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The Prairie Wheaten

Special Issue 2004



All dog treat recipes from past copies of *The Prairie Wheaten* are conveniently featured in this one special issue.

Carolyn and Alan Fox
Editor and Publisher of *The Prairie Wheaten*

Recipes For Dog Treats

To avoid treats with additives, preservatives and colours, make nutritious ones right in your own kitchen. All of these recipes have been baked in Carolyn's kitchen and taste tested by real live Wheatens. No Laboratory Animals were used or harmed during experimentation. ☺ A big thanks to the tail-wagging, lip-smacking, exuberant taste testers - Max, Tess, Willow, Lacey, Duff, the five puppies, and Jack, the Jack Russell Terrier!

Use your imagination when making these treats. Several flours can be used or substituted to make up the amount of flour called for in the recipes. Such ingredients as ground flax seed, cracked wheat, dried kelp, alfalfa powder and fish oils can be added in small amounts. These ingredients as well as organic grains can be found at health food stores. The recipes with liquefied raw organ meats, although somewhat revolting to make, were the definite favourites.

Marvelous Meatballs

1 lb. ground beef
4 tbsp. grated cheese
2 carrots, finely grated
1 tsp. garlic powder
1 cup whole wheat bread crumbs
2 eggs, beaten

Combine all ingredients together; mix thoroughly. Roll into bite sized meatballs. Place on greased baking sheets. Bake at 350° for 15 - 20 minutes or until brown and firm. Cool and store in the fridge or freezer.



Barley Squares

1¼ lbs. beef or chicken livers (or kidneys)
2 cups wheat germ
2 tbsp. whole wheat flour
1 cup cooked barley
2 whole eggs
3 tbsp. peanut butter
1 clove garlic
1 tbsp. olive oil

Liquefy liver and garlic clove in a blender. Add eggs and peanut butter. Blend until smooth. In a mixing bowl combine wheat germ, whole wheat flour and cooked barley. Add liquefied liver mixture and olive oil. Mix well. Spread mixture in a greased 9x9 baking pan. Bake at 350° for 20 minutes or until done. (should be brown in colour, no longer red) When cool cut into bite sized squares and store in fridge or freezer.

Salmon Treats

Two 6 oz. cans (one 418 g. tin) of salmon, or tuna
2 eggs
1 cup rice flour
1 tbsp. garlic powder

In blender or food processor add cans of salmon, bones and all. Do not drain. If necessary, add just enough water to liquefy. Blend in 2 eggs. Empty into bowl and add 1 cup rice flour and perhaps a little more until it resembles cake-batter consistency. Add garlic powder. Mix well. Grease a round pizza pan or square cake pan. Spread batter on pan. Bake at 350° for 15 minutes or until edges pull away from sides of pan. Use a pizza cutter or knife to slice into bite sized pieces. Keep in fridge or freezer.



Liver Lover's Cookies

1 lb. raw liver (or kidney)
3 cloves garlic
¼ cup grated parmesan cheese
½ cup grated cheddar cheese
½ cup grated carrots (or other vegetables you have)
1 cup flour (any flour or flours combined to make one cup)
½ cup cornmeal

Put liver through grinder (or liquefy in blender) along with garlic. Place mixture in bowl. Add cheeses, carrots, flour and cornmeal. Mix well. Spread on greased piece of aluminum foil on baking sheet. Bake at 350° for 30 minutes or until no longer pink. Cool. Peel off aluminum foil and break or cut into bite sized pieces. Keep in fridge or freezer.

Chicken Crackers

1½ cups whole wheat flour
1½ cups rye flour
1½ cups brown (or white) rice flour
1 cup wheat germ
1 tsp. dried kelp or alfalfa powder
1 tsp. garlic powder
4 tbsp. vegetable oil
1½ cups chicken stock*
1 lb. ground chicken

In a large bowl combine the first six ingredients. Add oil, broth and chicken. Mix well. Knead slightly then divide in half. With lightly greased hands, pat dough out on 2 baking sheets to 1/8 inch thickness. Bake at 350° until golden brown, approx. 12 to 15 minutes. Cool. Break into bite sized pieces. Store in fridge or freezer.

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Dog Biscuits

1 cup oatmeal
2 cups flour (or ½ cups variety of flours to equal 2 cups)
1 tbsp. brown sugar
½ cup chicken or beef stock*
1 tbsp. olive or vegetable oil
1 egg

Mix together flour, oatmeal, and brown sugar. Mix in the oil, egg and stock to make a dough. Knead dough a few times. Roll out dough to desired thickness. Use cookie cutters in fun shapes or bone shapes, or cut in strips or squares to form biscuits. Place on ungreased baking sheets and bake at 325° for 25 minutes to one hour depending on thickness, until hard to the touch. If thoroughly cooked, these should keep in an air tight container for up to 2 months.

Dawg Treats

Blend until revoltingly liquid:
1 lb. Chicken livers
1 cup cornmeal
½ cup flour
1 garlic bud

Spread this very sticky mixture on well greased baking sheet to ½ inch thickness. Bake at 350° for about 12 minutes. Flop onto cutting board while still warm. Cut into bite sized pieces. Cool then freeze in freezer bags up to 3 months, if they could EVER last that long!!

* How To Make A Meat Stock

It is easy to make a nutritious stock, and MUCH better for your dog than using a bouillon cube with boiling water. Bouillon cubes are full of salts, additives and colour. Use shin and marrow bones for a meaty stock, turkey or chicken carcass (with neck, skin and various meaty bits) for a turkey stock, or washed fish bones, heads, tails, skins and trimmings for a fish stock. Cover the bones with cool water in a large pot with a lid. Bring the contents to a boil and simmer for at least 2 hours and as many as 12 hours to extract all the flavours. Diced vegetables such as carrots, turnips, celery, yams, beans, cauliflower and beets but NOT onions can be added for more flavour and nutrition. No seasonings or bouquet garni need be added to stock for dog treat recipes. When all the goodness has been extracted from the bones, meat and vegetables, strain the stock through a sieve or cheese cloth until clear. When cool, refrigerate the bowl of stock until all the fat rises to become a solid mass on top. Remove this fat mass from the surface. This nutritious stock can be frozen in 1 or 2 cup portions for future use.

Dog Haiku

I lie belly-up
In the sunshine, happier than
You will ever be.
. .
Today I sniffed
Many dog behinds. I celebrate
By kissing your face.
. .
I sound the alarm!
Paper boy, come to kill us all
Look! Look! Look! Look! Look!
. .
I sound the alarm!
Garbage man, come to kill us all
Look! Look! Look! Look! Look!
. .
How do I love thee?
The ways are as numberless as
My hairs on the rug.
. .
My human is home!
I am so ecstatic I have
Made a puddle.
. .
I Hate my choke chain.
Look, world, they strangle me! Ack!
Ack! Ack! Ack! Ack! Ack!
. .
Sleeping here, my chin
On your foot, no greater bliss, well,
Maybe catching cats
. .
Look in my eyes and
Deny it. No human could
Love you as much as I do.
. .
The cat is not all
Bad, she fills the litter box
With tootsie rolls.
. .
Dig under the fence, why?
Because it is there. Because it's
There. Because it's there.
. .
I am your best friend,
Now, always, and especially
When you are eating.
. .
Author unknown



These Irish type Wheaten puppies love their home baked treats.

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Recipes For Dog Treats

2,500 years ago Hippocrates stated, "Let thy food be thy medicine and thy medicine be thy food." This statement is still relevant today. Keeping in mind the correlation between good health and good nutrition here are recipes for dog biscuits that are delicious yet nutritious. These biscuits found favour with the taste testing panel: Max, Duff, Willow, Tess, Lacey and Jack

Doggie Biscuits

1½ cups flour
1½ cups whole wheat flour
1 cup rye flour
1 cup oatmeal
¼ cup liver powder*
1 tsp salt
1 tsp garlic powder
1 egg
½ cup vegetable oil
1¾ cups beef broth

* I found liver powder in capsule form only, so substituted ground flax seed, wheat germ, cracked wheat and 1 tsp each of kelp and alfalfa powder to equal ¼ cup.

Mix flours and all other dry ingredients in a large bowl. Add egg, oil and beef broth. Mix the dough, adding enough additional flour to make a dough that can be rolled. On a floured surface, roll dough to a ½" thickness. Cut with a cookie cutter into desired shapes. Prick with a fork halfway through each biscuit. Bake on a foil covered cookie sheet at 300° for about one hour or until golden brown. Turn off heat but keep the biscuits in the oven until hardened. Store in container for up to 3 months in the refrigerator.

Doggie Delights Gourmet Biscuits

Biscuits to prevent Gingivitis - slow down gum erosion with a hard type of biscuit containing antibacterial herbs.

2 cups cooked chicken giblets (gizzards, hearts, livers)
2 cloves garlic, large
1 tbspc minced onion
1 tbspc dried oregano
1 tbspc cut parsley
1 tbspc safflower oil
1 whole egg
1½ cups stoneground whole wheat flour
1 egg white
Parmesan cheese

Place chicken organs in a pot (1½ pounds of giblets make the 2 cups needed for this recipe). Cover with water and boil, then simmer for 2 hours. Save the water for future biscuit baking.

Combine the cooked chicken giblets, garlic, parsley, oregano, safflower oil and the whole egg. Blend these ingredient for about 2 minutes or until the mixture forms a paste. A Vita-Mix 5000 is suggested; I used a blender. Transfer to a mixing bowl. Use a rubber spatula or your hands to mix, gradually adding the flour to the paste. Add oil if dough is too dry; add flour if it is too wet. Knead the dough a number of times, then leaveto sit for about 15 minutes. Roll out the dough to ½" thickness. Cut the dough into desired shapes and sizes or else make balls and slightly flatten them with a fork before baking. Bake on lightly greased cookie sheet at 350° for 15 minutes on each side (total 30 minutes).



Remove the biscuits from the oven and turn it down to 200°. Beat the egg white until soft peaks begin to form. Baste the biscuits with the egg white, then sprinkle the Parmesan cheese

Rosemary And Garlic Biscuits

Healthful Heart Snacks - garlic, rosemary and kelp are antioxidants, excellent for the heart. A little hawthorn berry, excellent for improving cardiac functions could be worked into the dough.

2½ cups whole wheat flour
½ cup ground sunflower seeds
1 tsp kelp powder
1 tsp rosemary powder
2 eggs, beaten
½ cup chicken stock
2 cloves garlic, pressed

Combine all the dry ingredients, mixing well. Combine the wet ingredients until well blended. Mix all ingredients together, adding more liquid if necessary to form a stiff dough that can be formed into a ball by hand. Set the dough aside for 30 minutes or cover and refrigerate overnight. Roll the dough out to a ¼" thickness and cut into desired shapes. Bake on cookie sheet at 350° for 30 minutes. For a firm biscuit, turn off oven and let them sit until oven is cool. You should get anywhere from 4 - 8 dozen depending on size of biscuit cutter. Store in covered container in refrigerator.

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Recipes For Dog Treats

These nutritious yet delicious recipes are appropriate for everyday enjoyment or for gift giving. Use holiday shaped cookie cutters for treats and biscuits to package in festive containers or cellophane bags to give as gifts to your favourite canine friends. Do remind the recipient's owner that the biscuits should be kept frozen or refrigerated.

The recipes presented here were tested in Carolyn's kitchen and heartily approved by the enthusiastic Taste Testing Panel: Taffin, Ceilidh, Chelsea, Sadie, Chinzia, Lexi and Max.

Nutty Fruit Treats

2½ cups whole wheat flour (or various other flours)
⅓ cup chopped unsalted pecans and/or other nuts
1 cup oatmeal
½ cup dried fruit (apricots, raisins, cranberries, apples, bananas)
¾ cup milk
4 tbsp margarine
1 egg

Combine dry ingredients. Gradually add milk, margarine and egg. Knead until a dough forms.
Roll dough to ¼ inch thickness. Cut with cookie cutter and place on ungreased cookie sheet. Bake at 300° for 45 minutes. Keep in fridge or freeze.



Very Veggie Biscuits

3¼ cups whole wheat flour (or various other flours)
½ cup cornmeal
½ cup diced celery
⅛ cup diced red bell peppers (optional)
½ cup shredded carrots
½ cup unsalted sunflower kernels
1 tsp chopped parsley
½ tsp each oregano leaves and kelp
1 clove minced garlic
1¼ cup broth (vegetable, chicken)
3 tbsp corn oil

Mix broth and oil. Add flour, cornmeal, vegetables, garlic, parsley, and sunflower seeds. Knead dough for a few minutes. Roll to ¼ inch thickness. Cut shapes and place on ungreased cookie sheets. Bake at 350° for 30 minutes. Keep in fridge or freeze.

Delectable Dog Cookies

3 cups whole wheat flour (or various other flours)
¼ cup chopped unsalted nuts and/or seeds
2 tablespoon vegetable oil
2 eggs
2 tablespoons molasses
any or all of the following, to taste:
grated cheese, fresh garlic or garlic powder, nutritional yeast

Combine all ingredients and knead into a firm ball; add milk if more moisture is needed.

Roll the dough out and cut it into your dog's favourite cookie shapes. Place them on a greased cookie sheet and bake at 300° for 30 to 40 minutes or until the cookies are crispy.



Doggie Biscotti

3 eggs, well beaten
½ cup unsweetened applesauce
1 cup chicken stock
2 cloves garlic, pressed
2 cups kamut flour
1 cup millet flour
1 cup ground unsalted sunflower kernels
2 teaspoons baking powder
1 teaspoon kelp

Mix the wet ingredients together. Do the same with the dry ones, though separately. Blend all ingredients well. Combine both wet and dry materials, adding flour or more liquid to make the dough stiff enough to handle, yet still slightly sticky.

Preheat the oven to 350°. Form the dough into three logs, about 14" long and 4" wide. Lay them on one baking sheet. To keep the dough from sticking to your hands, slightly oil your hands with olive oil. Bake for close to 30 minutes. Take from the oven and let them cool for 15 minutes on a wire rack.

Reduce the oven temperature to 300°. Slice the biscotti in the traditional angular way, about ½ inch per cookie. Lay the biscotti flat on a cookie sheet and bake for another half hour or until dry. Turn off the oven and let the slices stay in the oven for a harder biscotti. Freeze to retain freshness.

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Delicious Dog Cookies

1½ cups cooked rice*, oatmeal, or other whole grain cereal
¼ cup whole or skim milk powder
¼ cup vegetable oil
¼ cup wheat bran
¼ cup whole wheat flour, rye flour, or corn meal
any or all of the following, to taste:
grated cheese, nutritional yeast, fresh garlic or garlic powder, oregano, fennel seed, unsalted seeds or nuts

Combine all ingredients into a firm ball; add milk if more moisture is needed. Roll the dough out and cut it into your dog's favourite cookie shapes. Place them on a greased cookie sheet and bake at 300° Fahrenheit for 30 to 40 minutes or until the cookies are crispy.

* I used cooked rice and found I needed to add an egg and more flour to get a firm ball of dough that held together.

Carob Chip Biscotti

2 eggs, beaten
6 tbsp. carob chips
2 tbsp. honey or molasses
½ cup beef or chicken stock
½ cup chopped unsalted nuts and/or sliced almonds
¼ cup unsalted sunflower kernels
2 tsp. baking powder
½ tsp. kelp
2½ cups dark rye flour

Combine and gently heat 2 tbsp. carob chips in stock. Add honey or molasses when chips are melted. Remove from heat, add beaten eggs. Set aside. In separate bowl combine nuts, seeds, baking powder, kelp and rye flour. Mix well. Incorporate liquid into dry ingredients. When thoroughly mixed, add remaining 4 tbsp. of carob chips and distribute throughout dough.

Divide dough in half and form 2 logs about 10" long by 4" wide. Place on a cookie sheet. A bit of vegetable oil on your hands will prevent dough from sticking. Place logs in a 350° oven for about 25 minutes.

Remove logs from oven. Reduce oven to 300°. Allow logs to cool on rack for about 15 minutes, then slice ½" slices in the traditional angular way of biscotti. Lay the slices flat on the cookie sheet and bake for another 25 minutes. Turn off oven and let slices stay in the oven for a harder biscotti. Freeze to retain freshness.

Note:

Kamut flour, millet flour, unsalted sunflower kernels, kelp, carob chips and nutritional yeast are available at health food stores.



**I talk to her when I'm lonesome like,
and I'm sure she understands.
When she looks at me so attentively,
and gently licks my hands;
Then she rubs her nose on my tailored clothes,
but I never say naught thereat,
For the good Lord knows I can buy more clothes,
but never a friend like that!**

-W. Dayton Wedgefarth



Recipes For Dog Treats

Using the Three Dog Bakery concept, I am presenting healthy recipes that resemble people foods and would look delicious in any bakery display case. They are meant for dogs but your human friends could be fooled. As usual these recipes were tested in Carolyn's kitchen. The Taste Testing Panel, who gave each of these treats an enthusiastic two paws up, were Wheatens Max, Jake, Murphy, Reilly, Duff, Tess, Lacey, Willow, Taffin, and Ceilidh, Logan the Bearded Collie, Gus the Lab, George the Springer and Jack the Jack Russell.

Three of these recipes call for carob chips. Carob chips are available at Health Food stores. Do not substitute chocolate for carob. Dogs should **not** eat chocolate as it is toxic to them in certain amounts.

Carob Truffles

- special occasion treats

1½ cups carob chips
1 cup peanut butter (chunky or smooth)
1 cup wheat germ

Melt carob chips in double boiler stirring constantly. Remove from heat. Add peanut butter and wheat germ. Stir until mixture thickens enough to form balls in the palm of your hand. (It may be necessary to cool the mixture in the refrigerator) Form balls and roll in wheat germ, oat bran, ground flax seed or cracked wheat. Transfer to airtight container and store in fridge or freezer.

Carob Chip Cookies

2 cups whole wheat, or assorted flours
1 tbsp. baking powder
1 tbsp. ground flax seed
1 cup carob chips
1 cup peanut butter, smooth or chunky
1 cup low fat milk
2 eggs
¼ cup honey

Combine the flour, baking powder and flax seed in a large bowl. Combine the peanut butter, milk, eggs and honey in a smaller bowl. Mix well until combined.

Add the milk mixture to the dry ingredients and mix with a hand beater. Stir in carob chips, just until combined.

Preheat oven to 375°. Using a teaspoon for smaller cookies, tablespoon for larger cookies, drop dough onto an ungreased cookie sheet. Bake for 10 to 20 minutes depending on size. When they are done, remove from oven and let stand for one minute before placing on cookie rack to completely cool. Makes about 100 teaspoon sized soft cookies. Store in fridge or freezer.



Peanut Butter Biscotti

2½ cups whole wheat, or assorted flours
2½ cups all purpose, or assorted flours
½ tsp. baking soda
1 egg
¼ cup oil
1 cup crunchy peanut butter
2 tsp. vanilla
water
1 cup carob chips (optional)

Combine flours and baking soda in a bowl. Add egg, oil, peanut butter, and stir with a wooden spoon until lumpy. Add carob chips. Slowly add cold water 1 teaspoon at a time until a stiff dough forms. Do not over mix.

Divide dough in half and form into 2 logs. Place on lightly greased baking sheets and flatten logs to 1 inch high. Bake at 325° for 30 minutes. Remove from oven and cool for 20 minutes.

With a serrated knife, cut logs into ½ inch slices. Return slices to baking sheet and bake at 325° for 20 minutes or until golden. Cool and store in containers in fridge or freezer.

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Healthy Muffins

- 1½ cups seven grain, or assorted flours
- 1 cup oatmeal
- 1 cup oat bran
- 2 tsp. baking soda
- 1 tsp. cinnamon
- 1 egg lightly beaten
- ¼ cup honey
- 3 tbsp. vegetable oil
- ¾ cup low fat milk
- “optional ingredients”
 - apples/bananas blended together
 - shredded zucchini and carrots
 - nuts/raisins
 - shredded cheddar/jack cheese
 - cooked chicken

Mix dry ingredients in a large bowl. In a separate bowl, mix the egg, honey, oil and milk. Mix your “optional” ingredients into the honey mixture, then mix the honey mixture into the dry ingredients. Line muffin tins with baking cups. Fill cups ¾ full and bake at 425° for 15 - 20 minutes. Cool and store in container in fridge or freezer.

Party Pupcakes

- 1½ cups seven grain, or assorted flours
- ¼ cup oatmeal
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ cup plain yogurt
- ½ cup water
- ¼ cup vegetable oil
- 2 tbsp. honey
- 2 eggs
- 1 large apple
- 1 cup grated cheddar cheese

In a large bowl mix together flour, oatmeal, baking powder and baking soda. In a medium bowl blend together the yogurt, water, oil, honey and eggs. Core, slice and grate the apple (no need to peel). Stir apple and cheese into wet mixture then add to the flour mixture and stir until mixed.

Spoon into greased or baking cup lined muffin tins, filling about ¾ full. Bake for about 20 minutes at 400° or until a toothpick

inserted in the center of a muffin comes out clean. Let them rest in the muffin tins for a few minutes, remove and set aside to cool.

Pupcake Frosting

- 1 cup lowfat cream cheese
- 2 tbsp. plain yogurt
- 2 tbsp. honey
- 2 - 3 tbsp. flour
- chopped walnuts

Combine cream cheese (at room temperature), honey and yogurt until smooth. An electric mixer can be used. Add enough flour to thicken the frosting to a good spreading consistency. Frost the pupcakes, sprinkle them with chopped walnuts.

* * * * *

For a single layer cake, spoon the batter into a sheet pan and bake for an extra 15 - 20 minutes or until toothpick comes out clean. Let the cake cool then decorate with frosting and walnuts.



Shown left to right: Peanut Butter Biscotti, Party Pupcakes, Carob Truffles, Carob Chip Cookies and Healthy Muffins

Recipes for Dog Treats

I'm going back to basics and offering recipes that are nutritious yet quick and easy. With these recipes "time" can never be an excuse for neglecting to bake delicious healthy treats for your dog. After these easy doughs are mixed, you can simply pat them out to bake in one large mass (as in Italian Delights), or cut into treat sized squares to bake. For special occasions or gift-giving, a bone shape or cookie cutter can be used, but dogs don't worry too much about the shape of their biscuit. As usual, these recipes have been tested in Carolyn's kitchen. Kitchen Assistants Max, our Wheaten, and MacDuff, our daughter's Basset Hound, found them all lip-smacking good.

*Look for interesting and healthy flours to use in your dog biscuit baking. Health Food stores have a wide variety from Soy to Barley to Seven Grain flour. At Safeway I recently found a flour I didn't know existed - gluten free pea flour. I used small amounts in some of these recipes. Be inventive with the "additional ingredients" as well. **Rosemary** stimulates the circulatory system and treats bad breath. **Kelp** is rich in vitamins, contains 30 minerals, aids with brain and nerve function, aids digestion and controls the thyroid. **Alfalfa** aids in healing allergies, stomach ailments and bad breath; cleanses the kidneys and removes poisons from the body. **Ground flaxseed** provides Omega-3 fatty acids, nourishes and is soothing to the stomach and intestinal linings, and also helps put a sheen on the coat.*



Italian Delights

4 cups assorted flours
2/3 cups vegetable oil
2/3 cup powdered milk
2 eggs
1/2 cup grated Parmesan cheese
1 tablespoon garlic powder
1 teaspoon oregano leaves
1 teaspoon chopped fresh parsley
1/2 teaspoon rosemary
Optional: ground flax seed, cracked wheat, chopped nuts, wheat germ

Thoroughly blend all ingredients. Add just enough water (or chicken stock) to form a stiff dough. Roll or pat dough out to a thickness of 13 mm (1/2 inch). Place the dough on an ungreased cookie sheet and bake at 350° for 15 to 20 minutes. For crunchy treats, turn off oven and let the cookie stay in the oven for an additional hour. Allow the giant treat cookie to cool then break into small pieces. Store the pieces in plastic bags in the refrigerator or freezer.

Chicken-Licken Biscuits

4 cups assorted flours
2 cups cornmeal
Pinch of salt
2 eggs
6 tablespoons vegetable oil
2 teaspoons chopped fresh parsley
1 1/2 cups chicken stock
Optional additions: ground flax seed, wheat germ, cracked wheat, chopped nuts, 1 tsp kelp, 1 tsp alfalfa

Mix the flours, cornmeal and salt into one bowl. Whip the eggs, oil, parsley, chicken broth and optional ingredients in a separate large bowl. Add the flour mixture to larger bowl and mix until a soft dough forms. Knead the dough and pat or roll it out to 13 mm (1/2 inch) thickness. Use cookie cutters to make bone or holiday shaped biscuits. * Quick and easy method: cut into squares with a sharp knife.



Place on lightly greased cookie sheets and bake at 400° for 15 minutes. Cool on racks, let harden overnight, then store in airtight container in refrigerator or freezer.

Cheesy Cookies

2 cups quick-cooking oats
1/2 cup margarine
2 cups hot meat stock
2 cups assorted flours
1 1/2 cups yellow cornmeal
1 cup nonfat milk
2 eggs
2 tablespoons sugar (opt'l)
2 cups grated cheddar cheese
All-purpose flour
Optional additions: ground flax, wheat germ, cracked wheat, chopped nuts ...

Place the oats and margarine in a large bowl. Add the hot meat stock and mix well. Add the remaining ingredients and optional ingredients if desired. Mix and form into one big ball, adding flour as needed to make a stiff dough. Roll or pat dough out to a 13 mm (1/2 inch) thickness. Use bone shaped or holiday shaped cookie cutters to cut out cookie shapes. * Quick and easy method: using a floured sharp knife, cut dough into squares.

Place on lightly greased cookie sheets. Bake at 350° for 10 to 12 minutes, or until golden brown. Let the cookies cool on racks and harden overnight. Store in airtight container in refrigerator or freezer.

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Bow Wow Biscuits

6 cups assorted flours
½ cup powdered milk
2 tablespoons chopped fresh parsley
2 teaspoons garlic powder
2 tablespoons active dry yeast
½ cup warm water
2 cups warm chicken stock
1 egg
1 tablespoon skim milk
Optional additions: ground flax; 1 tsp alfalfa, kelp, or rosemary; wheat germ; cracked wheat

Combine flours, powdered milk, parsley and garlic powder in a large bowl. Dissolve the yeast in the warm water in a smaller bowl for a few minutes. Add the warm chicken stock to the yeast. Combine the liquid mixture into the large bowl and knead for 4 or 5 minutes. Roll the dough out to a 6 mm (¼ inch) thickness. Cut into bone shapes and place on an ungreased cookie sheet. Beat the egg with the skim milk. Brush the

dough lightly with this glaze. * Quick and easy method: cut dough into squares with a sharp knife and omit glaze.

Bake for 20 - 25 minutes at 350°. Cool biscuits on racks, let harden overnight then store in airtight container in refrigerator or freezer.



Special Diet Treats

Some dogs are on prescription or therapeutic diets available only from veterinarians. (Hypoallergenic, Reduced Protein, Kidney Management, Gastro Formula...). In certain cases these dogs may be allowed to eat ONLY that kibble and that kibble alone. Here is cookie recipe for those dogs who may feel they are missing out on treats.

2 cups of therapeutic diet
1¼ cups water (more or less)

Place the dry kibble in a blender. Grind it to a fine “flour-like” powder. Place the powdered kibble in a small bowl. Add enough water while stirring the mixture until it is of cookie dough consistency. Drop teaspoons full of “dough” onto cookie sheet. Bake at 350° for 30 minutes. Bake longer for a crunchier cookie or larger cookies. Store these cookies in the refrigerator for up to ten days.

The Best Part About Owning A Dog...

... is the way he will come over to see me, for no reason,
just to let me know I'm important to him...
... is the way he is always ready to lick the jelly off my nose...
... is the way he looks into my eyes and finds contentment in
simply being near me...
... is the way he will run all over the yard, fetch a soggy tennis
ball and bring it back to me as if to say “look mom, it's all
I have, but it's yours...
... is the way he wakes me up in the morning by pushing his
cold wet nose in my ear and snuffing loudly...
... is the way he shreds toilet paper all over the house, because
it's fun even though he knows he shouldn't...
... is the way he comes over to me when he is sad...
... is the way he wedges himself near me when I am sad and
push all others away, to console me with his love...
... is the way he pounces on crickets in the backyard...
... is the way he doesn't care about bad hair day or overdue bills...
... is the way he loves you, even when you are impatient with
him and have no time this morning for a game of tug-a-war...
... is the way his coat feels like liquid silk under my fingers...
... is the way he finds wisdom beyond words.



Recipes For Dog Treats

Barb Osborne and Carolyn Fox offer some recipes that are sure to be winners with your dogs. All of these treats have been baked by Barb or Carolyn and taste tested by their dogs and their dog's friends. All were given a two paws up. As usual, most recipes can be adapted to your dog's needs. For example, if your dog is on a low fat diet, leave out any oil and replace with an equal amount of water. Wheat flour may be substituted with rye, rice or barley flours. A small amount of kelp, alfalfa or rosemary powder may be added to most recipes for extra nutrition.



Doggie Spice Cookies

Makes about 25 delicious cookies.
Humans can enjoy these too!

½ cup honey
¾ cup unsweetened applesauce
1 spoonful orange marmalade
¼ cup molasses
1 egg
1¼ cup white flour
1 cup barley, rye or whole wheat flour
2 tsp baking soda
1 teaspoon ginger
1 tsp cinnamon
½ tsp dried cloves
½ cup chopped peanuts or shelled sunflower seeds

Preheat oven to 350°
Mix together first five ingredients.
In a separate bowl, mix remaining ingredients, then stir into the moist mixture.
Drop a spoonful of the mixture onto a greased baking sheet.
Bake for 8 to 10 minutes then cool on a rack before serving. Store in an airtight container.



Grandpaw Spot's Salmon Patties

Here's a simple bake at home recipe from Three Dog Bakery's Tummy Rub Club "guaranteed to be quite a howlin' hit with canines both old AND young. Their soft texture makes them especially droolish for those old dog choppers. Even after they're baked, these stay nice and soft and chewy. Salmon provides great omega3 fatty acids for vibrant, healthy skin and coat."

3 cups all purpose flour
1 large egg
3 tablespoons cornmeal (omit, if desired, and increase flour by two tablespoons)
6 oz. (213g) can of salmon, packed in water, drained (tuna can be substituted)
¼ cup parmesan cheese
1 tsp. oregano
1 tablespoon vegetable oil
1 clove garlic, minced
¾ cup water

Preheat oven to 350°. Combine all dry ingredients. Add wet ingredients and mix well. Roll into quarter-size balls, then flatten lightly between the hands. Place on baking sheet sprayed with a non-stick cooking spray. Bake for 30 minutes. Cool on baking sheet. Should still be soft after cooling. Store in a sealed container and refrigerate. Yield 24 patties.

Max's Veggie Biscuits

4 cups assorted flours
1 tsp dried basil leaves
1 tsp dried oregano leaves
½ tsp ground kelp
½ tsp ground rosemary
½ tsp garlic powder
¾ cup chopped carrots
¼ cup cut green beans
2 tbsp tomato paste
¾ cup water
2 tbsp canola oil

In a large bowl combine flours (whole wheat, barley, rye...) basil, oregano, kelp, rosemary, and garlic. In a food processor or blender, combine carrots, green beans, tomato paste, oil and water. Puree contents until smooth. Pour into bowl with dry ingredients and mix well. Knead until dough holds together. Add more water if necessary. Roll out dough. Use a pizza cutter or knife to cut dough into bite-size rectangles or squares. Bone shaped cutters could also be used. Place on baking sheet. Bake at 350° for 20 minutes. Place pans on racks until completely cool. Reduce oven to 300°. Bake for 20 - 30 minutes more or until hard. Transfer biscuits to rack and let cool completely before serving.

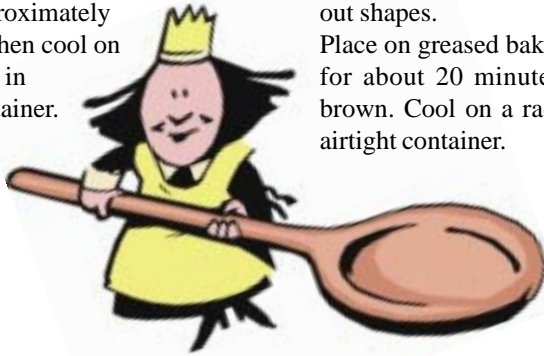
Note: Biscuits can be stored in tightly sealed container for up to 30 days. For a low-fat version of this recipe replace oil with 2 tbsp of water.

The Prairie Wheaten

Banana-Rama Delights

1½ cups ripe mashed bananas
½ tsp vanilla
3 cups oats
½ cup chopped peanuts or shelled sunflower seeds
¼ cup unsweetened applesauce

Preheat oven to 350°.
Mix all ingredients together.
Drop spoonfuls of the mixture on ungreased baking sheet and press down with a fork.
Bake for approximately 15 minutes, then cool on a rack. Store in airtight container.



Birthday Bones

2 cups whole wheat flour
1 tbsp baking powder
1 cup crunchy peanut butter
1 cup milk

Preheat oven to 350°.
In one bowl, combine dry ingredients. In another bowl, combine peanut butter and milk.
Add wet mixture to dry, and mix well.
On a lightly floured surface, knead the dough. Roll out to ¼ inch thick and cut out shapes.
Place on greased baking sheet and bake for about 20 minutes or until lightly brown. Cool on a rack and store in an airtight container.

Ginger Snaps

½ cup molasses
2 tbsp honey
½ cup water
¼ cup vegetable oil
2 cups white flour
1 cup whole wheat or barley flour
1 tsp baking soda
¼ tsp cinnamon
½ tsp ground cloves
2 tbsp ground ginger
¼ cup raisins
¼ cup shelled sunflower seeds

Preheat oven to 350°.
In a bowl, combine molasses, honey, water and oil.
Mix remaining ingredients in another bowl. Stir dry mixture into wet and mix well.
Knead dough on a lightly floured surface and roll out to ¼ inch thick. Cut into shapes.
Place on greased baking sheet and bake for 20 minutes. Cool on rack and then seal in airtight container.



“Dogs are our link to paradise. They don’t know evil or jealousy or discontent. To sit with a dog on a hillside on a glorious afternoon is to be back in Eden, where doing nothing was not boring—it was peace.” - Milan Kundera

Recipes for Dog Treats

From meaty goodness, to fruity flavors, to veggie variety, this assortment of nutritious recipes is sure to have your dog salivating. As usual they have been tested in Carolyn's kitchen and taste-tested by the faithful kitchen assistants Max and MacDuff. In some cases, particularly with the Fabulous Meatballs, the assistants were waiting with eager anticipation as meaty garlicky scents wafted from the oven.

An excellent product to have on hand for making dog biscuits is Rogers 9 Grain. It contains nine different natural whole grains: oat flakes, wheat flakes, wheat bran, barley flakes, rye flakes, triticale flakes, millet, cornmeal, flax seed, sunflower seed, and wheat germ. It is natural, has no additives and is a rich source of fiber. When a recipe such as Trail Mix Tail Waggers calls for "barley flakes", 9 Grain could be substituted. In some recipes a portion of the flour could be replaced with 9 Grain.

Carrot Cookies

2 cups carrots - boiled and pureed
2 eggs
1 teaspoon parsley flakes
2 cups rye, rice or barley flour
1 cup rolled oats or Rogers 9 Grain
¼ cup wheat germ

Combine carrots, eggs and parsley. Mix until smooth. Add dry ingredients. Roll out on heavily floured surface and cut into bars or desired shapes. Bake at 300° for 45 minutes or to desired crunchiness. The centers will continue to harden as they cool. Brush with egg white before baking for a glossy finish. Store in a covered container in the refrigerator or freezer.

Chicken Tarragon Treats

1 cup ground chicken or ground turkey
2 cups various flours
1 cup cornmeal
1 egg
3 tablespoons oil
¾ cup water
2 teaspoons tarragon leaves

Cook ground chicken and crumble into bowl with wet ingredients. Mix the dry ingredients into a separate bowl. Add the dry ingredients to the wet and mix thoroughly. Turn out on a cornmeal covered surface and roll or pat to ½ inch thick. Use bone cutters or cut into squares with a sharp knife. Place on greased baking sheets; bake at 375° for 15 to 20 minutes. Cool on racks. Store in a covered container in the refrigerator or freezer.

Pumpkin Dog Biscuits

4 eggs
1 cup canned pumpkin
1 teaspoon salt
4 tablespoons powdered milk
5 cups flour
water

Blend eggs and pumpkin together; add salt, dry milk, and flour. Add water as needed to make a workable dough. Roll to ½ inch thick. Cut into shapes - pumpkin shapes would be fun for Halloween or Thanksgiving. Place 1" apart on lightly greased baking sheet. Bake at 350° for 30 to 40 minutes. Cool and let harden. Store in covered containers in the refrigerator or freezer.



Apple Cinnamon Biscuits

4 cups assorted flours (barley, rye, whole wheat)
1 tsp ground cinnamon
1 cup water
¾ cup chopped cored apple
2 tbsp canola oil
2 tbsp blackstrap molasses
1 large egg

Combine flours and cinnamon in a large bowl. In a food processor or a blender, combine water, apple, oil, molasses, and egg. Puree until smooth. Pour over dry ingredients and mix well.

Knead the dough in the bowl until it holds together. Transfer to a lightly floured surface and roll out dough to a ¼ inch thickness. Use a cookie cutter or cut into bite-size squares with a sharp knife. Use a fork to poke holes in the surface of each biscuit. Place about ½ inch apart on nonstick baking sheets. Bake at 350° for 20 minutes or until firm. Place pans on racks until completely cool. Reduce oven to 300° and bake for 30 minutes longer or until hard. Transfer biscuits to rack to cool completely. Store in refrigerator or freezer.

The Prairie Wheaten

Trail Mix Tail Waggers

1 cup chicken broth
¾ cup variety of nuts and seeds:
peanuts, sunflower, pumpkin
¾ cup chopped naturally dried fruit:
bananas, apples, prunes, apricots, pears
3 cups dark rye flour
¾ cup barley flakes or Rogers 9 Grain
6 tbsp safflower oil

In a bowl combine nuts, seeds, chopped dried fruit, oil and broth. Add barley flakes then slowly add flour until you have a until a workable dough. Flour cutting board and roll or pat dough to a ½ inch thickness. Use bone shaped cutters or a knife to cut into squares. Press firmly to cut clean edges through the soft fruit. Bake for 20 minutes at 375°. Turn oven down to 200° for about 30 minutes and let bones dry naturally until hard. Refrigerate or freeze in a covered container.

Fabulous Meatballs

1 pound ground beef
¾ cup grated cheddar cheese
2 carrots, shredded
1 cup whole grain bread crumbs
2 eggs whisked
2 tsp garlic powder
2 tsp tomato paste
Optional additions: kelp powder, alfalfa powder, ground flax seed, rosemary, oregano leaves

Combine all ingredients in a bowl until well mixed. Scoop out by the spoonful and roll into mini-size meatballs. Place the meatballs on a lightly greased baking sheet. Bake at 350° for 15 to 20 minutes. When cool, sharpen your dog's fetching skills by tossing him a few meatballs. Store the remaining in the refrigerator or freezer in a covered container.

Veggie Cheese Treats

1 cup grated cheddar or mozzarella cheese
6 tablespoons vegetable oil
6 teaspoons applesauce
1 cup finely chopped vegetables (broccoli, carrot, celery, green pepper, red pepper)
2 cloves of garlic, minced
2 cups whole-wheat or other flour
½ cup milk (approximate)

Mix cheese, oil, and applesauce. Add veggies, garlic, and flour. Combine thoroughly. Add just enough milk to form a ball (about ½ cup). Cover and chill for half an hour. Roll onto floured surface to ¼ inch thick. Cut into shapes. Bake at 375° on greased baking sheet for 20 minutes or until golden brown. Cool on racks. Store in a covered container in the refrigerator or freezer.



Dog topiaries at Ladew Topiary Gardens near Monkton, Maryland.