

## Cookies by the Spoonful

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THE COOKIES IN THIS CHAPTER ARE MEASURED OUT BY THE SPOONFUL TO MAKE BITE-SIZE TREATS. YOU CAN VARY THE SIZE OF THE SPOONFUL FOR YOUR DOG, MAKING SMALLER ONES FOR TOY BREED DOGS AND LARGER COOKIES FOR BIGGER DOGS. IF YOU VARY THE SIZE, HOWEVER, CAREFULLY WATCH THE COOKING TIMES. SMALLER TREATS WILL NEED LESS COOKING TIME THAN THE RECIPE CALLS FOR, AND LARGER TREATS MORE.

MOST OF THESE RECIPES WILL CREATE A DOUGH THAT IS EASILY MIXED BY HAND, ALTHOUGH YOU CAN USE A MIXER IF YOU WISH. IF YOU SHOULDN'T USE A MIXER BECAUSE DOING SO COULD DAMAGE THE INGREDIENTS, THE RECIPE WILL STATE THIS.

WHEN SPOONING THE DOUGH OUT ONTO COOKIE SHEETS, MAKE UNIFORMLY SIZED TREATS IN EACH BATCH. IF YOU HAVE TREATS OF VARIOUS SIZES ON ONE COOKIE SHEET, THEY WILL NOT COOK UNIFORMLY; YOU MAY HAVE SOME OVERDONE AND SOME UNDERDONE.

MOST OF THESE RECIPES ASK YOU TO PLACE THE DOUGH ONTO GREASED COOKIE SHEETS. YOU CAN USE OIL, BUTTER, OR NONSTICK SPRAY ON THE COOKIE SHEET TO KEEP THE TREATS FROM STICKING. WATCH THE TREATS DURING BAKING; OVENS AND MICROWAVES VARY, AND SO WILL THE BAKING TIMES.

MICROWAVED TREATS CAN BE COOKED ON A HEAVY-DUTY PAPER PLATE (NOT STYROFOAM) OR ON A PAPER TOWEL ON A MICROWAVE-SAFE PLATE.



Chunk Chicken and Sweet Potato Treats	6
Microwave Oatmeal Balls	8
Peanut Butter-Honey Nut Cheerios Balls	10
Taco Treats	12
Tummy-Tempting Chicken Soup Cookies	14
Italian Beef Treats	16
Molasses Granola Balls	18
Ginny's Bonanza Treats	20
Cheesy Chicken Delights	22
Chicken Liver Treats	24
Gina's Three-Cheese Cookies	26
Bisquick and Beef Treats	28
Riker's Favorite Liver Treats	30

# Chunk Chicken and Sweet Potato Treats

✈ Makes 40 to 50 bite-size treats ✈

These treats have tasty chunks of chicken and sweet potato and appeal to even the fussiest eaters.

1¼ cups of ½-inch pieces of cooked chicken  
½ cup of ½-inch pieces of cooked sweet potato  
2 cups all-purpose whole wheat flour  
1 cup evaporated lowfat milk  
½ teaspoon salt  
½ teaspoon baking powder  
2 large eggs

1. Preheat the oven to 350 degrees.
2. Mix all the ingredients together well, making sure the pieces of chicken and sweet potato are thoroughly coated.
3. Drop by rounded teaspoon onto greased cookie sheets.
4. Bake 14 to 18 minutes or until golden brown.
5. Remove from oven, let cool thoroughly, and store in an airtight container in the refrigerator.

## TREATS AND TIDBITS: STORING TREATS

You can make the best recipe in the world, but if the end product isn't stored correctly, your efforts will be in vain. Let treats thoroughly cool on a wire rack before packaging them; if you don't, too much moisture will build up in the container, and the treats will soften and can even spoil.

Always store your dog's treats in an airtight container, whether a plastic bowl with a tight-fitting lid or a zipper-top plastic bag with all the air pressed out; this seals in the freshness and keeps moisture out.

Treats and cookies containing meats should always be stored in an airtight container in the refrigerator to prevent spoilage. To use them, take out as many treats as you wish to feed your dog and then return the container to the refrigerator. Most treats in the refrigerator have a shelf life of about 2 weeks; if you wish to keep them longer, freeze them. Treats can be frozen for up to 4 months. To use the treats, take from the freezer as many as you wish to thaw and let them thaw in the refrigerator.



# Microwave Oatmeal Balls

— Makes 60 round bite-size treats —

These cookies are small, round, very hard, and crunchy. If made small enough, they can also serve as great training treats. If you make these as training treats — by making them smaller than recommended — reduce the cooking time. You want the treats to be firm and dry when taken out of the microwave but not scorched. They will harden as they cool.

$\frac{3}{4}$  cup nonfat dry milk

$\frac{1}{2}$  cup all-purpose flour (white, whole wheat, barley, or potato)

1 cup quick oats

$\frac{1}{4}$  cup flaxseeds

$\frac{1}{4}$  cup cornmeal

2 tablespoons low-sodium beef bouillon powder

$\frac{1}{2}$  cup melted butter

1 large egg

$\frac{1}{2}$  cup warm water

1 cup quick oats, for coating treats

1. Mix the first six ingredients well.
2. Add the butter, egg, and water and mix until the mixture forms a ball of dough.
3. Spread the second cup of quick oats on a breadboard.
4. Form marble-size pieces of dough into balls, rolling each in the oats.
5. Place 12 oat-covered balls on a heavy-duty paper plate (not Styrofoam).

6. Microwave the plate of treats at 50% power for 4 to 5 minutes.
7. Remove from the microwave, let cool thoroughly, and store in an airtight container.

### NUTRITIONAL NOTES: FLAXSEED

These tiny, red-brown seeds are a rich source of anticarcinogens called *lignans*. They are also rich in omega-3 fatty acids. These have many health benefits for dogs, including contributing to a healthy heart, and they also contribute to smooth, supple skin and a shiny coat. Their low calories, fat, and sodium make flaxseeds a healthy ingredient for most dog treats.

1 tablespoon of flaxseeds contains:

- 25 calories
- 1 gram protein
- 3 grams fat
- 1.5 grams carbohydrates
- 5 mg sodium



# Peanut Butter—Honey Nut Cheerios Balls

✂ Makes 50 to 60 bite-size treats ✂

These cookies are soft and slightly crumbly, and they smell wonderfully peanutty! The Cheerios add a unique texture and taste to these cookies.

¼ cup natural peanut butter (creamy or chunky)  
2 cups Honey Nut Cheerios  
1 cup all-purpose flour  
½ cup vegetable oil  
2 large eggs

1. Preheat the oven to 350 degrees.
2. Warm the peanut butter in the microwave for about 1 minute, until it's soft enough to mix with the other ingredients.
3. Add the rest of the ingredients to the peanut butter, mixing gently but thoroughly.
4. Form rounded teaspoons of the dough into balls, squeezing each ball in your hand to press it all together. This will reduce some crumbling during baking.
5. Place on greased cookie sheets.
6. Bake for 8 to 10 minutes or until the bottoms are golden brown.
7. Remove from the oven, let cool thoroughly, and store in an airtight container.

## TREATS AND TIDBITS: AVOIDING WHEAT

If you need to avoid flour or wheat because your dog has allergies, you can use a flour made of ground quick oats; simply put quick oats in a blender or food processor and grind into a coarse flour. For more information about making treats for dogs who have allergies, see chapter 5.





# Taco Treats

— Makes 60 to 70 soft bite-size treats —

These nutritious treats have a touch of spice!

2 cups ground beef, precooked with a dash of minced garlic  
¼ cup grated cheddar cheese  
2 tablespoons mild salsa  
1 small ripe avocado  
1 cup whole wheat flour  
2 large eggs  
⅔ cup water

1. Preheat the oven to 350 degrees.
2. Blend together the first four ingredients until thoroughly mixed.
3. Add the rest of the ingredients, and continue to mix until the dough is well combined. The dough will be sticky.
4. Drop by teaspoon onto greased cookie sheets.
5. Bake 12 to 15 minutes or until golden brown.
6. Remove from the oven.
7. When the treats are thoroughly cool, store them in an airtight container in the refrigerator.

**Crunchier Treats:** For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

## NUTRITIONAL NOTES: AVOCADO

Avocados are originally from Mexico, although many are now grown in California and Florida. Most dogs love avocados, which are high in fat and flavor. Although obese dogs should not be fed avocados (because of their high fat and calorie count), other dogs need not avoid them. They are a great source of energy for active or working dogs, and the high fat content is great for healthy skin and a shiny coat. Plus, as a fruit, avocados contain no cholesterol.

1 medium-size avocado contains:

- 370 calories
- 5 grams protein
- 40 grams fat
- 13 grams carbohydrates
- 9 mg sodium
- 22 mg calcium
- 90 mg phosphorus
- 2 mg iron
- 1300 mg potassium
- 170 RE vitamin A
- 30 mg vitamin C



# Tummy-Tempting Chicken Soup Cookies

🐾 Makes 50 to 60 bite-size treats 🐾

These soft cookies are quick and easy to make yet will have your dog begging for more. Ludwig, a German Shepherd Dog, loves this recipe made with Campbell's Savory Chicken with White and Wild Rice.

1 cup ground high-quality dry dog food kibble

2 cups Bisquick baking mix

1 18.8-ounce can Campbell's Chunky Chicken Soup

1. Preheat the oven to 350 degrees.
2. Put the dog food kibble in a food processor or blender and grind to a coarse flour. Measure 1 cup after grinding.
3. In a large bowl, mix together the ground kibble and the remaining ingredients until well combined.
4. Drop by teaspoon onto greased cookie sheets.
5. Bake for 15 minutes or until golden brown.
6. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

## NUTRITIONAL NOTES: PROTEIN

Complete proteins, which contain all the amino acids needed for good canine health, can be found in eggs, meat, fish, poultry, milk, and other dairy products. Incomplete proteins — those that are lacking one or more essential amino acids — are found in beans, peanuts and other nuts, grains, and potatoes. Proteins are needed for all the functions of life, including growth, repair of injuries, energy, and much more. From the shape of their teeth to the functioning of their bodies, dogs are designed to eat meats and proteins. 1 gram of protein supplies the body with 4 calories, the same as 1 gram of carbohydrates.



# Italian Beef Treats

🐾 Makes 40 to 50 bite-size treats 🐾

These treats are colorful and smell great. Make them for your dog on a night when you fix Italian food for your family.

2 cups cooked ground beef  
1 tablespoon minced garlic  
1 6-ounce can tomato paste  
½ cup canned grated Parmesan and Romano cheese  
1½ cups all-purpose flour  
½ cup nonfat dry milk  
2 large eggs

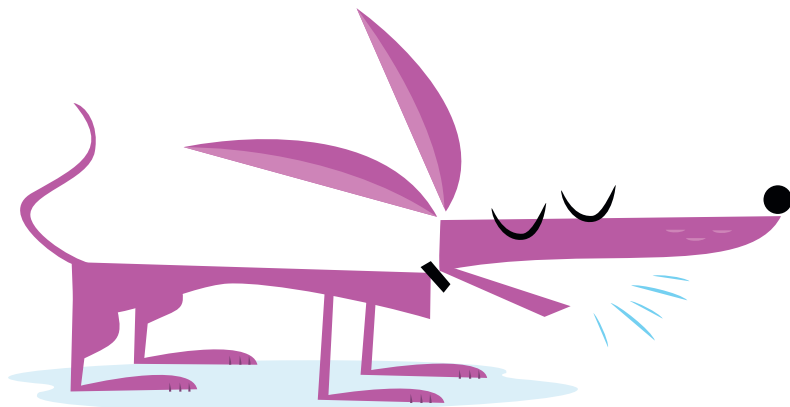
1. Preheat the oven to 350 degrees.
2. Mix together the first three ingredients until the meat is well coated. Add the remaining ingredients and mix well.
3. Drop by teaspoon onto greased cookie sheets.
4. Bake for 10 to 15 minutes or until the bottoms are golden brown.
5. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

## NUTRITIONAL NOTES: TOMATO PASTE

Tomato paste is highly concentrated tomatoes or tomato sauce. Some tomato pastes are strictly tomatoes, while others have added spices and citric acid. For dog treats, choose one that contains only tomatoes. The health benefits of tomatoes for dogs are many. They provide good nutrition, including lycopene, an antioxidant that is a known anti-cancer agent. Most dogs also enjoy the taste of tomatoes (some to the point of helping themselves to ripe tomatoes in the garden) and so treats containing tomatoes and tomato paste are very appealing.

1 tablespoon of tomato paste contains:

- 14 calories
- 1 gram protein
- 0 fat
- 3 grams carbohydrates
- 129 mg sodium
- 6 mg calcium
- 13 mg phosphorus
- 150 mg potassium
- 40 RE vitamin A
- 7 mg vitamin C



# Molasses Granola Balls

✂ Makes 30 to 40 bite-size treats ✂

These balls are crunchy yet have a touch of sweetness for a dog's sweet tooth.

- 1 cup granola cereal *without raisins*
- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup molasses
- 1 large egg
- ¼ cup evaporated lowfat milk
- 1 cup granola *without raisins*, for coating treats

1. Preheat the oven to 350 degrees.
2. Mix all the ingredients except the second cup of granola. Use a large spoon, not a mixer, so that the granola is not crushed.
3. Spread the second cup of granola on a breadboard.
4. Roll a teaspoon of the dough into a ball in your hand and then roll it in the granola to coat it.
5. Place the treats on greased cookie sheets.
6. Bake for 7 to 10 minutes or until golden brown.
7. Remove from the oven, let cool thoroughly, and store in an airtight container.

## TREATS AND TIDBITS: SOME FOODS TO AVOID

Although dogs and people can eat many of the same foods quite safely, there are several foods people eat often that dogs should not eat. Some, such as chocolate, can be deadly, while others, such as raw eggs, simply have the potential to cause problems.

Here are some foods to avoid:

- **Chocolate:** Theobromine, an ingredient in chocolate, can cause a variety of problems, from diminishing blood flow to the brain to triggering heart attacks. Theobromine is in both dark and milk chocolate, but because milk chocolate is diluted with milk and other ingredients, theobromine is more concentrated in dark chocolate.
- **Grapes and raisins:** These foods contain a toxin that damages the kidneys.
- **Macadamia nuts:** These nuts contain a toxin that affects the nervous system and muscles.
- **Onions:** Onions, both raw and cooked, contain sulfoxides and disulfides, which damage red blood cells and cause anemia.
- **Raw eggs:** Raw eggs contain an enzyme called avidin, which interferes with vitamin B absorption. They also may contain salmonella.





# Ginny's Bonanza Treats

✂ Makes 30 to 40 bite-size treats ✂

Ginny, a lovely 10-year-old German Shepherd Dog, is very particular about her treats, but she really likes these. In taste tests with other treats, she chooses these every time.

2 cups cooked ground beef  
½ cup grated carrot  
½ cup canned grated Parmesan cheese  
½ teaspoon minced garlic  
½ cup ground high-quality dry dog food kibble  
1 large egg  
1 tablespoon tomato paste

1. Preheat the oven to 350 degrees.
2. Put the dog food kibble in a food processor or blender and grind to a coarse flour. Measure 1 cup after grinding.
3. Combine all the ingredients, mixing thoroughly.
4. Form the dough into teaspoon-size balls.
5. Place on greased cookie sheets.
6. Bake for 13 to 16 minutes or until golden brown.
7. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

**Crunchier Treats:** For crisper treats, when all the cookies have been baked, turn off the oven. Put all the cookies back on a cookie sheet and return them to the oven. Leave them in the cooling oven for several hours or overnight to harden.

## NUTRITIONAL NOTES: GARLIC

After reading about all the benefits of garlic, you might consider it a medicine as much as a food ingredient. Garlic has been said to fight cancer, lower blood glucose, boost the immune system, and fight viruses for both people and dogs. In addition, dogs are attracted to foods containing garlic, perhaps because the foods both smell and taste good. However, too much garlic can be toxic, so follow the recipe guidelines; lots more is not necessarily better!

1 clove of garlic contains:

- 4 calories
- 0.2 grams protein
- 0 fat
- 1 gram carbohydrate
- 1 mg sodium
- 5 mg calcium
- 71 mcg folic acid



# Cheesy Chicken Delights

✂ Makes 20 to 30 bite-size treats ✂

These soft cookies are full of cheese and chunks of chicken. Walter, a small, black, fuzzy mixed breed, gobbles these down like there is no tomorrow!

1 7.75-ounce package of Bisquick Complete Three Cheese Biscuits

½ cup precooked chicken, chopped into ¼-inch pieces

¼ cup grated cheddar cheese

½ cup water

1. Preheat the oven to 350 degrees.
2. Mix together all the ingredients into a sticky dough.
3. Drop by teaspoon onto greased cookie sheets.
4. Bake for 10 to 15 minutes or until golden brown.
5. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

## NUTRITIONAL NOTES: CHEDDAR CHEESE

Rich and flavorful, cheddar cheese is a favorite with both dogs and their owners. Because cheddar cheese is so appealing to almost all dogs, it can be used as a treat by itself (or to hide a pill a dog must take), or it can be used as an ingredient in treats. A great source of protein, calcium, and other minerals, cheddar cheese is a healthy food as well as a tasty one.

1 ounce of cheddar cheese contains:

- 110 calories
- 7 grams of protein
- 9 grams fat
- 1 gram carbohydrate
- 175 mg sodium
- 204 mg calcium
- 145 mg phosphorus
- 28 mg potassium



# Chicken Liver Treats

✂ Makes 40 to 50 bite-size treats ✂

All the dogs who participated in our taste tests, from Newfoundlands to Chihuahuas, ate these treats with enthusiasm.

- 1 pound cooked chicken livers, chopped finely
- 1 cup cornmeal
- 1 cup all-purpose flour
- 2 large eggs
- ¼ cup vegetable oil
- ¼ cup warm water
- 1 cup cornmeal, for coating treats

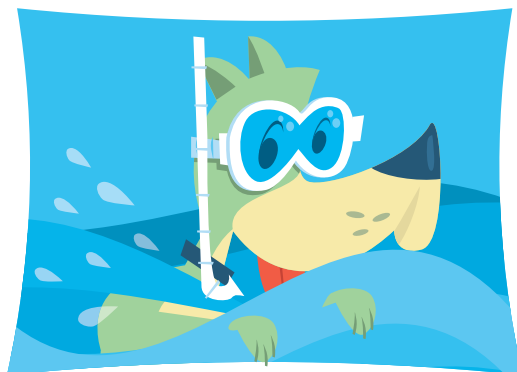
1. Preheat the oven to 350 degrees.
2. Mix together all the ingredients, making sure that the liver is well coated. The dough will be stiff.
3. Form the dough into teaspoon-size balls, then roll each ball in cornmeal.
4. Place on greased cookie sheets.
5. Bake for 10 to 15 minutes or until golden brown. (Be careful not to let the bottoms scorch.)
6. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

## NUTRITIONAL NOTE: CORN AND CORNMEAL

Corn originated in Central America and was a food staple for thousands of years, although not quite in the form we see today; it was a much smaller, spindlier plant. Today, corn is a high-fiber, high-carbohydrate food that is also a source of vitamin C and some of the B vitamins. Cornmeal is made from dried corn kernels. The husks are removed, and the inside kernel is ground. Although many dogs eat corn and cornmeal with no problems (indeed, it is a main ingredient in many commercial dog foods), some dogs cannot tolerate it and develop a food allergy. If your dog is allergic to corn, avoid the recipes using cornmeal or substitute a flour for the cornmeal.

1 cup of cornmeal contains:

- 490 calories
- 12 grams protein
- 2 grams fat
- 100 grams carbohydrates
- 450 mg calcium
- 858 mg phosphorus
- 57 RE vitamin A
- 1 mg thiamin
- 1 mg riboflavin



# Gina's Three-Cheese Cookies

✂ Makes 20 to 30 bite-size treats ✂

Gina, a lovely feminine Rottweiler, suffered horrible abuse in her first home. But Gina's a lucky one; today, she's a treasured companion. Gina can be a picky eater but loves these cheesy cookies.

1 cup all-purpose flour

¼ cup grated canned Parmesan and Romano cheese

¼ cup grated cheddar cheese

1 large egg

½ cup evaporated lowfat milk

1. Preheat the oven to 350 degrees.
2. Mix together all the ingredients well.
3. Form the dough into teaspoon-size balls.
4. Place on greased cookie sheets.
5. Bake for 8 to 12 minutes or until golden brown.
6. Remove from the oven, let cool thoroughly, and store in an airtight container.

## TREATS AND TIDBITS: ALL ABOUT FLOUR

Flour is made by grinding or pulverizing grains and other plants, but all flours are not the same nor created equally. The most popular flours are wheat flours; most flours sold in grocery stores for baking are bleached (chemically treated with benzoyl peroxide or a similar chemical) wheat flours. The more natural unbleached wheat flours are gaining in popularity, though. Flours can be made from many plants — from wheat to rye and from potatoes to garbanzo beans. If your dog has a food allergy to wheat, you can use one of the many alternatives.

Here are some of the most common flours:

- **All-purpose flour:** This contains protein-rich hard wheat and starch-rich soft wheat.
- **Durum flour:** Made from hard durum wheat, this is a high-gluten flour. (Gluten is the combination of two proteins: gliadin and glutenin.)
- **Garbanzo flour:** This is made from dried garbanzo beans (also known as chickpeas).
- **Gluten flour:** Dehydrated gluten is added to make this a high-protein flour.
- **Gluten-free flour:** This flour contains no gluten and is often made from potato starch, garbanzo, and other flours.
- **Potato starch flour:** Made from potatoes, this is a gluten-free flour.
- **Rye flour:** This flour is made from rye, a grass.
- **Whole wheat flour:** This flour contains the germ, bran, and husk of the wheat seed.





# Bisquick and Beef Treats

✂ Makes 40 to 50 bite-size treats ✂

Here's a great way to get rid of leftover beef: Make treats out of it. You can use cooked hamburger, pieces of leftover roast, or even steak. Your dog will love you for it.

- 1 cup shredded or crumbled cooked beef
- 1 cup quick oats
- 1¼ cup Bisquick baking mix
- ½ cup evaporated lowfat milk
- 1 teaspoon minced garlic
- 2 to 3 teaspoons low-sodium beef bouillon powder

1. Preheat the oven to 350 degrees.
2. Mix together all the ingredients well.
3. Drop by rounded teaspoon onto greased cookie sheets.
4. Sprinkle each treat with a pinch of beef bouillon.
5. Bake for about 15 minutes or until golden brown.
6. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

## NUTRITIONAL NOTES: BISQUICK

Bisquick is a staple in many households. It can be used for biscuits, coffee cakes, pancakes, and much more. Although there are no dog treat recipes on the Bisquick box, it's also a great base for dog treat recipes. Bisquick contains all-purpose flour with added vitamins, oil, baking soda, sugar, and salt. Bisquick is a convenience food for dog treat bakers; it's easy to use and already contains many of the ingredients you must normally add to a recipe. If your dog is on a low-sodium diet, however, avoid recipes using Bisquick.

½ cup of Bisquick contains:

- 160 calories
- 3 grams protein
- 6 grams fat
- 26 grams carbohydrates
- 1 gram sugar
- 35 mg potassium
- 490 mg sodium



# Riker's Favorite Liver Treats

✂ Makes 50 to 60 bite-size treats ✂

Riker, one of my Australian Shepherds, is not a picky eater; he eagerly samples all my culinary efforts. He really gets excited about these treats, though, and even though he knows he's not allowed to beg, he begs for more!

4 cups quick oats

1 cup minced or shredded cooked chicken livers

¼ cup vegetable oil

4 large eggs

1. Preheat the oven to 350 degrees.
2. Mix together all ingredients well, making sure that all the oats are well coated with oil and egg.
3. Drop by teaspoon onto greased cookie sheets.
4. Bake for 10 to 15 minutes or until golden brown.
5. Remove from the oven, let cool thoroughly, and store in an airtight container in the refrigerator.

## NUTRITIONAL NOTES: OATMEAL

Oatmeal is made from oat grains that have been husked, steamed, and rolled. Quick oats (or quick-cooking oats) were introduced in the 1920s. Oats are one of the most nutritious grains and when cooked, are easily digested by most dogs. In addition, oats do not cause nearly as many allergy problems as do other cereal grains, especially wheat, corn, and rice.

1 cup of cooked quick oats contains:

- 145 calories
- 6 grams protein
- 2 grams of fat
- 25 grams carbohydrates
- 2 mg sodium
- 20 mg calcium
- 175 mg phosphorus
- 2 mg iron

