

Peanut Butter and Banana Oat Dog Treats (By Gwen Burgart and Kim Forrest)

Oats are best known as a strength-giving cereal and are an excellent source of antioxidants. They are:

- are low in starch
- are a valuable source of minerals, including potassium and phosphorus
- have a high silicon content, making them beneficial to our dogs' bones and teeth
- soothe the gastrointestinal and nervous systems

The following recipe feature oats as the prime ingredient. Using organic ingredients when possible will make these treats even healthier!

The ingredients in this recipe are both tasty and nutritious:

Flax seed is a rich source of anticarcinogens and omega-3 fatty acids, and is low in calories, fat, and sodium. The countless benefits of flax seed include a healthier heart, smooth supple skin, and shiny coat. Bananas are creamy, rich, and sweet to a dog's palate and provide superior nutrition with several essential amino acids, electrolytes, minerals, vitamins B6 and C, potassium, fiber, and manganese. Working and performance dogs thrive on bananas because their natural sugars metabolize quickly to provide instant energy. Dogs recuperating from illness or injury benefit as bananas assist in maintaining normal blood pressure, heart function, fluid balance, and digestive tract function. Peanut butter is another highly digestible and nutritious food abundant in protein, healthy fats, and essential vitamins and minerals. Even a picky eater will love these!

4 cups rolled oats, 2 Tbsp ground flax seed, 2 medium very ripe bananas, 1/2 cup natural (no sugar or shortening added), peanut butter 1/2 cup water.

Preheat oven to 375 degrees. Mix together oats, flax seed, bananas, and peanut butter in an electric mixer. Add water and mix well. Drop 1/2 teaspoon-sized drops onto greased cookie sheet or roll out and cut with a cookie cutter (let dough stand for a few minutes before rolling; it's sticky initially). Bake for 25 minutes or until golden brown.

Note: The drops last longer and are delightfully crunchy if they are placed in a dehydrator for several hours after baking to remove all moisture. This can also be done in a low temperature (170 degrees) oven.



Mix & Match Dog Treats (By Maxine Matishak)



Step 1: Choose your add-in (choose just



- 1/2 c sweet potato, cooked and mashed
- 1/2 c tuna or salmon

- 1/2 c canned or cooked pumpkin, puréed
- 1 banana, mashed
- 1/2 c sardines mashed

Tip

Have too-ripe bananas stored in the freezer? Thaw one to use in this recipe! (Peel bananas & throw them in a Ziplock bag before freezing for ease of use)

Step 2: Choose your healthy flavour booster (choose 1 - 2)



- 1 tsp turmeric
- 2 Tbsp shredded, unsweetened coconut (soaked for 1 hour)
- 1 tsp chia seed (soaked for 1 hour)
- 1 tsp cinnamon
- 2 Tbsp fresh parsley, chopped
- 2 Tbsp fresh mint, chopped

Step 3: Mix 2 cups all-purpose flour (or one cup whole wheat and one cup all-purpose if preferred), 1 egg, your choice of add-in and healthy flavour booster in a large bowl.

Step 4: Roll mixture into 1 - 2" balls and place onto lightly oiled baking sheet. Press flat with a fork if desired.

Step 5: Bake at 325° F for 15-20 minutes or until lightly browned on the bottom.

Step 6: Cool and share! Store in an airtight container. Treats will keep for up to a week (freeze any extras).