



**DELICIOUS
AND NUTRITIOUS
HOMEMADE
RECIPES
FOR YOUR DOG**



Thanks for Downloading Your Delicious and Nutritious HappyDogIsland.com Cookbook!

We're so glad you've decided to feed your dog yummy and healthy homemade food and treats. We'll get into the recipes and some helpful advice in a moment, but we'd like to take a moment to highly recommend the following for you and your pooch.

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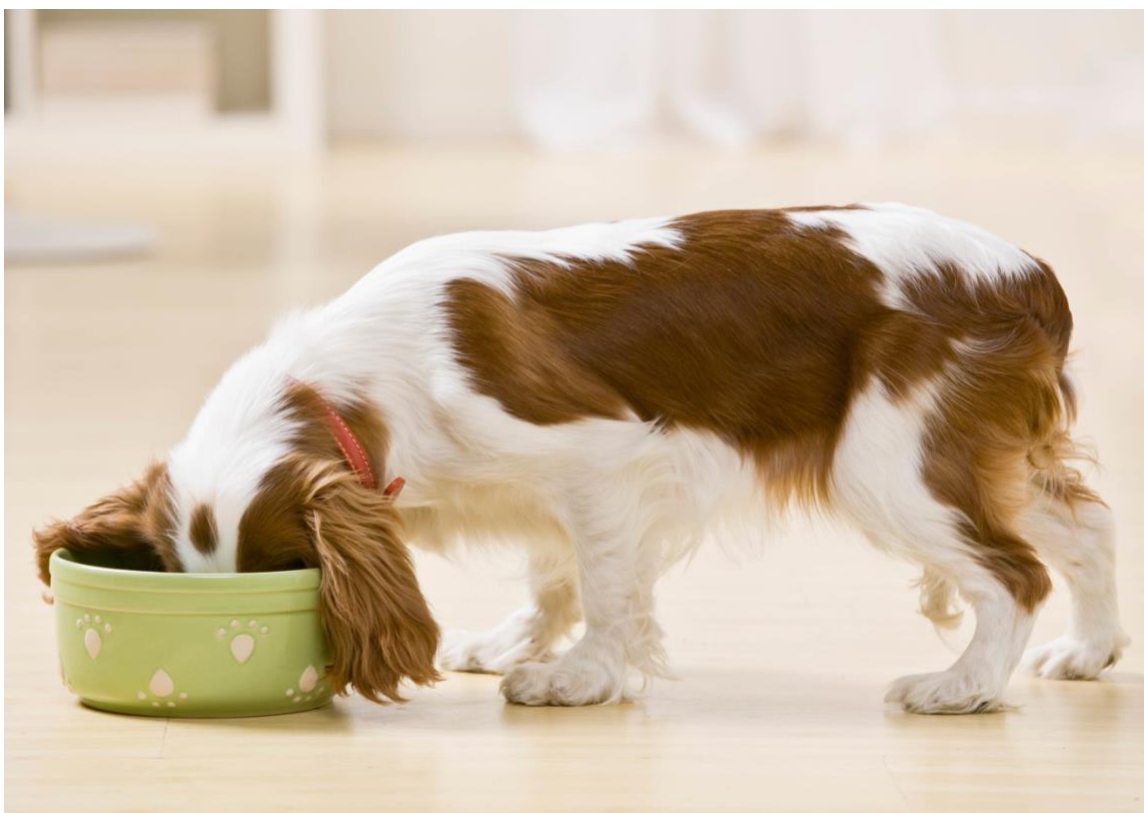
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Add Some Excitement and Nutrition to Your Dog's Diet!

Wouldn't you get bored eating the same food meal after meal, day after day? Think about it, that's what your dog faces when you feed them commercial dog food. Some dog nutritionists believe that commercially prepared kibble isn't sufficient and incorporating real food in your dog's diet might be better for them, either as a supplement to dog food, or as a substitute. It is true that many of the nutrients and enzymes that were in the original ingredients are destroyed through the high heat used in processing them into kibble.

The fillers in some dog food, the grains such as corn, wheat and rice, are used simply because they are cheaper and thus the pet food company makes more money. Corn, the number one ingredient in many pet foods, is difficult for dogs to digest, and may be a link to maladies such as obesity, diabetes and kidney problems, say these nutritionists.

Ingredients that can be included in homemade meals for dogs include, chicken, turkey, lean cuts of beef, whitefish, salmon, peas, carrots, sweet potatoes, zucchini, pumpkin, leafy greens including collard greens, among others. Vegetables should be chopped or finely ground. Homemade diets include cooked grains: rice, bulgur, oatmeal, brown rice, even pasta. Include plain yogurt and eggs. Use fruit both for nutrition and a sweet treat. These include raspberries, strawberries, blueberries, blackberries, melons, apples, pears and bananas.

Foods that aren't particularly good for our own waistlines are not good for our dogs' either, and should not be included in a dog's homemade diet plan. Fatty meats are not good. Meats that go through a curing process are not good (bacon, hot dogs, sausage). Salty and greasy foods such as French fries are not recommended. Avoid sugary foods, cakes, cookies, pastries, as well as pancakes and waffles.

DISCLAIMER: The ingredients mentioned in the recipes are generally healthy for dogs, but ALWAYS check with your veterinarian before making adjustments to your dog's diet.

Introducing New Foods to Your Dog's Diet

If you have any doubts whether a certain recipe would be good for your dog, check with your vet.

Start by putting a few tablespoons of the homemade recipe on top of his regular food. Make sure you subtract the same number of tablespoons of the commercially prepared food. Gradually increase the portion of homemade food and decrease the commercial food.

When starting with a new recipe that has ingredients your dog hasn't tried before do the same thing.

If your dog needs to lose weight increase the amount of vegetables in the recipes by about 20 percent but keep the serving size the same as you would normally.

All recipes can be served warm. If you're serving right after you've made it, make sure the food has cooled enough. Some vegetables like potatoes and yams retain heat longer than others. Heat frozen food in the microwave until it's at room temperature.

Remember the balanced part of the diet? Well make enough for say three or four meals from one recipe, then try a recipe with different ingredients for the next meals. The different meats, vegetables and starches provide a variety of vitamins, minerals and protein.

Warning

If you plan on feeding your dog only homemade food, be aware that you will either have to give them raw meaty bones or add calcium to their diet. About 1/2 teaspoon of powdered egg shells for every pound of food. Rinse the egg shells, dry them overnight and grind in a spice or coffee grinder. Some dogs will eat the egg shells without grinding but the calcium isn't as effectively absorbed. The alternative is a commercially prepared calcium supplement.

These recipes are based on approximately 50% protein including chicken, turkey, pork, beef, and occasionally fish. 25% healthy carb such as potatoes, sweet

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potatoes, lentils, dried peas, oatmeal, brown rice, pasta and sometimes whole wheat bread. 25% vegetables such as leafy greens, peas, string beans, carrots, zucchini, and celery. For example, 1 cup cooked meat, ½ cup brown rice and ½ cup vegetables.

Go easy on cruciferous vegetables, such as broccoli and cabbage, until you know how your dog's digestive system can handle them without a lot of gas.

Do not add salt or sugar. Sugar includes honey, maple syrup, agave and corn syrup.

Do not feed your dog any vegetables from the allium family including onions, leeks or scallions, raw or cooked.



Ready, Set, Get Cooking...

Dry Kibble Recipe

It's convenient to have some dry dog food on hand when you don't have time to make homemade.



They won't be able to wait to gobble it up!

2 pounds ground beef, chicken, or turkey
1 cup brown rice
1/2 cup lentils or dried peas
1/2 cup oatmeal
3 cups water
2 cups vegetables
1/4 cup olive oil
3 eggs

Cook the meat and drain. Cook the rice, lentils or peas with the water until done from 35 to 45 minutes. Add additional water if necessary. Cook the vegetables and oatmeal. Let everything cool. Add the olive oil and eggs.

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Process everything in a food processor until it's more of a dough or paste. If you don't have a food processor, chop the cooked ingredients finely or use a potato masher or electric mixer, then add the oil and eggs.

Grease two baking sheets. Spread the mixture almost to the sides of the sheets. Bake at 350 degrees until the mixture is completely dry. – about 45 minutes. The center takes longer to bake than the kibble on the perimeter of the pans. Turn off the oven and let the kibble cool. Break apart into bite sized pieces. Store in a cool dry place. Tip -- the kibble has to be completely dry or it may mold.

Bone Broth

Good for people and great for dogs.



Bone broth is easy to make and very healthy.

Save bones from chicken, steak, pork, and turkey. Don't use lamb or fish bones, the flavor is too strong. Leftover bones from your diner are fine. Rinse to remove seasoning. Blanch in boiling water to remove any bacteria. Drain and freeze until you have enough to fill a slow cooker.

Pack the bones into the slow cooker. The more bones the better. Cover with boiling water. Set on low. Cook for at least 24 hours up to 48 hours. Let cool to room temperature

Put a colander over a pot big enough to hold all the broth. Drain pressing down on the bones to get as much of the broth as possible.

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Strain using a fine mesh strainer. Refrigerate so any fat congeals on the top. Remove the fat. The broth should be the texture of soft jello when cold.

Freeze in ice cube trays. Add an ice cube or two to your dog's kibble or meal. The cubes are good on a hot day as an extra treat.

Beef Recipes

Italian Pasta for Puppies (and the Family) with Meat Sauce



This is good enough to serve your family. If you do, add in some garlic to the human portion and about a tablespoon of dried onion flakes.

NOTE: Be cautious with feedings dogs tomatoes as they contain solanine, which is generally found in the stems, leaves and green/less ripe tomatoes. Feeding them ripe tomatoes or canned tomatoes in moderation should not be an issue. This isn't an everyday meal.

Ingredients:

1 pound of ground beef.

1 cup total of herbs of your choice, such as tarragon, oregano and basil. Fresh is best. If you use dried decrease the amount to ¼ cup total

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15 ounce can of diced tomatoes (no salt added)
8 ounce can tomato sauce (no salt added)
3 cups cooked whole wheat pasta

Brown the beef and drain the fat off. Add the tomatoes, sauce and herbs. Let simmer for 15 minutes for the flavors to blend. Toss in the pasta. Stir well. If you like you can sprinkle with a few shreds of Parmesan cheese.

Kate the Springy's Cheeseburger Casserole

The All American favorite: tangy cheese, rich ground beef, topped with bread crumbs and of course, lettuce and tomatoes. Kate is an English Springer Spaniel and this dinner is one of her favorites.

1 pound ground beef
2 medium-sized ripe tomatoes (no green as they can contain solanine)
1 cup kale, spinach, or lettuce
½ cup whole wheat bread crumbs
½ cup grated cheese

Brown one pound of ground beef. Drain the fat. Roughly chop two medium tomatoes and one cup your choice of kale, spinach, or lettuce. Combine with one cup whole wheat bread crumbs.

Add the greens, tomatoes and bread crumbs to the browned beef. Toss in ½ cup of grated cheese. Cook over medium heat until the leafy greens wilt, tomatoes are cooked and cheese is melted.



Kate says: "Please cook faster!"

Meatloaf Surprise



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It's THAT lick the bowl clean good!

Remember those cafeteria lunches where cook's choice was on the menu and you were never sure exactly what you were eating? Well, the surprise here is this meatloaf is good enough for your family dinner.

1 pound ground beef

1 egg

1 cup whole wheat bread cubes

½ cup each shredded carrots and finely chopped celery

Cooking spray (very minimal)

Combine the ground beef with the egg and whole wheat bread cubes, stale bread is fine. Add the shredded carrots and celery.

Mush together the ingredients with your hands until thoroughly mixed.

Spray a cupcake or muffin tin with cooking oil.

Divide the meatloaf mixture into eight balls. Press one ball into each muffin tin.

Bake at 350 degrees for 30 minutes until the center of the mini meatloaf is cooked through and is no longer pink.

Steak and Potatoes

You could grill a steak just for your dog, but in this case just use leftover cooked steak, you've rinsed to remove any seasoning that could upset your dog's tummy. When chuck or round steak is on sale, make a big batch and freeze in serving size portions.

Remove any visible fat and bone from the steak. Roughly chop one cup of steak. Add 1/2 cup of mashed potatoes. You could also use frozen defrosted hash brown potatoes. Toss in 1/2 cup string beans.

1 pound round or chuck steak
1/2 pound potatoes, 2 or 3 medium
1 cup green beans

Chop one pound of steak into 1/2 inch chunks. Combine with 1/2 pound potatoes and 1 cup green beans. Barely cover with water. Cook over medium heat until potatoes are soft, about 15 to 20 minutes. Drain and cool. The meat is still chewy but your dog won't mind.



Shepherd's Pie

Who wouldn't love fluffy mashed potatoes crowning rich ground beef smothered in gravy? In the classic Shepherd's pie a layer of corn is included as well. However, even though corn is a major ingredient in many budget dog kibble foods, some dogs have trouble digesting it. This recipe substitutes carrots for the corn.



- 1 pound ground beef
- 1 cup of water
- 1 tablespoon flour
- 1 cup mashed potatoes
- 1 cup shredded carrots

Cook one pound of lean ground beef. Add in one cup of water mixed with one tablespoon of flour. Heat until the mixture thickens. Add one cup of mashed potatoes and one cup of shredded carrots. Heat through until the carrots are cooked.

Chicken Recipes

Rose's Classic Chicken Stew

Rose is an Irish Setter who loves chicken -- well most any food -- but especially this chicken stew.



Rose can smell this dish a mile away! ;)

1 pound chicken thighs and/or drumsticks bone in, skin on. Buy boneless when they go on sale.

½ pound diced potatoes

1 package frozen string beans

Place the chicken in a large pot with barely enough water to cover. Bring to a boil then lower to a simmer. Cook for 45 to 60 minutes until the meat is ready to fall off the bone. Remove the chicken from the pot and place on a platter. Make sure there are no bones in the water. Strain if necessary.

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Add the potatoes and string beans to the water which is now chicken broth. Cook until potatoes are soft and the string beans cooked through. There should only be about a cup of broth in the pan.

When the chicken is cool, take the meat of the chicken bones and add to the pot.

Mix 1 tablespoon of cornstarch to about 1/4 cup of water. Blend into a slurry then add the slurry to the chicken stew. Bring the stew back up to the boil, stirring constantly. The slurry thickens the broth into a gravy.

Chicken and Lentils

Lentils have extra protein, lots of fiber, and not a lot of calories. The trick to this dish is to make sure the lentils are completely cooked - which takes a minimum of 45 minutes. The ginger and sesame seeds give this an East Indian flare. Leave these out if you like.

1 pound ground chicken
1 cup lentils
¼ teaspoon dried ginger
1 tablespoon sesame seeds
1 cup green peas.

Break apart one pound of ground chicken and combine with one cup of lentils, green, yellow, or orange, it's your choice. Add ¼ teaspoon ground dried ginger or one teaspoon grated fresh ginger and one tablespoon sesame seeds. Add 1 cup of fresh or frozen peas. Cover with at least one inch of water above the chicken lentil mixture. Bring to a simmer. Cover and cook for 45 minutes stirring occasionally. At the 30 minute mark make sure there is still some water in the pan. The lentils are cooked when they're soft.



Chicken, Brown Rice, and Kale Medley

The nutty flavor of brown rice complements the juicy chicken thighs. The kale adds lots of fiber and vitamins.

1 pound chicken thighs
1 cup brown rice
2 cups chopped kale

Place four chicken thighs - about one pound - in a casserole dish. Add one cup of brown rice, two cups water and 2 cups chopped kale. Bake in a 350 degree oven for 45 minutes or until the chicken is no longer pink and the rice is cooked. Brown rice is chewier than white rice, it doesn't get soft. You may have to add ½ cup of water to the pan if the rice looks dry. Add boiling water so you don't slow down the cooking process.

Remove the chicken thighs when the medley is cool. Cut off the meat and chop into chunks. Return to the dish and mix thoroughly. Save the bones for bone broth.



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Chicken Soup for the Soul

Most dogs love chicken or beef broth but the commercially prepared broth is often too high in salt. Use low or no sodium broth or bone broth. This one is Sarah the Boston Terrier's favorite!

1 pound ground chicken
1 egg
½ cup oatmeal
2 cups chicken broth
1 cup grated carrots
1 cup shredded spinach or kale
1 cup winter squash

Combine one pound of ground chicken with one egg and ½ cup oatmeal. Mix thoroughly. Shape into 12 meatballs. The egg adds protein and acts as a binder so the meatballs don't fall apart in the broth.

Bring two cups of low or no sodium chicken broth or one cup of bone broth and one cup of water to a simmer. Add the grated carrots, shredded spinach or kale and diced winter squash such as acorn or Hubbard. Bring back to a boil and add the meatballs. Lower the heat and cook for 20 minutes or until the meatballs are cooked through.



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Chicken Patties for Puppies

Keep a package of these chicken patties in the freezer for a quick meal you just defrost. If you need a quick people meal these patties work well. Your family doesn't need to know they were made for your canine companion.

1 pound ground chicken

1 egg

½ cup oatmeal flour -- oatmeal you've placed in the blender

½ cup finely chopped celery

½ cup shredded carrots

Mix well. Form into 6 balls. Flatten the balls into a pancake. Place on a greased cookie sheet. Bake about 20 minutes at 350 degrees.



Pork Recipes

Pork is a reasonably lean meat these days. Don't buy an expensive pork loin but don't use pork butt either, it has too much fat. Pork steak is okay as long as you remove any visible fat. Pork chops and roast are fine too. Dogs don't care if the meat is chewy.

Pork, Dried Peas and Apples

Pork and apples just seem to go together. The dried peas add the carbs needed for energy.

1 pound lean pork
1 cup dried peas
2 apples

Cut the pork into ½ inch chunks. Place in the pan. Add the peas and apples along with enough water to cover, at least two cups. Cook until the peas are soft about 45 minutes. The apples turn into apple sauce and meld with the peas and pork.



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Pork and Noodles with Green Beans

One pot supper your canine companion will thank you for.

1 pound pork
1 cup egg noodles
1 cup green beans

Cut the pork into ½ inch chunks. Place in a pot. Add three cups water. Bring to a boil. Add the egg noodles and green beans. Bring back to a low boil. Cook until noodles are tender – about 10 minutes or so.

Drain. Add a couple bone broth ice cubes or 1/4 to 1/2 cup low or no sodium chicken broth. The noodles absorb the broth.



Deconstructed Stuffed Pork Chops

Thick pork chops stuffed with herbs and sour dough bread crumbs is a family favorite. For your dog, layer the ingredients, rather than stuff the chops. The juices of the pork chops flavors the stuffing.

1 pound thinly sliced boneless pork chops
1 cup sourdough bread crumbs
½ cup total your choice of fresh herbs
2 cups shredded kale or spinach
1 egg

Cut the pork chops in narrow strips

Combine the remaining ingredients. The egg helps the stuffing bind together and adds protein.

Grease a baking pan. Pat the stuffing into the pan. Place the pork strips over the stuffing. Bake at 350 degrees until pork is cooked through, about 30 minutes.



Slice the pork chops into thin strips before cooking.

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Slow-Cooked Pork Stew

This is a perfect slow cooker recipes for both you and your family. The flavors meld together as the pork becomes tender. Use a cheap but lean cut of pork.

2 pounds pork cubes
1 cup baby carrots
1 cup diced celery
1 cup parsnips
½ cup parsley
1 teaspoon dried thyme
2 cups diced potatoes

If you're making this for your family as well as your dog, brown the pork cubes. That adds lots of flavor.

Put all the ingredients in the slow cooker. Cover with water but don't overfill. The veggies release water as they cook. Cook on low for six to eight hours. Add a teaspoon of corn meal to the liquid for every cup of broth. Just eyeball it. The cornstarch thickens the broth into a gravy.



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Pork and Beans

Yes, dogs can eat and digest dried and then cooked beans. However, this recipe calls for green beans rather than beans that have been dried like kidney or black beans. The pork and beans cook in the tomato sauce.

1 pound pork
2 cups green beans
1 15 oz. no salt added, tomato sauce
1 15 oz. can of water
1 cup white or brown rice

Chop the pork into small pieces. Place all the ingredients in a baking pan. Bake for 45 minutes until the rice is cooked. Brown rice takes about 25 minutes longer to cook than white rice.

Stir the mixture every 15 minutes. The rice on the perimeter of the pan cooks faster than the rice in the middle of the pan. You may have to add extra boiling water towards the end of the cooking time so the rice doesn't dry out.



Miscellaneous Meats: Fish, Turkey

Fish and Chips, Sort of

Crisp fish and crisp potatoes are a classic dish but dogs don't do well with fried foods so these are baked instead.

1 pound white boneless mild fish
1/2 pound potatoes
1/2 pound zucchini

Cut the fish into chunks. Cut the potatoes into 1/2 inch chunks. Dice the zucchini. Toss everything with a tablespoon of olive oil. Spread on a baking sheet. Bake until the potatoes are soft, about 20 minutes. The fish may be a little too done for human tastes but dogs will like it.



Fish Stew

You really don't need to stew fish because it cooks quickly depending upon how thick the fish is. Think 10 minutes per inch of thickness. The fish cooks with tomatoes, peas and carrots. A very colorful dish.

- 1 pound mild boneless fish
- 1 container cherry tomatoes
- 1 12 oz. package of frozen peas
- 1 cup shredded carrots
- 1 cup chicken no salt added broth or bone broth

Cut the fish into chunks. Cut the tomatoes in half. Add all the ingredients to a sauce pan. Cook until the fish is cooked through, probably no more than 15 minutes.



Turkey, Sweet Potatoes and Cranberries

Leftover Thanksgiving turkey is fine for this. Rinse to remove any seasonings from the meat. If turkeys are on sale, buy one to use for dog food. Roast as usual, saving the white meat for human sandwiches. Remove the skin and the meat from the carcass. Chop rather finely. Save the bones for bone broth. Ground turkey works well as an alternative to roast turkey.

1 pound ground turkey or 2 cups cooked turkey

1 cup sweet potatoes

½ cup raw cranberries

½ cup string beans

If the ingredients are all leftovers just combine and serve. Otherwise break apart the raw ground turkey. Cut the sweet potatoes into chunks. Add the cranberries and string beans. Add about an inch of water to the pan. Cover and cook over medium heat until the turkey is cooked and the potatoes are soft, about 20 minutes.



No More Dog Food in the Pantry Meals

We've all been there. You're positive there's at least enough dog food for one more dinner -- but no. The bag barely has any crumbs left. Don't worry. Here are a few emergency dinners that rely on what you probably already have in your pantry or fridge.

Fast and Easy Unconstructed Tuna Sandwiches

You don't want to serve your dogs or yourselves too much tuna too often. It can be high in mercury, but once in a while isn't going to hurt you or them.

- 1 can tuna fish
- 2 slices of whole wheat bread
- 1 cup frozen peas
- 2 stalks celery

Dump the tuna fish, including the water into a bowl. Tear the bread into bite size pieces. Add the frozen peas. Chop the celery finely. Mix everything up and serve. The peas take only a few minutes to defrost. You can speed up the process by putting the peas into a dish and covering them with warm water.



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Forgot to Go Grocery Shopping Egg Scramble

There are times when you meant to stop at the store but just didn't have the time. Just about everybody has eggs in the refrigerator and a couple of potatoes in the pantry. You could also use frozen hash browns for this, just check the label for the salt content.

4 eggs

2 Potatoes or 1 cup hash browns

1 cup veggies whatever you've got.

Cut up the potatoes in 1/2 inch chunks. Add a splash of water and cook in the microwave on high until they're soft about 3 to 4 minutes.

Do the same thing with the veggies or use canned no salt added veggies.

Break the eggs into a nonstick pan and scramble as they cook.

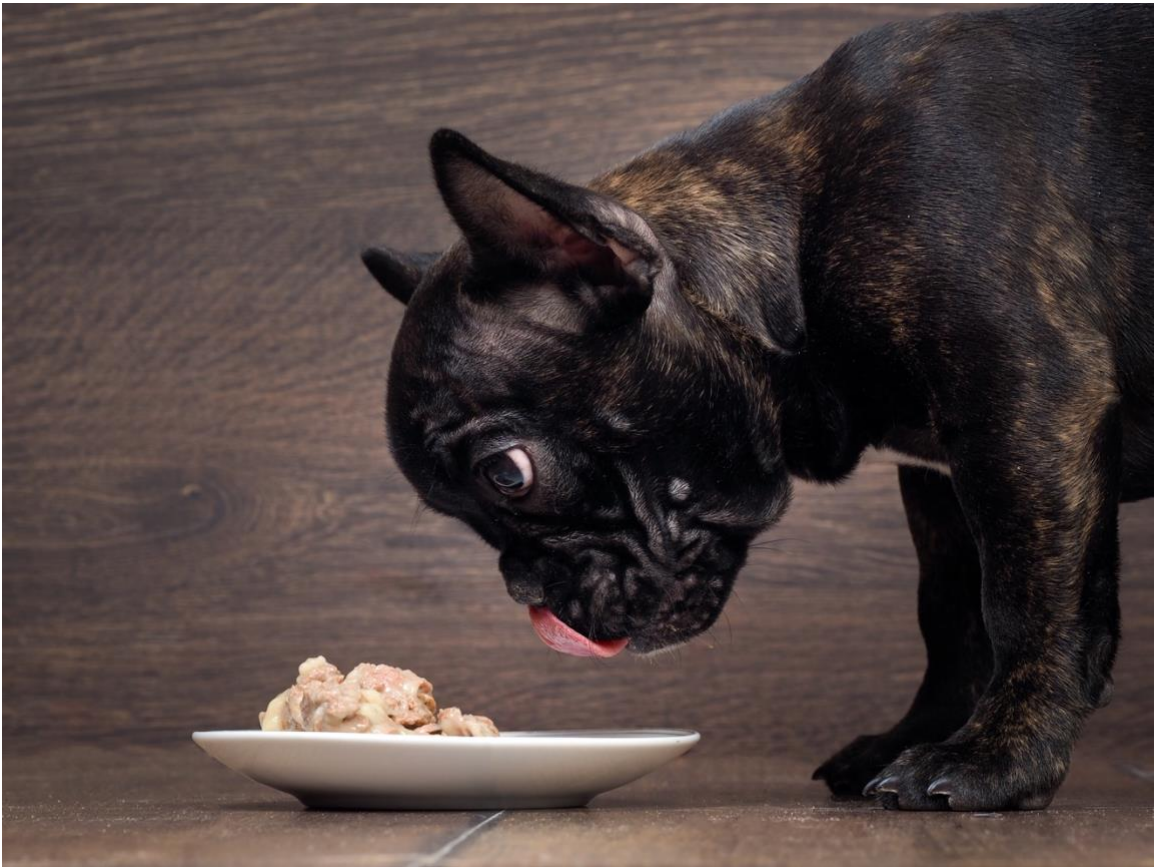
Mix everything together. Serve when cool.



In a Minute Chicken Pot Pie

No time to bake this dish? No problem. In five minutes you can fill Fido's food bowl.

Add 1 can of no salt chicken to ½ can drained, no salt, mixed vegetables. Top with a crumbled baked biscuit, bakery croissant, or piece of whole wheat toast.



Snacks

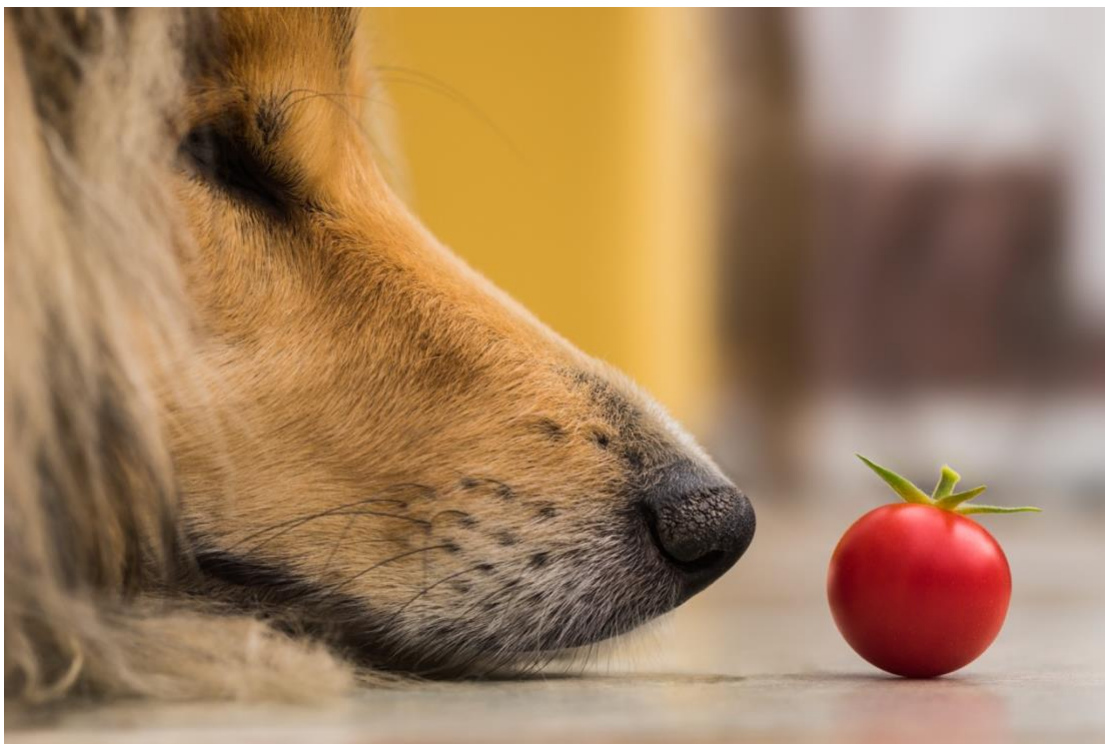
Fresh Veggies and Fruit

Raw or cooked, vegetables and fruit are a healthy treat for your pooches. Vegetables are better than fruit because they contain less sugar.

Remove the seeds from apples, pears and pitted fruits such as peaches, nectarines, apricots and plums. Pits can cause intestinal blockage. Seeds from apples and pears are toxic. However, your dog would have to eat quite a few to have any effect. Slice the fruit to retain control over how much your dog eats. Do not give your dog grapes or raisins.

Most dogs like carrots, cucumbers and celery. Some dogs like green peas, snap peas, kale and romaine lettuce.

A word of caution. Dogs like corn, even though some dogs can't digest it. Be very careful about putting corn cobs in the garbage where the dog can get them. The cobs may cause intestinal blockage.



Quick Snacks

Sometimes your snack jar is empty, but you still want to reward your canine companion for a job well done. Keep in mind three tips: low fat, low salt, no sugar. So while unsalted pretzels sticks would work, potato chips are a no-no. Be careful about dairy. Some dogs have no problem at all digesting dairy products while in others there are tummy troubles. If you serve yogurt use the unsweetened kind.

Beef and/or Chicken Jerky for Dogs

Dogs love meat. They crave chicken and thrive on beef. Commercially produced jerky is way too salty for your canine companion. However, you can make your own at home cheaper and healthier.

Ingredients (Choose Either or Both, But Cook and Dehydrate Separately)

- Boneless and skinless chicken breast or thighs
- Round steak or other lean cut of beef without marbling

How to Make Beef or Chicken Jerky for Dogs

1. Remove all fat from the beef or chicken.
2. Parboil the meat to kill surface bacteria and cook before you dehydrate. Bring a pot of water to a rolling boil. Add the beef or chicken to the pot and return the water to a boil. Remove the meat after about three or four minutes. Cut one of the slices to make sure the meat is cooked through.
3. Dry the meat completely. It should be crisp, almost breaking a part rather than soft and bendable.
4. Place the beef or chicken in the freezer for about 20 to 30 minutes. Partially frozen means it will be easier to cut thinly.
5. Slice as thin as possible in strips about 1 inch wide.

6. Dry the cooked meat with paper towels.

7. Cut the slices into one inch squares more or less. When the meat shrinks through the drying process the squares become about the right size for a doggy treat.

8. Place the squares on the dehydrator trays so they are not touching. Dehydrate until the squares are crisp. About midway through the drying process, switch the order of the trays so the tray closest to the heat source is farthest away and the tray that was the farthest away is now closest. The meat can take from eight to 12 hours to dry.

Keep in an airtight container or zipped locked bag.



Dried Apple Slices

Healthy and good for you apples make a healthy and good for him dog treat. Just keep in mind that any dried fruit has more sugar than the same amount of fresh fruit.

Wash the apples. Slice no more than 1/8 thick and remove any seeds. Place in a single layer on the dehydrator trays.

Dry for four to six hours. The apple slices may turn brown but this doesn't affect the flavor. If you don't want brown slices dip the apples in a mixture of half water and half lemon juice. Then place in the dehydrator.



Potato Chips

No we're not talking fried potato chips but dried potato chips. Make these with either sweet potatoes or white potatoes.

3 or 4 medium potatoes

Peel the potatoes. Slice no more than 1/8 inch thick. Thicker than that and the potatoes are too hard to chew. White potatoes turn brown when exposed to air. Blanch the white potato slices in boiling water for 30 seconds.

Place in a single layer in your dehydrator. Dry until the potatoes are crisp. Depending on the dehydrator it could take from four hours to overnight.



The perfect snack for a couch potato!

Beefy Cheese Biscuits

Beef and cheese – two of a dog's favorite flavors. These keep at room temperature in an air tight container.

2 cups white flour
2 teaspoons baking powder
1 egg
4 tablespoons butter
1/2 cup ice cold low or no sodium beef broth
1/2 cup finely shredded cheese

Mix the flour with the baking powder. Cut the cold butter into chunks and then mash it into the flour with a fork. You should still be able to see bits of butter in the flour. Add cheese. Combine all the ingredients. Add the egg and beef broth. Work the mixture with your hands for a minute or two. It shouldn't be sticky or stiff.

Roll out until the dough is about 1/2 inch thick. Cut into 1 inch squares. Bake at 400 degrees for 10 minutes. The biscuits should be golden brown.



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Oatmeal “Cookies”

Only three ingredients are needed for these dog cookies. You don't need sugar or any sweetener. The cookies rise a bit from the egg so don't place them right next to each other.

2 1/2 cups rolled oats

1 egg

1/2 cup milk, chicken or beef broth

Combine all the ingredients. Knead the ingredients for two or three minutes. Cover and let it sit for five minutes. That way the egg and liquid are absorbed by the oats.

Roll the dough into small marble size balls. Place on a greased cookie sheet. Press each ball down so it's flatter. Bake at 325 degrees for 20 minutes.



Grain-free Peanut Butter Cookies

Grain-free is a hot trend in dog food. These cookies are a snap to make and bake.

3/4 cup coconut flour
1/4 cup peanut butter
2 eggs
1/4 cup coconut oil
1/2 cup pumpkin puree (not pumpkin pie filling)

Combine all the ingredients, mixing well. Shape into a ball. Place the ball between two sheets of waxed paper or parchment paper. Roll the dough to about 1/2 thick.

Use a cookie cutter to make shapes or just cut into rectangles.

Place on a greased cookie sheet and bake at 325 degrees for 12 to 15 minutes.



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