of your dog's reach.

Never give your dog any over-the-counter medicine unless told to do so by your vet.

Ingredients such as acetaminophen or ibuprofen are common in pain relievers and cold medicine are deadly for your dog.



Kitchen Pantry: No Dogs Allowed

Many other items commonly found on kitchen shelves are harmful to your dog. Baking powder and baking soda are both highly toxic. Nutmeg and other spices are also toxic.

Keeping food items high enough to be out of your dog's reach and keeping pantry doors closed will help protect your dog from serious food-related illness.

Poisonous Food To Avoid Continued



Persimmons, Peaches, and Plums

The problem with these fruits is the seeds or pits. The seeds from persimmons can cause inflammation of the small intestine in dogs. They can also cause intestinal obstruction. Obstruction is also a possibility if a dog eats the pit from a peach or plum. Peach and plum pits contain cyanide, which is poisonous to both humans and dogs.

Raw Eggs

Dogs should not eat raw eggs. There is a strong possibility of food poisoning from bacteria like Salmonella or E. coli. The enzyme in raw eggs interferes with the absorption of a particular B vitamin. This can cause skin problems as well as problems with your dog's coat, if raw eggs are fed over time.

Raw Fish

Raw fish, like raw eggs, can contain bacteria that cause food poisoning. In addition, certain kinds of fish such as salmon, trout, shad, or sturgeon can contain a parasite that causes "fish disease" or "salmon poisoning disease." If not treated, the disease can be fatal within two weeks. The first signs of illness are vomiting, fever, and big lymph nodes. Thoroughly cooking the fish will kill the parasite.

Sugary, Salty Foods and Drinks

Sugar has the same reaction in dogs as it does in humans. Sugar can lead to obesity, dental problems, and the onset of diabetes. Avoid adding sugar and salt to dog treats or dog food.

Walnuts

Walnuts may have a fungus or mold that can cause drooling, lack of coordination, jaundice and vomiting in dogs.

Yeast Dough

Yeast dough expands. Before bread dough is baked the dough needs to rise. That's exactly what it does in a dog's stomach if eaten. As the dough swells inside, the dough can stretch the dog's abdomen and cause severe pain. In addition, when the yeast ferments the dough to make it rise, it produces alcohol that can lead to alcohol poisoning.

Nutmeg

Nutmeg is a spice that you might use in human food. But nutmeg can become an unintended toxic food for dogs, because you might not realize that it is in an ingredient in a human treat that you share with your dog.

Spices are often not listed on the labels of baked goods that you purchase.

Nutmeg can cause tremors, seizures or death in dogs.

Sage

Sage could have your pet vomiting and cramping.

Potato Sprouts

The sprouts on potatoes will turn green if they are exposed to sunlight. Raw potatoes, with green sprouts, can be toxic foods for dogs (and people, as well). Cooked potatoes are quite nutritious for dogs, so if you only feed your dog cooked potatoes, this is not an issue.

Other Ingredients to Avoid

Salt

Bacon or bacon drippings (too much fat)

Ham (too much fat)

Sugar and brown sugar

Tomatoes (too acidic)

Also note: fruit and dairy is okay, but too much of it can cause a loose stool.

Credits and Acknowledgements

Kachina Mountain Realty

KachinaMountainRealty.com

Serving Real Estate Properties in Santa Fe, Taos County & Beyond

Aeowyn's Dog Treats appear in the monthly real estate newsletter, "Eco Lifestyle and Home", online at:
www.KachinaMountainRealty.com



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Resources and Links

Inspiring Recipes:

dogtreatkitchen.com

best-dog-treat-recipes.com

doggydessertchef.com

Homemade Dog Food in Santa Fe, New Mexico:

martysmeals.com

Online Dog Resources:

drharveys.com (ingredients for dog food)

organic-pet-digest.com

cesarsway.com/dog-care/dog-nutrition

wholedog-journal.com

thebark.com

Barfworld.com

justfoodfordogs.com

grrrr.com.au

CanineJournal.com

ASPCA.org

Dog Food Recipes In the United Kingdom

gourmetdogtreats.co.uk

barkerandbarkertreats.co.uk

Custom Dog Tags

islandtopdesigns.com

This is Aeowyn's Custom Dog Tag:

