RECIPES
A Collection of Healthy, Simple Recipes Dogs Will Love to Sink Their Teeth Into

West Paw has compiled a collection of dog favorite treat recipes that work well in their award-winning treat toys (pictured below). Please remember, treats should be a part of a nutritious diet. Be sure to account for any additional calories from treats as part of your dog’s overall caloric intake. Refrigerate or freeze leftovers.

OATMEAL BERRY TREAT:
Makes approximately 3 - 2.5 TBS (Tablespoon) servings

Ingredients:
• 1 Cup (= approx. 80 gram) Plain oatmeal
• 1/4 Cup (= approx. 25 gram) Berries – blueberries, strawberries or raspberries. Frozen works as long as there is no added sugar.

Directions:
1. Prepare your plain unsweetened oatmeal according to the directions and allow to cool and thicken.
2. Add 1-3 berries depending on the size of your dog and the toy. You can smash them up to spread them around.
3. Fill the toy with the oatmeal, berry mixture or for an extra challenge – freeze the mixture inside the toy or for extra flavor add a spoonful of yogurt!
CHICKEN LICK’N GOOD:
Makes 2 servings

Ingredients:
• 1 cooked chicken breast (no skin, bone or seasoning)
• 1/2 Cup (= approx. 240 ml) Low sodium chicken broth

Directions:
1. Cut up chicken into small pieces suited for your size of dog.
2. Stuff chicken into toy.
3. Fill remaining space with chicken broth and freeze.

PUMPKIN CHEESECAKE:
Makes approximately 5 - 2 1/2 TBS (tablespoon) servings

Ingredients:
• 1 - 15 oz (= approx. 28 – 400 g) can fresh pumpkin puree
• 5 Tbs (= approx. 75 ml) Cream cheese
• 5 West Paw Beef Heart of Liver Treat or any other treat

Directions:
1. Mix pumpkin and cream cheese in a 3 to 1 ratio: 3 Tbs pumpkin to 1 Tbs cream cheese. Increase the quantity accordingly if your toy is larger.
2. Crumble dog biscuits and add to mixture.
3. Stuff into toy - can be frozen for an extra challenge!

PAWSOME AWESOME BREEZE:
Makes approximately 4 - 2 1/2 TBS (tablespoon) servings

• 8 oz (= approx. 200 ml) plain (non-sweetened) yogurt
• 1/2 cup (= approx. 125ml) sugar-free apple sauce
• 1 tablespoon (= approx. 15 ml) honey

Directions:
1. Place yogurt and apple sauce in a bowl.
2. Whip until foamy.
3. Add honey and blend.
4. Pour into toy - can be frozen for an extra challenge!
BANANA MUTT CRISP:
Makes approximately 5 - 2 1/2 TBS (tablespoon) servings

- 1 soft, ripe banana
- 1/2 cup (= approx. 120 gram) xylitol-free nut butter
- 8 oz (= approx. 200 ml) plain (non-sweetened) yogurt

Directions:
1. Place all ingredients in blender or food processor and puree until smooth.
2. Pour into toy - can be frozen for an extra challenge!

CRISPY CHICKEN CHILLER:
Makes approximately 5 - 2 1/2 TBS (tablespoon) servings

Ingredients:
- 1 cup (= approx. 125 gram) cooked, diced chicken
- 1/2 cup (= approx. 240 ml) low sodium chicken broth
- 4 pieces West Paw Freeze Dried Raw Dog Treat or any other treat available

Directions:
1. Place cooked chicken in blender or food processor with broth. Puree until smooth.
2. Pour into toy - can be frozen for an extra challenge!

PUMPKIN PIE SMOOTHIE
Makes approximately 5 - 2 1/2 TBS (tablespoon) servings

Ingredients:
- 1 Cup (= approx. 250 g) Plain Greek Yogurt
- 1 - 15 oz. (= approx. 28 – 400 g) Pureed Pumpkin
- 1/2 Cup (= approx. 125ml) Unsweetened Applesauce

Directions:
1. In a medium bowl, combine yogurt, pureed pumpkin and applesauce.
2. Spoon into a West Paw treat toy and freeze until solid.
ROASTED CRANBERRY TURKEY TREAT
Makes approximately 5 - 2 1/2 TBS (tablespoon) servings

Ingredients:
• 6 oz (= approx. 225 gram) Roasted Boneless Turkey
• 1/2 Cup (= approx. 75 gram) Chopped Carrot
• 1/2 Cup (= approx. 60 gram) Quinoa Flour
• 1/8 Cup (= approx. 15 gram) Dried Cranberry

Directions:
1. Blend turkey, chopped carrot, quinoa flour and cranberry in a food processor.
2. Roll into 1-2 inch (= approx. 2,5 – 5 cm) balls and place on cookie sheet.
3. Bake at 350 Fahrenheit (= 175 Celsius) degrees and allow to cool.
4. Serve inside a Tux

SWEET POTATO COOKIES:
Makes approximately 5 - 2 1/2 TBS (tablespoon) servings

Ingredients:
• 1 Large Cooked Sweet Potato
• 1 banana
• 1/2 Cup (= approx. 60 gram) Quinoa Flour
• 1/2 Tablespoon (= approx. 2,5 ml) Vegetable Oil

Directions:
1. In a medium bowl, stir banana, sweet potato and vegetable oil until well blended.
2. Mix in quinoa flour until well blended.
3. Drop dough by rounded teaspoons.
4. Bake at 350 Fahrenheit (= 175 Celsius) degrees for 30 minutes.
5. Cool completely and serve in a West Paw Tizzi.