

Human/Doggy Treat Recipe List

Spring Time Muffins

ingredients

1 egg
2 tablespoons honey
2 bananas, mashed with a fork
1/4 cup peanut butter
3 1/2 cups whole wheat flour
1 teaspoon baking powder
1 teaspoon cinnamon

Cooking spray

directions

Preheat the oven to 350 degrees . In a bowl, whisk together the egg, honey, bananas and peanut butter. Stir in 3 cups water; whisk until smooth.
In a separate bowl, stir together the flour, baking powder and cinnamon; add to the egg mixture.
Spray two 12-cup muffin pans with cooking spray; fill each cup three quarters full. Bake until browned, about 30 minutes. Let cool.

K-9 Ingredient Meatballs

ingredients

1/2 pound ground beef
1/2 cup cooked brown rice
1 carrot, shredded
1 stalk celery, finely chopped
1/2 cup frozen chopped spinach, thawed and drained
2 tablespoons chopped flat-leaf parsley
2 tablespoons parmigiano-reggiano cheese
1 large egg
2 teaspoons ground turmeric

directions

Preheat the oven to 400 degrees . Grease a muffin pan or a baking sheet. In a medium bowl, combine all of the ingredients and mix well. Fill each muffin tin with about 1/4 cup of the mixture, or form the mixture into 10 balls and place on the baking sheet. Bake until cooked through, about 15 minutes. Let cool completely on a rack.

Peanut Butter and Banana Yogurt Bites

yields: 24 if using small cupcake wrappers

Ingredients:

1 banana
2 cups plain or vanilla yogurt
2 tablespoons of peanut butter

Directions:

Slice the banana and put into blender or a bowl to use with a hand mixer

Add the 2 cups of yogurt

Add the 2 tablespoons of peanut butter

Blend until thoroughly mixed

Pour into molds or use cupcake wrappers. We used the tiny cupcake wrappers for bite-sized treats.

Freeze overnight.

Ta-da! Super easy and incredibly delicious. Great for dessert, breakfast, or in our case desserts to share with our puppies. We plan to make some variations of this that are not so dog friendly with chocolate and various fruits with how simple it is so I'll be sure to post the other kinds when we do!