



Lickin' Licious

RECIPE BOOK

FOR DOGS & CATS

**BONUS
RECIPES
INSIDE!**

ABOUT THE AUTHOR



Hi, I'M YAMIKA DAMANI, A CERTIFIED PET NUTRITION COACH, DOG TRAINER AND PET PARENT TO TWO ADOPTED BULLIES - TIANA & DORA.

I'VE TURNED MY PASSION AND LOVE OF HEALTHY COOKING FOR PETS IN TO HIGH QUALITY AND FUN PRODUCTS FOR ALL PET'S TO ENJOY.

MY DREAM IS TO SPREAD HAPPINESS TO MORE PETS AND THEIR PARENTS BY SHARING THESE RECIPES WHICH ARE DEAR TO MY HEART.

JOIN MY PET-PARENTING COMMUNITY  **@yamika.damani**

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A wholesome fruity bowl of nutrient dense ingredients.
Get creative with your pet's favourite toppings.
Time to make: 5-7 mins

PINK CHICKEN MOUSSE CUPS 2

A favourite with every pet - this bowl of creamy smooth chicken mousse is high in protein and low in fat.
Time to make: 20 mins

CUCUMBER COOLER 3

A refreshing beverage that will give your pet their daily dose of electrolytes and hydration.
Time to make: 2-5 mins

BANANA & COCONUT PUPCAKES 4

Scrumptious and healthy baked wonder with nutritious ingredients. You can serve this to your pet, guilt free!
Time to make: 30 mins

MANGO COLADA POPSIDLES 5

A drool worthy combination of mango and coconut - can be served as a beverage or frozen in to popsicles.
Time to make: 2-5 mins + 3 hours freeze time

STRAWBERRY & BANANA SMOOTHIE BOWL



Servings : 2



Prepare : 2 Mins



Cook Time : 5 Mins

Ingredients

172 kCal

- 1/2 cup yogurt
- 1/2 sachet - Lickin' Licious Smoothie & Popsicle Mix Strawberry
- 1/2 sachet - Lickin' Licious Smoothie & Popsicle Mix Banana
- For garnish - Banana or Strawberry slices, Chia seeds, mint leaf.



Directions

STEP 1. Whisk yogurt till smooth

STEP 2. Combine Lickin' Licious Smoothie & Popsicle Mix - Strawberry and Banana sachet with yogurt.

STEP 3. Stir the mixture until smooth.

STEP 4. Pour in to your pet's bowl and chill in fridge for 15 minutes.

STEP 5. Garnish with fresh fruit slices, a sprinkle of chia seeds and mint leaf.

STEP 6. Serve chilled as a snack.

PINK CHICKEN MOUSSE CUPS



Servings : 2



Prepare : 5 Mins



Cook Time : 15 Mins

71 kCal
per cup



**FUN TIP: SMEAR THE MOUSSE ON TO A LICKY
MAT FOR A HEALTHY TREAT.**

Ingredients

- 50g low fat cottage cheese
- 150g boiled chicken breast
- 2 tsp - Lickin' Licious Smoothie & Popsicle Mix Beetroot
- 1/3 cup filtered water
- For garnish - Clever Canine Crunchy Bikkies Chicken Liver Dog Biscuit

Directions

STEP 1. Put chicken, paneer and water in a blender/mixie.

STEP 2. Blend until thick and smooth. Add 1 tbsp more water if necessary.

STEP 3. Transfer the mixture to a bowl, add 1 tsp of Lickin' Licious Smoothie & Popsicle Mix - Beetroot. Stir until you get a pretty pink color.

STEP 4. Pour in to 2 small cups, top with Clever Canine Crunchy Bikkies Chicken Liver Dog Biscuits.

STEP 5. Set in the fridge for 1 hour.

CUCUMBER COOLER



Servings : 10



Prepare : 2 Mins



Freeze Time : 3 hrs

Ingredients

110 kCal

- 150ml filtered water
- 1/2 sachet - Lickin' Licious Smoothie & Popsicle Mix Cucumber
- 1 tbsp fresh mint leaf
- 1 tsp - Lickin' Licious Smoothie & Popsicle Mix Coconut
- For garnish - Sliced or grated fresh cucumber



Directions

STEP 1. Put Lickin' Licious Smoothie & Popsicle Mix - Cucumber, Coconut and fresh mint leaves in to filtered water and blend in mixie.

STEP 2. Pour the mixture in to your pet's bowl, garnish with cucumber slice and serve. Serve as a cool treat, watch your pup go #lickinlicious.

FUN TIP: POUR IN TO ICE CUBE TRAY, TOP WITH GRATED CUCUMBER AND FREEZE FOR 2-3 HOURS. USE ONE CUBE PER DAY AS HEALTHY FOOD TOPPER. MAKES 10 CUBES.

BANANA & COCONUT PUPCAKES



Servings : 6



Prepare : 10 Mins



Cook Time : 20 Mins

110 kCal per
cupcake



Ingredients

- 2 eggs
- 1/4 cup coconut oil
- 1/4 cup filtered water
- 1/2 cup choice of any flour
- 1 sachet - Lickin' Licious Smoothie & Popsicle Mix Banana
- 1 sachet - Lickin' Licious Smoothie & Popsicle Mix Coconut
- For garnish - Clever Canine Gluten Free Dog Treats Banana Goldies

Directions

STEP 1. Mix Lickin' Licious Smoothie & Popsicle Mix Coconut and Banana with 1/4 cup water.

STEP 2. Whisk in the eggs and oil to the mixture until fully combined.

STEP 3. Add in the flour and stir well in to a smooth batter.

STEP 4. Pour in to cupcake tray. Bake for 15-20 mins at 180 degrees C.

FUN TIP: ICE THE CUPCAKE WITH RECIPE #2 - PINK CHICKEN MOUSSE AND GARNISH WITH A CLEVER CANINE GLUTEN FREE DOG TREAT BANANA GOLDIES HEART SHAPED COOKIE.

MANGO COLADA POPSICLES



Servings : 2



Prepare : 2 Mins



Freeze Time : 3 hrs

Ingredients

- 120ml filtered water
- 1 sachet - Lickin' Licious Smoothie & Popsicle Mix Mango
- 1/2 sachet - Lickin' Licious Smoothie & Popsicle Mix Coconut
- For garnish - mint leaf



FUN TIP: PLACE A MINT OR BASIL LEAF FOR GARNISH IN THE POPSICLE MOULD BEFORE POURING IN THE MIXTURE.

Directions

STEP 1. Blend Lickin Licious Smoothie & Popsicle Mix - Mango and Coconut with water in a blender/mixie or hand whisk.

STEP 2. Pour the mixture in to a Clever Canine popsicle mould and freeze for at least 2-3 hours.

STEP 3. Serve as a cool treat, watch your pup go #lickinlicious.

**BONUS
RECIPE!**

GOLDEN IMMUNITY BOOSTER



Servings : 5



Prepare : 2 Mins



Cook Time : 5 Mins

Ingredients

- 100ml filter water
- 1 sachet - Lickin' Licious Smoothie & Popsicle Mix Coconut
- 1/2 tsp Turmeric powder
- 1/4 tsp cinammon
- 1/2 tsp raw honey



Directions

STEP 1. Bring filter water to a simmer

STEP 2. Add Lickin' Licious Smoothie & Popsicle Mix - Coconut and stir well.

STEP 3. Add turmeric powder, cinnamon powder and honey. Bring to a simmering boil on low flame for 2 more minutes.

STEP 4. Pour in to pet's bowl, serve lukewarm.

FUN TIP: SERVE WITH A SIDE OF CLEVER CANINE COCONUT & TURMERIC MILK BONE COOKIE.

**BONUS
RECIPE!**

DAILY DETOX SMOOTHIE



Servings : 4



Prepare : 2 Mins



Freeze time : 2-3 hrs

Ingredients

- 100ml filter water
- 1/2 sachet - Lickin' Licious Smoothie & Popsicle Mix Beetroot
- 1/2 sachet - Lickin' Licious Smoothie & Popsicle Mix Cucumber
- 1/4 cup watermelon
- 1 tbsp chopped spinach
- 1 tbsp yogurt (optional)



112 kCal

Directions

STEP 1. Pour all ingredients in to a blender/mixie.

STEP 2. Blend until completely smooth.

STEP 3. Pour in to pet's bowl and serve as a hydrating snack.

FUN TIP: POUR IN TO ICE CUBE TRAY OR POPSICLE MOULD AND FREEZE FOR 2-3 HOURS. USE ONE CUBE PER DAY AS HEALTHY TREAT OR FOOD TOPPER.

SHARE THE LOVE



THERE'S NOTHING MORE JOYOUS THAN WATCHING
OUR PET'S ENJOY THE DELIGHTS WE MAKE FOR THEM
WITH SO MUCH LOVE AND CARE.

SHARE MOMENTS OF YOUR **#LICKINLICIOUS** JOURNEY
WITH OUR INSTAGRAM COMMUNITY OF LIKE-MINDED
PET PARENTS.

JOIN THE **#LICKINLICIOUS** COMMUNITY!  [@clever_canine](https://www.instagram.com/clever_canine)



**"FOOD IS THE
iNGREDiENT
THAT BiNDS US
TOGETHER."**