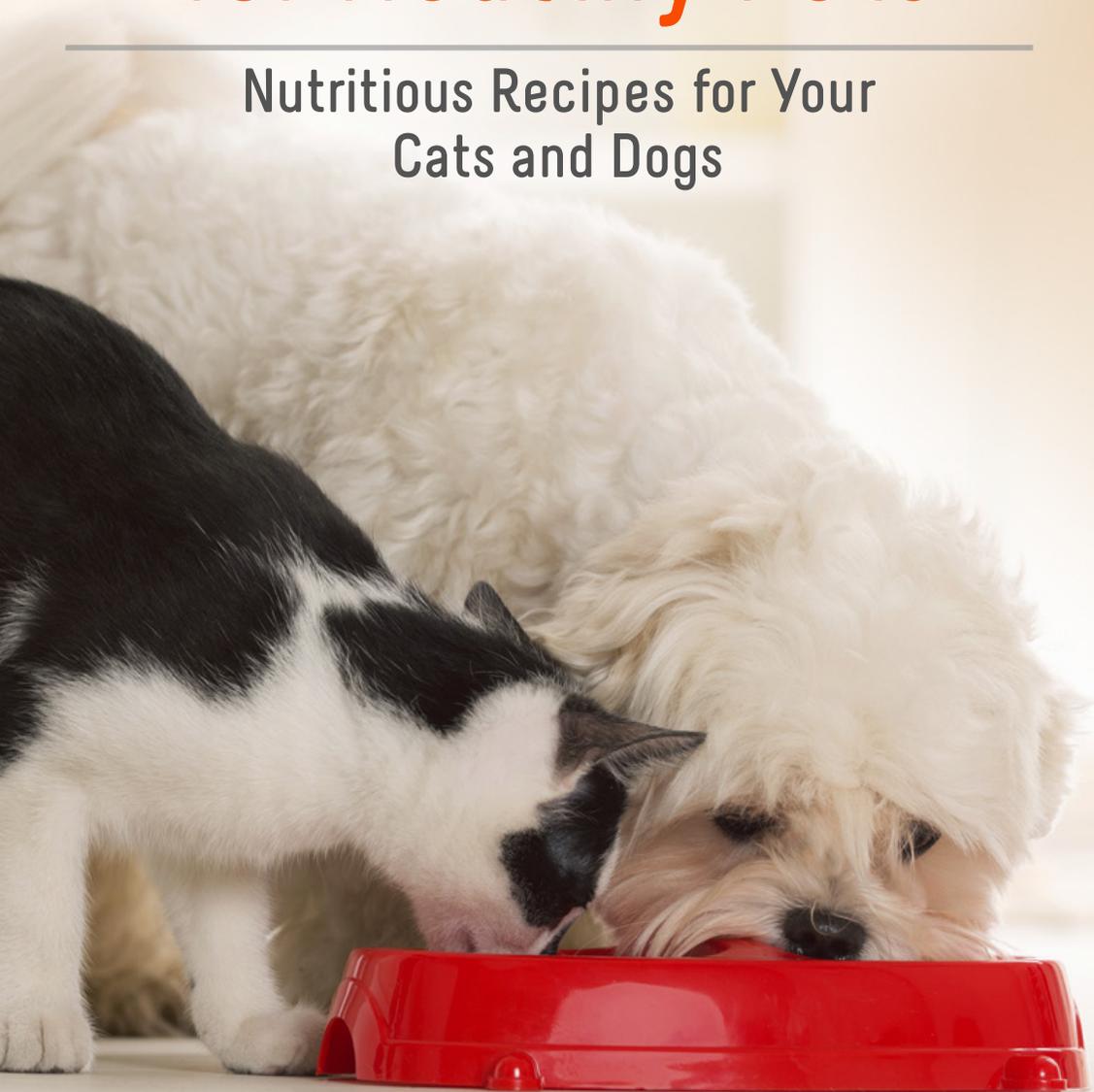


Homemade Treats for Healthy Pets

Nutritious Recipes for Your
Cats and Dogs



Dr. Karen Becker

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INTRODUCTION

Create Fun and Nutritious Meals for Your Beloved Pets — Right in Your Own Kitchen

Like humans, the quality of life and health of your pets largely depends on their diet. Food is the foundation upon which health or illness is built. If you're like a majority of pet owners and pet lovers, then you're most likely concerned about giving your pets the proper nutrition they deserve. After all, pets like cats and dogs are not just animals you take care of – they're a loving and important member of your family.

Remember, the type of foods you give to your pet can either heal or harm. Dogs and cats, which are carnivores and predators by nature, require a species-appropriate, meat-based diet. Dogs and cats don't require grains, so finding "cookies" and treats that don't have an abundance of corn, wheat flour, or rice flour can be difficult, which is why I created this treat cookbook for you!

As a licensed doctor of veterinary medicine, I have made it my mission to proactively educate and support pet owners in making smart feeding choices for their pets.

I prepared *Homemade Treats for Healthy Pets: Nutritious Recipes for Your Cats and Dogs* as a simple guide in producing healthful but easy-to-make snacks for your beloved pets. It's the perfect complement to my more comprehensive cookbook, *Real Food for Healthy Dogs and Cats*.

My mom, who loves animals as much as I do, and I enjoy sharing time in the kitchen. Together, we have prepared countless meals for our families. We have also made hundreds of batches of homemade pet food for my pack, and now we've created a bunch of homemade pet treat recipes we'd like to share with you.



We are very excited to share with you these yummy, species-appropriate pet treat recipes, which I believe are a much healthier option than the majority of treats you see on supermarket shelves.

The Pitfalls of a Processed Pet Food Diet

When you take a stroll down the pet food aisle of your local grocery, you will likely be overwhelmed by the numerous cat and dog food choices available – dry, pouched, canned, kibbled, moist, semi-moist... the list goes on. Many pet parents think they're making the right choice when they buy these attractively packaged products that promise the highest quality foods for their furry pals. Even the most well-meaning pet parents fall into this and other marketing traps.

But don't be deceived – it's all part of the pet food business, which is an extension of the big food and agricultural industries that produce nutritionally deficient, overly processed junk foods. Their number one priority is to make money... not to ensure your pet's health. Sure, there are a handful of ethical companies producing human grade, fresh,

non-GMO, organic pet foods out there, but they can be hard to find and often times, cost prohibitive. The cheapest way to know exactly what is in your pet food and treats is to make it yourself. If you choose to make your pet's food, it's very important you follow a recipe that has been tested to be nutritionally complete.

Balance is key to ensuring that your home-cooked meals will nourish your pet and not end up destroying his health. This means that the food you make must contain all the vitamins, minerals, and other nutrients your dog or cat needs.

Many veterinarians, including myself, have seen disease, severe nutritional deficiencies, and irreversible organ damage in pets due to their well-meaning owners feeding them homemade but nutrient-lacking diets.

So when preparing your pet's meals, make sure that it doesn't just taste good – it should be varied and nutritionally complete.

The Perks of Feeding Your Pets Homemade Treats

Preparing homemade meals for your pets has plenty of benefits, which I'll summarize into these three points:

- **You have TOTAL control over what goes into your pet's food.** You can adjust the ingredient list, making sure that there are no additives or preservatives going into your pet's body. Plus, your pet can enjoy high-quality organic meats, and not the rendered proteins found in many processed pet foods.
- **Your pets will enjoy fresh foods that can be catered to their special nutritional requirements.** You can select the right vegetables, herbs, and other spices that have the vitamins, minerals, antioxidants, omega-3s, and medicinal properties that your pets need.
- **It helps you save money in the long run.** You can stock up on large quantities of meats and vegetables when they're on sale, then prepare, package, and freeze the treats ahead of time. Another good idea is to pair up with friends who want to provide their pets the same high-quality treats – you can divide the expense and treat preparations among yourselves, or better yet, bake with a friend!

My Personal Recommendations on Making High-Quality and Nutritious Pet Treats

Making your own pet treats may seem intimidating at first, but with the right instructions, you can prepare creative and yummy treats that will nourish your pets. And the best part? You'll have fun while preparing them!

My mom and I have personally formulated the healthy recipes in this mini e-cookbook, each one made with human-grade, high-quality ingredients. What we've learned in creating these homemade pet recipes is that you can turn almost any species-appropriate human leftover (meat, fruits, and veggies) into a tasty treat your pet will love. So don't throw out that overripe banana or that last bit of hamburger and veggies – turn it into a tempting treat for your pets.

These recipes are meant to be easy and quick. If you don't have all the ingredients, just add in something species-appropriate of similar consistency that you have in your kitchen.

I can't stress this enough: as much as possible, please use only organic or free-range meats when preparing these recipes. I also recommend using non-GMO foods, organic produce, and farm-fresh or cruelty-free (high-DHA) eggs whenever possible.

You'll also see that we grease most baking sheets, but I "cheat" and use non-stick coconut oil spray most of the time. These treats are freshly baked goods that contain perishable ingredients, so if you're not using them now, store them in the freezer or in the refrigerator for future use.

Some recipes also call for "flours" – almond flour, coconut flour, potato flour, hemp/protein, or pumpkin flour – but please note that none of them contain any true allergenic or inflammatory grains, such as wheat, rice, oats, or corn. So feel comfortable feeding your pets these treats – they are all grain-free.

We've also created recipes for pets with special needs, using ingredients that are extra supportive of specific medical conditions such as diabetes, sensitive tummies, Cushing's disease, kidney and liver issues, and restricted-diet and allergenic pets. However, all these recipes can be fed to healthy pets. All these recipes are also species-appropriate, even though the name of the recipe may imply otherwise.

I have included easy-to-follow steps that even a beginner in the kitchen can handle. I guarantee that they all taste awesome and will surely delight your beloved pet's taste buds.

We hope you enjoy making and feeding your pets these treats as much as we enjoyed creating them for you.

Embark on a healthy, yummy, whole food journey with your beloved pets. Now's the time to start!

In good health,

Karen and Jeannine Becker

Chewy and Savory Snacks

Chewy Parsley Liver Cubes



Liver and other organ meats are an essential part of the natural diet of wild canines and felines. Here's a tasty way to serve it to your domesticated pooch or kitty.

Ingredients:

- 1 lb. beef liver, thinly sliced
- 2 Tbsp. dried parsley

Procedure:

1. Dry the liver slices by blotting them with a paper towel, and then dust them with parsley.
2. Transfer the liver to a greased cookie sheet, and bake for 30 minutes at 325°F.
3. Remove the cookie sheet from the oven, flip the liver slices, and then bake for another 20 minutes.
4. Once the liver is cooked, transfer to a cooling rack. Once cool, cut into bite-sized cubes.

Store in the refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

Fishy Beef Bites



A perfect blend of fish and beef, this protein-loaded snack is a scrumptious treat for your dog or kitty.

Ingredients:

- 1 cup ground meat (turkey, bison, venison, or beef)
- 7 ½ oz. can of wild-caught Alaskan sockeye salmon, drained
- ¾ sweet potato, cooked and mashed
- 1 egg

Procedure:

1. Mix all ingredients together, and then spread into a greased 9x13-inch baking dish.
2. Bake at 350°F for 50 minutes.
3. Remove from oven and let cool for 15 minutes.
4. Loosen the edges and flip onto a clean cookie sheet, bottom side up. Bake for another 20 minutes.
5. Once done, remove from the oven and let cool before cutting into bite-sized pieces.

Store in the refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

Liver Tater Meatloaf



Whet your pet's appetite with this rich, liver-flavored treat – a filling meal suitable for a hungry pet!

Ingredients:

- ⅓ cup beef liver, chopped
- 2 eggs
- ¼ cup potato flour
- ½ cup peas
- ½ tsp. turmeric

Procedure:

1. Put all ingredients in a food processor and blend. Pour into a greased 5x6-inch baking dish or loaf pan.
2. Bake at 350°F for 45 minutes.
3. Once cooked, remove from the oven and let cool before cutting into bite-sized pieces.

Store in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

Turkey Balls



Turkey, like chicken, is an exceptional source of protein for cats and dogs. However, make sure you use free-range organic turkey and not poultry from confined animal feeding operations (CAFOs).

Ingredients:

- 1 cup ground turkey
- 1 egg
- 1 tsp. chopped parsley
- ¼ cup cottage cheese
- ½ cup sweet potato cooked, peeled, and mashed

Procedure:

1. Mix all the ingredients together, and then roll into 1-inch balls.
2. Place on a greased cookie sheet and bake at 325°F for 45 minutes. Let cool once done.

Store extra turkey balls in the freezer or refrigerator and consume within one week. If stored in the freezer, this treat can stay fresh for up to three months.

Crunchy Treats

Canned Dog Food Treat



Do you have a pet that must consume a certain canned food and can't have treats? No worries. You can easily convert canned food into a crunchy treat. Here's what to do.

Ingredients:

Canned dog food*

Procedure:

Place gumdrop-sized spoonfuls of canned food onto a greased cookie sheet. Bake at 350°F for 45 minutes, and voila – a great on-the-go treat for your diet-restricted friend!

You can store extra portions in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

**Make sure you choose an organic, grain-free dog food made from human-grade ingredients.*

Kitty Krunch



Add some crunchy goodness into your favorite feline's snack! This sardine-turkey-chicken combination packs good amounts of protein to meet your cat's nutritional needs.

Ingredients:

- 1 jar chicken baby food
- 1 can sardines packed in water, drained and mashed with a fork
- 1 cup fresh ground turkey

Procedure:

1. Mix all ingredients together, and then spread into greased 6x8-inch pan. Bake at 325°F for 60 minutes.
2. Once done, loosen the edges and turn onto a cooling rack. Break into bite-sized pieces when cooled.

Store in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

Liver Biscotti



Let your dog have a grand time chewing on this liver-flavored biscuit. Crunchy and appetizing, this treat will definitely keep him coming back for more!

Ingredients:

- ⅓ cup chopped beef liver
- ½ cup beef broth
- ¾ cup pumpkin or almond flour

Procedure:

1. Mix the liver, beef broth, and ¼ cup flour in a mixing bowl. Pour into a blender and blend until smooth, about 30 seconds. Transfer back to the bowl.
2. Add remaining ½ cup flour and stir well. Pour into 5x7-inch greased bread pan, and then bake at 325°F for 1 hour.
3. Once done, loosen edges and flip onto a cooling rack. Let cool for 20 minutes and decrease the oven temperature to 250°F.
4. Slice the liver mixture into ½ inch strips and bake at 250°F for another 40 minutes, until hard and brittle. Once done, let cool before feeding to your pets.

Store extra portions in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

Mineral Rich Morsels



Plant seeds like pumpkin, sunflower, and sesame seeds are loaded with nutrients and minerals. Add them to your pet's diet by creating these bite-sized, crispy treats.

Ingredients:

6 Tbsp. almond flour	2 Tbsp. sunflower seeds
2 Tbsp. pumpkin seeds	2 Tbsp. sesame seeds
2 Tbsp. chia seeds	1 egg
2 Tbsp. hemp hearts	Pinch of sea salt (optional)

Procedure:

1. Blend all the seeds in a food processor. You can also use a coffee bean grinder, but since I don't own one, I use my salsa maker.
2. Transfer ground seeds to a bowl. Add remaining ingredients and mix well.
3. Grease your hands with coconut oil and roll the mixture into gumdrop-size balls. Place on a greased cookie sheet. Bake at 350°F for 20 minutes.
4. Allow it to cool before serving to your pets.

Store extra servings in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

Oh My, Omega Cookies



Give your pets healthy plant- and animal-based omega fatty acids with these flavorful cookies.

Ingredients:

- 1 can sardines packed in olive oil
- ½ tsp. turmeric
- 1 egg
- ½ cup beef, chicken, or veggie broth
- 2 ⅓ Tbsp. almond flour
- ¼ cup hemp protein powder
- 2 Tbsp. chia seeds

Procedure:

1. Mix all the ingredients together. Roll into 1-inch balls, and then press flat with a fork on a greased cookie sheet.
2. Bake at 350°F for 20 minutes. Let cool before serving to your pets.

You can store extra portions in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

Sardine Crisps



Spoil your favorite felines with this healthy and wholesome snack idea. My kitties absolutely love these quick and easy sardine crisps!

Ingredients:

1 can sardines packed in water

Procedure:

1. Drain the can of sardines and dry the sardine fillets with a paper towel. Cut into smaller bite-sized pieces.
2. Place sardine pieces on a vented pizza pan or aerated cookie sheet. Bake at 400°F for 20 minutes or until crisp.

You can store extra portions in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

Pet-Friendly Cookies and Desserts

Antioxidant Cookies



Here's a delicious snack that's bursting with healthful, free radical-scavenging antioxidants. The unique blend of blueberries and herbs like turmeric and basil will surely delight your pet.

Ingredients:

- ½ cup organic blueberries, chopped
- 1 cup ground bison or turkey
- 1 tsp. turmeric
- 2 Tbsp. basil
- 1 Tbsp. coconut flour

Procedure:

1. Mix all ingredients together, and then roll into 1-inch balls. Press flat with a fork.
2. Bake on greased cookie sheet at 400°F for 20 minutes. Let cool before giving to your pets.

Store extra cookies in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

Banana Nut Biscotti



Got a couple of overripe bananas at home? Don't throw them in the garbage bin yet! Make yummy and crunchy biscotti with this simple recipe.

Ingredients:

2 overripe bananas
¼ cup plain kefir
1 ½ cups almond flour

Procedure:

1. Blend all ingredients together, and then pour into a greased 5x7-inch mini loaf pan.
2. Bake at 325°F for 1 hour. Once done, remove from oven and let cool for 20 minutes. Flip onto a cutting board and slice into ½ inch strips.
3. Bake the strips again at 250°F for an hour, or until hard. Remove from oven and let cool before giving to your pets.

Store extra servings in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

Coconut Scones



These “cookies” will make your kitchen smell amazing, and if you like eating cookie dough yourself, you’ll enjoy this one! I highly recommend this recipe for pets with allergies because of its allergen-busting ingredients.

Ingredients:

1 cup plain organic whey protein
1 tsp. fresh oregano*
3 Tbsp. local organic honey**

6 Tbsp. coconut flour
3 Tbsp. melted coconut oil

Procedure:

1. Mix all the ingredients together in a bowl.
2. Grease your hands well with coconut oil and press the dough flat onto a greased cookie sheet. Bake at 375°F for 5 minutes.
3. Once done, loosen the edges and flip onto a cooling rack. Cut into desired sizes once cooled.

Store in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months. Note: feel free to lick the bowl!

**Recommended for animals with yeast problems, a common secondary frustration for allergy patients.*

***Provides immune system support against local allergens.*

Low-Fat Freeze Pops for Pups



Pop out this low-fat and refreshing treat on hot summer days! Note: do not offer these treats to dogs that “inhale” (don’t chew) their treats.

Ingredients:

3 cups fat-free organic broth (chicken, beef, or veggie)

¼ cup plain, organic kefir

1 jar organic meat or veggie baby food (Make sure that it has no onions!)

Procedure:

1. Add all the ingredients to a blender and blend on low until smooth, for about 30 seconds.
2. Pour the mixture into ice cube trays and freeze.

Store extras in the freezer to keep them from melting. This can stay fresh for up to three months.

Pumpkin Almond Cookies



The sweetness of pumpkin and the rich flavor of almond butter come together in this simple, pet-friendly dessert.

Ingredients:

- ¼ cup coconut flour
- 1 egg
- ½ cup canned or cooked pumpkin
- 1 Tbsp. almond butter
- 2 Tbsp. coconut oil
- Dash of cinnamon, ginger, or clove (optional)

Procedure:

1. Mix all the ingredients together, and then form into small 1 to 2-inch cookies.
2. Place on a greased cookie sheet and bake at 325°F for 30 minutes.

Store extra portions in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

Sweet Potato Muffins or Cookies



Can't decide between cookies or muffins? Here's a flexible recipe that can swing both ways.

Ingredients:

- 1 large sweet potato, peeled, cooked, and mashed
- 3 eggs
- $\frac{3}{4}$ cup unsweetened applesauce
- 1 $\frac{1}{3}$ cups coconut flour
- 1 banana, mashed
- $\frac{1}{4}$ cup kefir
- $\frac{1}{2}$ tsp. ginger (optional)
- $\frac{1}{2}$ tsp. cinnamon (optional)

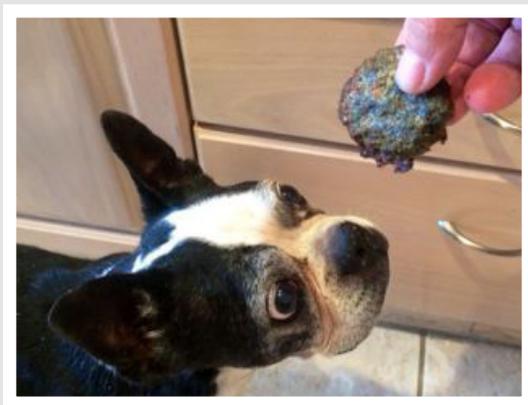
Procedure:

1. Mix all the ingredients together. Fill greased muffin pans, or form into small 1- to 2-inch cookies (It's your choice!).
2. Bake at 300°F for 40 minutes to make 9 large muffins, 20 minutes for mini-muffins, or 30 minutes for cookies.
3. Let cool before serving to your pets.

Store extras in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

Recipes for Pets with Health Conditions

Cushing's Cookies



This special treat contains ingredients that are “functional foods,” which help to naturally reduce the adrenal gland’s overproduction of sex hormones and cortisol. I actually feed this to my Boston terrier Rosco (pictured above), who has Cushing’s disease.

Ingredients:

- ½ cup High Lignan Flax Hulls*
- ½ cup chopped mushrooms (shiitake, maitake, or any pet-safe variety)
- ½ cup steamed, chopped or mashed cauliflower
- ¼ cup minced raw, unsalted pumpkin (pepita) seeds
- 2 cups lean ground beef
- 1 egg

Procedure:

1. Blend all the ingredients together. Roll into 1-inch balls, and then press into cookies.
2. Place on greased cookie sheet and bake at 350°F for 25 minutes. Allow to cool before serving to your pets.

Store extra cookies in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

**You can buy this from a health food store or online. Do not use ground flax powder or flaxseeds.*

Diabetic Delights



Incorporating cinnamon in a diabetic pet's diet is a great idea. It contains an active ingredient that mimics insulin and helps improve blood sugar regulation. Here's one way to add it to your pet's food.

Ingredients:

- ½ to 1 tsp. cinnamon
- ½ cup hemp protein powder
- 1 cup lean ground beef or ground turkey
- 2 eggs

Procedure:

1. Mix all the ingredients together. Spread into an 8x8-inch greased baking pan, and bake at 350°F for 30 minutes.
2. Once done, loosen the edges and let cool. Cut into bite-sized pieces.

Store extra portions in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

GI Soothing Bites



This treat contains ingredients that I've specifically chosen for gastrointestinal issues. They are anti-inflammatory, low-residue, and calming to the GI tract. It's perfect for "sensitive" animals.

Ingredients:

- ¼ cup slippery elm powder*
- 1 cup canned pumpkin
- 1 tsp. freshly ground ginger root
- 3 fresh peppermint leaves or 5 drops essential oil of peppermint
- ¼ cup potato flour

Procedure:

1. Blend all the ingredients together. Note that the mixture will be very stiff.
2. Roll into quarter-size balls, and then press flat with fork. Place on a greased cookie sheet and bake at 325°F for 25 minutes. Let cool before giving to your pets.

Store extra portions in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

**You can buy this from a health food store.*

Kidney Kisses



Cottage cheese is a kidney-friendly type of dairy, and a healthy addition to your pet's diet if he or she is suffering from kidney problems.

Ingredients:

- ½ cup cottage cheese
- 1 cup potato flour
- 1 tsp. fresh chopped parsley

Procedure:

1. Mix all the ingredients together. You can use your fingers to mix the dough (Make sure you wash your hands thoroughly before doing this). The dough may turn out lumpy, but this is all right.
2. Roll the dough into 1-inch balls and flatten them with the bottom of a glass. Place on a baking sheet and bake at 275°F for 40 minutes.

Store extra portions in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

Love My Liver Low-Protein Snackies



This snack combines liver-friendly ingredients that are ideal for pets who are struggling with liver health issues. It's great for cats and dogs alike.

Ingredients:

- 1 cup pumpkin or coconut flour
- 1 medium sweet potato, baked, peeled, and mashed (makes about 1 cup)
- ½ cup unsweetened applesauce

Procedure:

1. Blend all ingredients together, and then spread into greased 8-inch baking dish.
2. Bake at 275°F for an hour to reach a chewy consistency.*
3. Once cooked, let cool and cut into bite-sized pieces.

Store extra servings in the freezer or refrigerator and consume within one week. If stored in the freezer, this can stay fresh for up to three months.

**To make crispy bites, bake the mixture for 1 ½ hours.*

FINAL NOTES

Please note that this simple cookbook is not an all-inclusive guide, and that you should not limit your pet's diet to just these recipes. For more nutritional variety, I recommend trying out other wholesome recipes that would incorporate a wider range of healthful ingredients.

You can start by reading my cookbook *Real Food for Healthy Dogs and Cats*. It will guide you into creating and planning nutritious and pet-specific meals, as well as provide you other useful tips like:

- Rotating foods for nutritional benefit and overall health
- Incorporating fatty acids, digestive enzymes, probiotics, and antioxidants in your recipes
- Preparation and storage dos and don'ts, as well as foods and ingredients to avoid
- Preparing homemade essential mineral and vitamin supplements

Cats and dogs are loving and affectionate beings that shower you and your family with devotion and protection. Make sure you reciprocate their love by giving them the proper nutrition they deserve. Try these fun but simple yummy treats today!



About

Dr. Karen Becker

Dr. Karen Becker is a proactive and integrative wellness veterinarian. She received her degree in veterinary medicine from the Iowa State School of Veterinary Medicine, and completed exotic animal internships in California and at the Berlin Zoo in Germany. She is certified in veterinary acupuncture and homeopathy.

Dr. Becker founded the Natural Pet Animal Hospital, Feathers Bird Clinic, and TheraPaw Rehabilitation and Pain Management Clinic in Illinois. She is licensed by the U.S. Fish and Wildlife Service to rehabilitate injured and orphaned endangered species through her non-profit organization, Covenant Wildlife.

She is also the veterinary consultant for Mercola Healthy Pets, where over half a million passionate animal lovers receive her free wellness newsletter seven times a week. This is the largest pet wellness website on the Internet, with over a million monthly visitors.

Dr. Becker conducts lectures about species-appropriate nutrition, and has co-authored *Whole Dog Journal's* Best Homemade Diet Book of All Time awardee, *Real Food for Healthy Dogs and Cats*. Dr. Becker has also appeared on the hit show *Animal Planet*, and is deeply honored to be named one of Chicago's Top Ten Vets by *Chicago Magazine*.

She is a member of numerous veterinary and animal welfare organizations, including the American Veterinary Medical Association, American Holistic Veterinary Medical Association, Association of Wildlife Veterinarians, International Veterinary Acupuncture Society, and National Wildlife Rehabilitator's Association.

Dr. Becker enjoys spending time with her family, including a variety of rescued pets. Her hobbies include horticulture, writing, and cooking, so collaborating with her mom to create these recipes was a very enjoyable experience.