

Warm Hearts Cold Noses

Homemade Valentine's Day
Treats for Your One True Luv

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My dog is the luv of my life. Oh, I love my husband and children but not like I love my dog. He is my main squeeze. And my dog loves me no matter what. He's always excited to see me and covers me with kisses when I come home. He never has a bad day and is right there when I need a pup talk.

My dog never thinks about himself. Just a pat on the head and a tasty treat is all the attention he ever requires. If I'm too busy or forget, he'll wait patiently, never holding a grudge. Yup, I love my dog. That's why I spoil him – especially on Valentine's Day. A tasty treat is the love language he understands. Let's get into the kitchen!

Canine Cookies

I have never met a dog who didn't luv cookies! These easy, homemade canine cookies are made with real ingredients – the kind you already have on your pantry shelf.

What makes these cookies canine friendly is that they are made with no added sugar or salt and are very low in fat which, when you think about it, is the way dietitians want us to eat as well. Do we eat this healthfully? No. We overdo sugar, fat and salt every chance we get. But when it comes to our BFF, we make sure they eat right.

EACH RECIPES MAKES ABOUT 1 DOZEN COOKIES
DEPENDING ON THE SIZE AND SHAPE

USES COOKIE SHEETS AND BAKING PARCHMENT

OATMEAL COOKIE INGREDIENTS

2/3 cup all purpose flour (plus extra for rolling)
3 Tablespoons old fashioned oatmeal (dry – uncooked)
2 Tablespoons smooth, natural peanut butter**
3 Tablespoons unsweetened applesauce
1 egg

PEANUT BUTTER COOKIE INGREDIENTS

½ cup whole wheat flour (plus extra for rolling)
¼ cup smooth, natural peanut butter**
2 Tablespoons unsweetened applesauce
2 Tablespoons unsalted or low salt broth (beef, chicken or vegetable)

SAME DIRECTIONS FOR BOTH COOKIES

Preheat oven to 350 degrees. Line cookie sheets with baking parchment. Mix ingredients. Roll out ¼" thick on lightly floured surface. Cut into desired shapes and place 1 inch apart on lined cookie sheets. Bake till brown on the bottom and dry to the touch – 15 to 18 minutes. Cool on rack.

BAKER'S TIPS

- ****Use smooth, natural peanut butter. Other peanut butters may have added sugar and/or xylitol, which is a substitute sweetener that is poisonous to dogs.**
- Size your cookies according to the size of your dog. Small cookies for small dogs. Larger cookies for larger dogs.
- The peanut butter cookies stay crisp. The oatmeal cookies soften the next day.

Great Gravy

Who doesn't love a great tasting gravy on something yummy to eat? Gravy makes everything better!

MAKES ABOUT 2 ½ CUPS

INGREDIENTS

3 cups water
1 pound ground meat (turkey, lean beef or chicken)
4 oz. chicken liver
½ cup frozen peas and carrots

DIRECTIONS

Put ingredients into a medium pot. Bring to boil. Simmer (partially covered) until meat is cooked and water is reduced by half - about 30 minutes. Cool then refrigerate until any fat has solidified and risen to the top. Remove fat and discard. Puree remaining mixture and liquid. Add additional water if needed for desired consistency. Divide into serving size portions and store in freezer. Thaw for serving and stir into or use to top dog's food.

Banana Yogurt Ice Cream

Dogs LUV ice cream. You'll see pup cups available at ice cream stands everywhere. Here's a fast and easy way to make ice cream that your dog will find every bit as yummy. It's really just yogurt and banana but the consistency is ice creamy without freezing. Couldn't be easier!

MAKES 4 (1/4 CUP) SERVINGS

INGREDIENTS

1 medium banana
1 cup plain Greek yogurt

DIRECTIONS

Coarsely mash banana. Fold in yogurt. Divide into 4 portions. Serve immediately or partially freeze till slushy. Store remaining portions in the freezer thawing as needed.



Bow Wow Biscotti

For the sophisticated canine who only needs a latte to make his morning respite complete.

MAKES ABOUT 3 DOZEN

USES 1 COOKIE SHEET AND BAKING PARCHMENT

INGREDIENTS

¾ cup plus 2 Tablespoons all purpose flour
½ cup whole wheat flour
¼ cup rye flour
¼ cup corn meal
½ cup cracked wheat cereal (like Wheatena - uncooked)
¼ cup milk powder (dry)
1 (.25 oz.) package instant or active dry yeast
¼ cup dried parsley
1 cup low salt or salt free broth (chicken, beef or vegetable)

DIRECTIONS

1. Preheat oven to 325 degrees. Mix all ingredients. Form into a log 9 inches long X 1 inch high on parchment lined cookie sheet. Bake till set but not brown - about 25 minutes.
2. Cool on pan 3 to 5 minutes. Using a serrated knife, cut log into 1/8 inch thick slices. Return slices to pan, laying them on their sides.

Carrot Pup-Cup-Cakes

Throw a party for your doggy's birthday with the best, canine friendly cupcakes in town. Frost 'em with a creamy, peanut buttery, pumpkin-y, sugar free icing. They'll stay fresh in the fridge for a few days or stash them in the freezer for longer storage.

When my pup has his pals over for brunch, I serve these sans frosting for gorgeous muffins that round out every menu. However you serve them, they are oh-so-yum!

Note: When offering ingredients unfamiliar to your pup, it's always a good idea to check with your vet beforehand.

MAKES ABOUT 8

USES A STANDARD CUPCAKE PAN (2 ¾ INCHES IN DIAMETER X 1 ½ INCHES DEEP) AND CUPCAKE PAPERS

CUPCAKE INGREDIENTS

1 cup whole wheat flour
1 teaspoon baking soda
1 cup peeled, shredded carrot (about 2 carrots)
1 egg
¼ cup creamy, natural peanut butter**
2 Tablespoons melted coconut oil
½ cup water
1/3 cup unsweetened apple sauce
2 Tablespoons honey

CUPCAKE DIRECTIONS

Preheat oven to 350 degrees. Line cupcake pan with baking papers. Mix the ingredients. Fill cupcake papers ¾ full. Bake till a toothpick comes out clean - 22 to 24 minutes. Cool in pan. Serve cooled cupcakes plain or ice with optional Doggie Frosting.

OPTIONAL DOGGIE FROSTING INGREDIENTS

½ cup Greek yogurt
¼ cup unsweetened apple sauce
1/4 cup creamy, natural peanut butter**
¼ cup pumpkin or sweet potato

FROSTING DIRECTIONS

Mix till smooth. Spread on cooled cupcakes. Store frosted cupcakes in fridge up to 3 days or freeze for longer storage. **L**