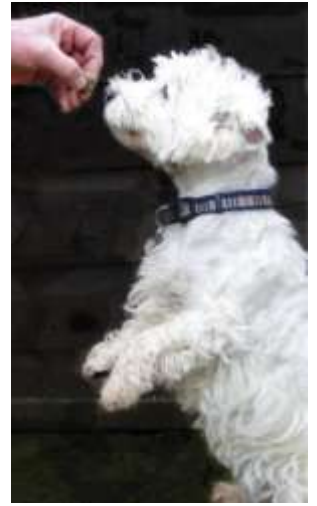


(Beith)



Why make your own dog treats?

Well, for a start you know what goes into them, particularly important if your dog's stomach or skin is sensitive and you need to avoid beef, colourants, wheat etc. Use rice flour, or oat flour (whizz some porridge oats in the processor for a coarse oat flour) instead of wheat flour or you could buy some rye flour if you prefer. At home we make our own treats and I must say that I find it strangely satisfying and therapeutic. The dogs go wild for them, and really appreciate their 'mum' being a domestic goddess for a while. They love the natural smells of cheese, liver, pilchards and all the good quality ingredients that go into them. I must admit to a liking of the cheese biscuits myself! After fiddling around with various ideas I came up with the following, which are pretty standard favourites in our house, although of course you can substitute your dog's favourites for any of the recipes.

Tasty Training Treats (guaranteed to get their attention!)

Ingredients: Liver, Kidney or Heart, or if you're feeling generous some chicken breast

Method - Rinse the meat and cut into thin/medium slices

Line a baking tray with foil or greaseproof paper, put the sliced meat in

Cook at about 100 degrees C until cooked and semi-dried

Cut into $\frac{1}{2}$ " squares and freeze until required. Will keep in the fridge for a couple of days.

Chirpy Chicken Liver Slices

Ingredients: 700g. chicken livers, 2 eggs,

oat or rye flour, or a mix of both, 2 garlic cloves



Method - Blitz the chicken livers, eggs and garlic in a blender

Stir in the flour until smooth, using about 50/50 liver mix to flour

Pour into a well-greased baking tin. Sprinkle the mixture with porridge oats or semolina

Cook at 150 degrees until very firm (about 30 minutes). Turn out and cool.

Cut into squares or slices. Will keep in the fridge for 2 days or freeze until required.

★ NB Chicken livers are easier to blitz than lambs or pig's liver as there are no stringy bits to get caught up around the blade *(learned from bitter experience!)*



Luscious liver and kidney cupcakes

Ingredients: 300g (more or less) kidneys, 500g liver (quantities can be adjusted to suit)

Oat flour, or rye flour to make 50/50 meat to flour, 3 eggs, 2 garlic cloves, 1 rounded tablespoon Brewer's Yeast powder, some finely chopped apple or carrot.

Method: De-core the liver and kidney and blitz in a blender with the eggs, garlic, Brewer's Yeast,

Stir in the flour and finely chopped apple or carrot.

Put into well-greased muffin tins or paper cases.

Push a small slice of carrot in the top to amuse the humans.

Bake until firm, then cool on a cooling tray

Will keep for a couple of days in the fridge, or freeze until required.

Cheeky Cheesy Biscuits



Ingredients: 150g cheese, 300g oat flour, or a mixture of oat, rye and rice flour, Oil to mix, or beef, chicken, duck or goose dripping (preferred!!), a little water, 2 eggs

Method: Grate the cheese, soften the dripping

Mix all the ingredients until the consistency of pastry and knead lightly

Roll out to approx. $\frac{1}{4}$ " thickness.

Using a biscuit cutter (dog or bone shapes look nice) cut out as many biscuits as you can

Put onto a greased baking sheet and bake at 160 degrees C until crisp and golden (the smell is divine)

Cool on a cooling rack.

These biscuits will keep for a while in an airtight tin, but we can guarantee that they won't last long!

Easy isn't it? There's no end to the variations you can come up with. Cheaper and more wholesome than commercial dog treats, and guaranteed to give you one happy dog!



(Lottie)