

23 Healthy & Delicious Doggy Treat Recipes



**"Easy Home-Made Health Snacks
For Good Boys & Girls"**

UPDATED for 2007!

By Andrew Lewis



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<u>Introduction</u>	<u>4</u>
<u>Chapter 1 Bakery</u>	<u>6</u>
Bakery	7
Beagle Banana Biscotti (3299 calories, 8 wags)	7
Labrador Liver-Lovers Brownies (1631 calories, 7 wags)	8
Dachshund Microwave Doggie Doughnuts (965 calories, 8 wags)	9
Collie Carob Loaf Cake (1932 calories, 8 wags)	10
Maltese Muffins (1901 calories, 9 wags)	11
Akita Apple Crunch Pupcakes (2076 calories, 9 wags)	12
<u>Chapter 2 Cookies</u>	<u>13</u>
Cookies	14
Boxer Butter Puppy Poppers (2515 calories, 8 wags)	14
Old English Oatmeal Cookies (2097 calories, 8 wags)	15
Basset Hound Butter Cookies (2203 calories, 8 wags)	16
German Shepherd Scones (1524 calories, 8 wags)	17
<u>Chapter 3 Frozen Treats</u>	<u>18</u>
Frozen Treats	19
Pug Popsicles (2631 calories, 9 wags)	19
Yorkshire Yogurt Cups (1441 calories, 9 wags)	20
Cocker Spaniel Slurp-Pops (693 calories, 9 wags)	21
<u>Chapter 4 Savory Snacks</u>	<u>22</u>
Savory Snacks	23
Chihuahua Cheesie Bites (784 calories, 8 wags)	23
Bad Breath Banishers (1853 calories, 8 wags)	24
Bullmastiff Bacon Munchies (2426 calories, 8 wags)	25
Extra Simple Dog Biscuits (2080 calories, 7 wags)	26
Basset Hound Veggie Bones (1728 calories, 8 wags)	27
Weimaraner Crunchy Wheat Treats (3281 calories, 8 wags)	28
Beagle Peanut Brindle (5489 calories, 8 wags)	29
<u>Chapter 5 Doggy Party Treats</u>	<u>30</u>
Doggy Party Treats	31
Dalmation Doggy Dip (1021 calories, 9 wags)	31
Chicken Garlic Birthday Cake (2660 calories, 8 wags)	32
Poodle Party Mix (2379 calories, 9 wags)	33

Introduction

As a companion to our Delicious Doggy Cuisine, we have compiled some homemade treat recipes for your dog's enjoyment. These recipes are quick, easy, fun and tasty. And, very convenient -- you can make up a batch, and store leftovers to serve at your leisure.

Again, we have added calorie counts and the "wag-o-meter" to gauge the healthfulness of each, for your ease of use and comfort.

The "wag-o-meter" is a "wag rating" using a scale from 1 - 10. A really healthy meal would rate 10 wags, a meal that is perhaps a little less superior in nutritional value might score fewer wags.

We must include a note on the calorie counts as well. Please consider these counts as approximates when deciding which recipes to select for your dog, and to assist with portion sizes. For an exact tally, it is important that you read labels and calculate the calories as you make the meals.

This is because many of the ingredients are somewhat generic and we might not be using the same items in our preparation. For example, when a recipe calls for one cup of turkey, you might use lean, fresh ground (300 calories), whereas we may have fresh ground turkey breast (240 calories) or perhaps one cup diced, roasted turkey with meat and skin included (291 calories). Further, when "liver" is listed, you might select chicken liver, where we may have preferred beef liver.

In our counts, we try to stay right within the average range for these, but keep in mind, a series of these "minor" discrepancies in a given recipe can add up to a big difference in your dog's waistline in the end!

On another alimentary note -- these recipes are intended as snacks or treats, and are in no way to be considered nutritionally complete. They are meant for intermittent or supplemental feeding. Also, always remember to include snacks in your daily calorie count for your dog! We want him to enjoy these, but not get fat as a result!



"Have fun, and good eating!"

Chapter 1 Bakery



Bakery

Beagle Banana Biscotti

<u>Ingredients</u>	<u>Calories</u>
5 c. flour	2215
1/4 c. peanuts, chopped	204
1/2 tsp. baking soda	0
1 egg	74
1/4 c. vegetable oil	482
1 1/2 c. banana, pureed	300
2 tsp. vanilla	24
water	0
TOTAL	3299

Instructions

- 1) Pre-heat oven to 375°.
- 2) Combine dry ingredients in a dry bowl.
- 3) Make a well in the center.
- 4) Blend egg, oil and banana together, and add into the well of the dry ingredients.
- 5) Add water, one tsp. at a time as needed.
- 6) Knead by hand on table until mixed thoroughly.
- 7) Form into logs approximately 2 - 2 1/2" high.
- 8) Flatten so that log is 6 - 7: wide by 1" high.
- 9) Place on non-stick baking sheet.
- 10) Bake 30 - 40 minutes.
- 11) Cool for 10 minutes.
- 12) Slice into 1/2" - 3/4" slices.
- 13) Place on baking sheets and bake for another 20 minutes, until golden brown.
- 14) Serve cooled. Extras can be stored in an airtight container.

Wag Rating

8 Wags

Labrador Liver -Lovers Brownies

Ingredients

Calories

1 lb. calf or pork liver	864 (or 752)
1 c. flour	443
1/2 c. cornmeal	296
1 tbsp. garlic salt	0
1 tbsp. garlic powder	28
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TOTAL	1631 (or 1519)

Instructions

- 1) Pre-heat oven to 350°.
- 2) Puree all ingredients in a food processor.
- 3) Pour onto a cookie tray lined with oiled aluminum foil.
- 4) Mixture will be thick. Press flat and even.
- 5) Bake for 20 minutes. Brownies are done when pink is gone. Do not over bake or brownies will crumble.
- 6) Cool and serve in sizes appropriate for your dog.
- 7) Extras can be frozen for later use.

Wag Rating

7 Wags

Dachshund Microwave Doggie Doughnuts

<u>Ingredients</u>	<u>Calories</u>
2 c. whole wheat flour	814
1 egg, beaten	74
2/3 c. beef or chicken stock	12 (or 8)
3 tbsp. oatmeal, uncooked rolled oats	56
1 tsp. garlic powder	9
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TOTAL	965 (or 961)

Instructions

- 1) In a large bowl, combine flour, egg and stick and mix well.
- 2) Fold in oatmeal and garlic powder.
- 3) Roll dough into a ball and roll out onto a floured surface to 1/4" thick.
- 4) Cut into doughnut shapes.
- 5) Re-roll scraps and repeat.
- 6) Arrange on shallow baking dish or on parchment paper in a single layer.
- 7) Cook on high in the microwave until firm.
- 8) Let cool until hardened and serve. Extras can be stored in refrigerator for later use.

Wag Rating

8 Wags

Collie Carob Loaf Cake

<u>Ingredients</u>	<u>Calories</u>
1 1/2 c. flour	665
3/4 c. milk	120
1/4 c. margarine, softened	406
4 egg yolks	220
2 tsp. baking powder	6
1 tsp. vanilla extract	12
1/2 tsp. salt	0
2 oz. melted carob	300
cream cheese or plain yogurt (optional) (1/4 c. est.)	203 (or 39)
TOTAL	1932 (or 1768)

Instructions

- 1) Pre-heat oven to 350°.
- 2) Grease and flour loaf pan, 9 x 5 x 3.
- 3) Beat all ingredients in large mixing bowl.
- 4) Pour into pan.
- 5) Bake 65 - 70 minutes.
- 6) Let cool and serve.
- 7) Frost with cream cheese or plain yogurt, if desired.

Wag Rating

8 Wags

Maltese Muffins

<u>Ingredients</u>	<u>Calories</u>
1 1/2 c. oat flour	540
1 c. oatmeal, uncooked rolled oats	300
1 c. oat bran	231
2 tsp. baking soda	0
1 tsp. cinnamon	6
1 egg, beaten	74
1/4 c. honey	258
3 tbsp. vegetable oil	372
3/4 c. milk	120
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TOTAL	1901

Optional Ingredients

apples/bananas blended together (est. 1/2 c. ea.)	133
zucchini, carrots and nuts, shredded (est. 1/2 c. ea.)	440
Cheddar cheese and cooked chicken (est. 1/2 c. ea.)	234

Instructions

- 1) Pre-heat oven to 200°.
- 2) Line muffin tins with muffin foils
- 3) Mix dry ingredients
- 4) In a separate bowl, mix the egg, honey and oil.
- 5) Mix the milk in with the dry ingredients, blending well.
- 6) At this point, mix any of your "optional" ingredients into the honey mixture.
- 7) Then mix the honey mixture into the flour/milk batter and mix well.
- 8) Pour into muffin tins and bake for 15 - 20 minutes.
- 9) Serve cooled. Extras can be stored in the freezer for later use.

Wag Rating

9 Wags

Akita Apple Crunch Pupcakes

<u>Ingredients</u>	<u>Calories</u>
2 3/4 c. water	0
1/4 c. unsweetened applesauce	26
2 tbsp. honey	128
1 egg	74
1/8 tsp. vanilla extract	2
4 c. whole wheat flour	1628
1 c. apple, dried	209
<u>1 tbsp. baking powder</u>	<u>9</u>
TOTAL	2076

Instructions

- 1) Pre-heat oven to 350°.
- 2) In a small bowl, combine water, applesauce, honey, egg and vanilla and mix until smooth.
- 3) In a separate, large bowl, combine flour, apple chips and baking powder.
- 4) Add liquid ingredients to dry ingredients and mix until very well-blended.
- 5) Pour into greased muffin tins.
- 6) Bake 1 1/4 hours, until toothpick inserted in center comes out dry.
- 7) Serve cooled. Makes 12 - 14 pupcakes, extras can be stored in a sealed container for later use.

Wag Rating

9 Wags

Chapter 2 Cookies



Cookies

Boxer Butter Puppy Poppers

<u>Ingredients</u>	<u>Calories</u>
2 c. whole-wheat flour	814
1 tbsp. baking powder	9
1 c. peanut butter (chunky or smooth)	1532
1 c. milk	160
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TOTAL	2515

Instructions

- 1) Pre-heat oven to 375°.
- 2) In a bowl, combine flour and baking powder.
- 3) In another bowl, mix peanut butter and milk and mix well.
- 4) Add dry ingredients to peanut butter mixture a little at a time and mix until smooth.
- 5) Place dough on lightly-floured surface and knead for a few minutes.
- 6) Roll dough to 1/4" thickness and use a cookie cutter to cut out fun shapes.
- 7) Bake for 20 minutes on a greased or non-stick baking sheet, until lightly brown.
- 8) Cool on a rack and serve. Can be stored in an airtight container for later use.

Wag Rating

8 Wags

Old English Oatmeal Cookies

<u>Ingredients</u>	<u>Calories</u>
1 1/2 c. rolled oats	450
1 c. flour	443
1/2 tsp. baking soda	0
1/2 tsp. baking powder	2
1/2 tsp. salt	0
1 tsp. ground cinnamon (optional)	6
3/4 c. applesauce	156
1/4 c. blackstrap molasses	193
1/4 c. honey	258
1 egg white, beaten	17
1 tsp. vanilla extract	12
<u>1 c. carob chips</u>	<u>493</u>
TOTAL	2097

Instructions

- 1) Pre-heat oven to 350°.
- 2) Combine dry ingredients in a medium bowl and set aside.
- 3) In a large mixing bowl, combine the applesauce, molasses and the honey and mix well.
- 4) Stir in the beaten egg white and the vanilla extract and mix well.
- 5) Add the dry ingredients a little at a time, and mix until smooth.
- 6) Fold in the raisins or carob chips.
- 7) With 1/4 cup dry measuring cup, scoop level measures of dough onto a non-stick cookie sheet.
- 8) Bake for 15 minutes, or until the edges turn golden brown.
- 9) Cool on racks for five minutes and serve.
- 10) Yields 14, 3 1/2" cookies. Extras can be stored in the refrigerator for later use.

Wag Rating

8 Wags

Basset Hound Butter Cookies

<u>Ingredients</u>	<u>Calories</u>
1 1/2 c. flour, divided	665
1/2 c. water	0
3/4 c. oatmeal, uncooked rolled oats	225
1/4 c. honey crunch wheat germ	140
1/4 c. peanut butter (chunky or smooth)	383
1/4 c. vegetable oil	482
1/4 c. honey	258
1 tbsp. molasses	47
1 tsp. baking powder	3
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TOTAL	2203

Instructions

- 1) Pre-heat oven to 350°.
- 2) Mix 1 c. flour and water with all the remaining ingredients until well-blended.
- 3) Stir in the remaining 1/2 c. of flour.
- 4) Knead on a well-floured baking surface until dough holds together.
- 5) Roll out to 1/4" thick.
- 6) Bake on ungreased cookie sheet for 20 minutes.
- 7) Turn off oven and leave cookie sheet in oven for another 45 minutes to an hour.
- 8) Remove cookies and serve. Extras can be stored in the refrigerator or freezer for later use.

Wag Rating

8 Wags

German Shepherd Scones

<u>Ingredients</u>	<u>Calories</u>
1 c. chopped liver	234
2 1/2 c. self-rising flour	1108
1/4 tsp. salt	0
1/2 c. water	0
1/2 c. milk	80
<u>1 tbsp. butter or margarine</u>	<u>102</u>
TOTAL	1524

Instructions

- 1) Pre-heat oven to 375°.
- 2) Boil the liver for 20 - 30 minutes until it is gray and rubbery and chop into small pieces when cool and set aside.
- 3) Sift flour and salt into a large bowl and mix in butter.
- 4) Add chopped liver.
- 5) Stir in milk and enough water to make a sticky dough.
- 6) Turn dough out onto a lightly-floured surface, kneading until smooth.
- 7) Press dough out evenly to about 3/4" and cut into rounds.
- 8) Place on prepared tray and bake for 15 minutes.
- 9) Serve cooled. Makes about 16 - 18 scones. Extras can be stored in the refrigerator for later use.

Wag Rating

8 Wags

Chapter 3 Frozen Treats



Frozen Treats

Pug Pupsicles

<u>Ingredients</u>	<u>Calories</u>
3 bananas, very ripe	348
2 strawberries, chopped very fine	12
1 c. peanut butter, smooth or chunky	1533
1/2 - 3/4 c. wheat germ	331
<u>1/2 c. unsalted peanuts, chopped very fine</u>	<u>407</u>
TOTAL	2631

Instructions

- 1) Mash the bananas with the peanut butter.
- 2) Mix in enough wheat germ to make a fairly-thick dough.
- 3) Roll into 1" balls.
- 4) Mix the chopped peanuts and strawberries together.
- 5) Roll the 1" balls in the copped strawberry mixture.
- 6) Freeze on a cookie sheet.

Wag Rating

9 Wags

Yorkshire Yogurt Cups

<u>Ingredients</u>	<u>Calories</u>
2 large (32 oz.) plain yogurts	1232
1 can (6 oz.) tuna in water	191
2 tsp. garlic powder	18
<u>24 plastic (not paper) 3 oz. cups</u>	<u>0</u>
TOTAL	1441

Instructions

- 1) Scoop 1/2 of the can of tuna into each container of yogurt.
- 2) Add 1 tsp. of garlic powder to each container and mix well.
- 3) Scoop the mixture into the 3 oz. cups.
- 4) Place on cookie sheet and freeze overnight.
- 5) Makes 24 treats.

Wag Rating

9 Wags

Cocker Spaniel Slurp -Pops

Ingredients

Calories

1 quart fruit juice	500
1 banana, mashed	116
1/2 c. yogurt	77
2 ice trays _____	0 _____
TOTAL	693

Instructions

- 1) Mix ingredients together thoroughly.
- 2) Pour into ice trays and freeze.
- 3) Serve individual cubes. People can enjoy these, too!

Wag Rating

9 Wags

Chapter 4 Savory Snacks



Savory Snacks

Chihuahua Cheesie Bites

<u>Ingredients</u>	<u>Calories</u>
1 c. whole wheat flour	407
1 c. cheddar cheese, grated	195
1 tbsp. butter or margarine	102
1/2 c. milk	80
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TOTAL	784

Instructions

- 1) Pre-heat oven to 350°.
- 2) Mix flour and cheese together.
- 3) Add the butter or margarine and mix well.
- 4) Slowly add the milk to form a thick dough (you may not need all of the milk).
- 5) Knead on a lightly-floured surface for a few minutes until smooth.
- 6) Roll out to 1/4" thickness.
- 7) Cut into shapes and place on ungreased cookie sheet.
- 8) Bake for 15 minutes.
- 9) Let cool in oven with door slightly open until cold and firm.
- 10) Extras can be refrigerated for later use.

Wag Rating

8 Wags

Bad Breath Banishers

<u>Ingredients</u>	<u>Calories</u>
2 c. brown rice flour	1148
1 tbsp. activated charcoal (find this at drugstores)	0
3 tbsp. canola oil	372
1 egg	74
1/2 c. fresh mint, chopped	48
1/2 c. fresh parsley, chopped	144
2/3 c. lowfat milk	67
TOTAL	1853

Instructions

- 1) Pre-heat oven to 400°.
- 2) Lightly grease a cookie sheet.
- 3) Combine flour and charcoal and mix.
- 4) Add all other ingredients and mix well.
- 5) Drop teaspoonfuls onto cookie sheet, about 1" apart.
- 6) Bake 15 - 20 minutes.
- 7) Serve cooled. Extras can be stored in an airtight container or refrigerator for later use.

Wag Rating

8 Wags

Bullmastiff Bacon Munchies

<u>Ingredients</u>	<u>Calories</u>
3 c. whole wheat flour	1221
1 tsp. garlic salt	0
1/2 c. soft bacon fat	776
1 c. shredded cheese	195
1 egg, beaten	74
1 c. milk	160
TOTAL	2426

Instructions

- 1) Pre-heat oven to 375°.
- 2) Combine flour and garlic salt in a large bowl.
- 3) Stir in bacon fat.
- 4) Add cheese and egg.
- 5) Gradually add enough milk to form a dough.
- 6) Knead dough and roll out to about 3/4" thick.
- 7) Cut out dough into dog bone shapes, using cookie cutter.
- 8) Place on greased cookie sheet and bake 12 minutes, until lightly browned.
- 9) Serve cooled. Extras can be stored in the refrigerator or freezer for later use.

Wag Rating

8 Wags

Extra Simple Dog Biscuits

<u>Ingredients</u>	<u>Calories</u>
2 1/2 c. whole wheat flour	1018
1/2 c. nonfat dry milk powder	360
1 tsp. sugar	16
1 tsp. salt	0
6 tbsp. margarine	612
1 egg	74
<u>2/3 c. cold water</u>	<u>0</u>
TOTAL	2080

Instructions

- 1) Pre-heat oven to 350°.
- 2) Combine dry ingredients and mix well.
- 3) Add remaining ingredients and stir with a wooden spoon to form a thick dough.
- 4) Roll out on a lightly-floured surface to a thickness of about 1/2".
- 5) Cut into dog bone shapes with a cookie cutter, or into 3" x 3/4" sticks.
- 6) Bake on an ungreased cookie sheet for 25 minutes.
- 7) Cool on a rack and store in an airtight container. Yields approximately 20 biscuits.

Wag Rating

7 Wags

Basset Hound Veggie Bones

<u>Ingredients</u>	<u>Calories</u>
3 c. parsley, minced	240
1/4 c. carrots, chopped very fine	13
1/4 c. shredded mozzarella or grated Parmesan cheese	84 (or 108)
2 tbsp. olive oil	238
2 3/4 c. whole wheat flour	1119
2 tbsp. bran	28
2 tsp. baking powder	6
1/2 to 1 c. water	0
TOTAL	1728 (or 1752)

Instructions

- 1) Pre-heat oven to 350°.
- 2) Stir together parsley, carrots, cheese and oil.
- 3) Combine the dry ingredients in a small bowl and add to the veggie mixture.
- 4) Gradually add 1/2 c. of water, mixing well to make a moist, but not wet, dough.
- 5) Knead for a minute.
- 6) Roll out on a lightly-floured surface to 1/2" thickness.
- 7) Using a cookie cutter or a glass, cut out shapes.
- 8) Place on lightly-greased cookie sheet.
- 9) Bake for 20 - 30 minutes until biscuits have browned and hardened slightly.
- 10) Biscuits will further harden as they cool.
- 11) Serve cooled and store in airtight container.

Wag Rating

8 Wags

Weimaraner Crunchy Wheat Treats

<u>Ingredients</u>	<u>Calories</u>
1 pkg. dry yeast	29
1/4 c. warm water	0
2 c. chicken or beef broth	10 (or 34)
2 1/2 c. all purpose flour	1108
2 c. whole wheat flour	814
1 c. rolled oats	300
1/2 c. honey nut wheat germ	280
1/2 c. cornmeal	296
1/2 c. non-fat dry milk	360
1 tsp. salt	0
1 tbsp. milk	10
1 egg, beaten	74
<hr/> TOTAL	<hr/> 3281 (or 3305)

Instructions

- 1) Pre-heat oven to 300°.
- 2) Dissolve yeast in 1/4 c. warm water and let proof.
- 3) Heat broth and let cool.
- 4) In large bowl, combine flours, oats, wheat germ, cornmeal, dry milk and salt.
- 5) Stir in broth and yeast mixtures.
- 6) Knead by hand for at least 3 minutes.
- 7) Roll into 1/2" thick sheet and cut with cookie cutter, or roll into a log shape and slice to desired size.
- 8) Mix the egg and milk and brush on before baking.
- 9) Bake for about 40 minutes.
- 10) Turn off oven and leave in overnight.
- 11) Serve and store.

Wag Rating

8 Wags

Beagle Peanut Brindle

<u>Ingredients</u>	<u>Calories</u>
5 c. rice flour	2870
1 tbsp. cinnamon	18
1 tsp. baking powder	3
1 tsp. baking soda	0
1 egg	74
1/4 c. honey	258
1/4 c. peanut butter	383
1 small apple, chopped	75
1/2 c. vegetable oil	964
2 1/2 tsp. vanilla	30
1 1/2 c. water	0
<u>1 c. peanuts, chopped</u>	<u>814</u>
TOTAL	5489

Instructions

- 1) Pre-heat oven to 325°.
- 2) In a medium bowl, combine the flour, cinnamon, baking powder, and baking soda. Set aside.
- 3) In a food processor, blend together the egg, honey, peanut butter, apple, oil, vanilla and water.
- 4) Add to dry ingredients mixture and form into a dough.
- 5) Turn out onto a lightly-floured surface into 1/4" thickness.
- 6) Cut dough into 4 x 3" rectangles.
- 7) Spritz the top of the rectangles with water and sprinkle the chopped peanuts over them.
- 8) Press the chopped peanuts into the dough with the palm of your hand.
- 9) Bake for 50 - 60 minutes.
- 10) Serve cooled. Yields 12 - 14 pieces.

Wag Rating

8 Wags (would be higher, but at about 400 calories per treat, this is a high calorie snack)

Chapter 5 Doggy Party Treats



Doggy Party Treats

Dalmation Doggy Dip

<u>Ingredients</u>	<u>Calories</u>
3 tbsp. peanut butter	285
2 tbsp. honey	128
1 banana, very ripe	116
1 16 oz. container vanilla yogurt	416
<u>1 tbsp. whole wheat flour</u>	<u>76</u>
TOTAL	1021

Instructions

- 1) Mix the peanut butter, honey and fruit together until well-blended.
- 2) In a separate bowl, combine the yogurt and flour, mix well.
- 3) Add the two mixtures together, blend until smooth.
- 4) Keep cold in the refrigerator.
- 5) Use this dip for biscuits or treats. Allow treats to chill in refrigerator until coating is firm -- this prevents big messes!

Wag Rating

9 Wags

Chicken Garlic Birthday Cake

<u>Ingredients</u>	<u>Calories</u>
1 chicken bouillon cube	5
1 c. warm water	0
1 c. whole wheat flour	407
2 c. wheat germ	828
1/2 c. cornmeal	296
2 eggs	148
1/2 c. vegetable oil	964
1 tbsp. garlic, minced	12
2 c. water	0
<u>vegetable oil spray</u>	<u>0</u>
TOTAL	2660

Instructions

- 1) Pre-heat oven to 375°.
- 2) Dissolve bouillon in warm water.
- 3) Combine flour, wheat germ, cornmeal, eggs, oil, garlic and water.
- 4) Spray two cake pans with oil spray, and sprinkle with flour.
- 5) Pour cake mix into two pans evenly.
- 6) Bake 50 minutes.
- 7) Remove from oven, turn upside down to remove from pans and let cool.

Wag Rating

8 Wags

Poodle Party Mix

<u>Ingredients</u>	<u>Calories</u>
1/2 c. melted butter or margarine	814
1/2 c. Kraft® grated American cheese powder	143
1/2 c. Bacon bits	200
2 tbsp. dry gravy mix	48
2 c. Cheerios®	222
2 c. Spoon-size shredded wheat®	334
2 c. Crispix®	218
<u>1 c. dog jerky/pupperoni®/sausages</u>	<u>400</u>
TOTAL	2379

Instructions

- 1) Pre-heat oven to 250°.
- 2) Pour melted butter into a 13 x 9" baking pan.
- 3) Stir in cheese powder, bacon bits and gravy mix.
- 4) Add cereals and stir well until pieces are coated.
- 5) Bake for 45 minutes.
- 6) Meanwhile, cut dog treats into 1/2" pieces.
- 7) Remove cereal mixture from oven, add dog treats and let cool.
- 8) Served cooled and store in airtight containers. May be frozen to prolong life.

Wag Rating

9 Wags



“Well? What are you waiting for? Start cooking!”