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Pampering Your Pup Gone Gourmet

He's there when you need a reassuring kiss, to warm your tootsies under the covers on those cold winter nights, and to just generally spend every waking moment by your side. He gives you his best, so now it's your turn to give him your best. You may never have taken him to a doggie day spa (too prissy), doggie day care (too many other dogs), or even had a doggie walker (too impersonal), but now's the chance to put on your tallest chef hat, lace up that apron, and get to work on some of the best doggie cuisine you've ever seen.

Sure, you've seen those high-priced bags of medical diet foods in the vet's office. They have ingredients like lamb and rice or duck and potato – better food than you have for dinner, but the price really comes from the packaging. You can easily create healthy, helpful cuisine for your dog in your own kitchen.

This isn't the usual doggie cookbook stuffed full of crunchy treats and cookies. Sure, those are in here, but we also have real-world practical meals that you can make to appeal to both your appetite and your buddy's. You like meatloaf, right? What if you could make a meatloaf that was good for both you and your pup? Are you not getting the hint yet? You can make a meatloaf that's good for both you and your pup that also tastes great to both of you! It's on page 87.

If you just want to experiment in making your own dog food, you'll find a wide variety of recipes here. If your pooch is under the weather, check the collections of healing foods, beverages, and hygiene recipes for possible supplements and ways of alleviating her ickiness. And if you're one of those daring people who wants to travel around the world with your pup but can't afford the airfare, flip to the international section for creative cuisine that can satisfy your dog's appetite for delicious food and your appetite for exotic gourmet cooking. Many of the recipes contain the vitamins and minerals needed for energy, but you'll also find certain ingredients can help improve his teeth, bones, skin, fur, stamina, weight, and overall wellbeing.

Now before you or your pup sink your teeth into these recipes, you should be aware of what to avoid when cooking for your dog:

Chocolate	Chicken bones
Raw meat and/or eggs	Excessive amounts of protein
Beans or bean derivatives (including soy)	Pork
Onions	Chicken bones
Dairy products (esp. with pre-existing stomach problems)	Organ meats more than twice/week

This table isn't exhaustive, but it'll give you an at-a-glance tool to keep handy if you decide to invent your own recipes or modify some of those in the book. Now remember – have fun! You're cooking for your dog, for goodness' sake.

Okay, class is over. Get cooking!



Natural Dog Food:
A Great Alternative to that Big Paper Bag



NUMMY NOODLES

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Dog Food	10 cups	5 minutes	0	★★

INGREDIENTS

- 450 g (1 pound) macaroni noodles, cooked
- 190 g (6 oz) natural tomato sauce
- 120 g (4 oz) chickpeas
- 6 eggs
- 250 g (8 oz) carrots, sliced
- 250 g (8 oz) peas
- 250 g (8 oz) block cheddar cheese, cubed

CAUTION

The acidity in tomatoes can upset some sensitive stomachs. Feed these noodles in small portions, and be sure to pay close attention to any adverse effects it has on your pup.



Quick, easy, and delish!

PREPARATION & COOKING

Combine all ingredients in a large bowl. Divide into 470 ml (2-cup) portions and freeze in sealed bags. Each bag is equivalent to one meal – thaw in microwave before serving.

DOWN-HOME HOUND HASH

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Dog Food	5 servings	20 minutes	15 minutes	★★★

INGREDIENTS

- 220 g (1/2 pound) ground chicken, browned
- 1 1/30 ml (2 T) sunflower oil
- 10 ml (2 tsp) garlic powder
- 950 ml (4 cups) brown rice, steamed
- 250 ml (1 cup) sliced potato, cooked
- 250 ml (1 cup) cooked green beans, diced

QUICK TIPS

Potatoes make a fantastic long-lasting energy boost, perfect for a long day of play in the park.

PREPARATION & COOKING

Saute the potato, veggies, oil, and garlic. Remove from heat and mix with chicken and steamed rice in a large bowl. Serve in 470 ml (2-cup) portions when cool, freeze remaining in individual zipper bags.

BEEFY BORSCHT

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Dog Food	2 servings	20 minutes	15 minutes	★★★

INGREDIENTS

- 480 ml (2 cups) brown rice, steamed
- 120 ml (1/2 cup) shredded carrots, steamed
- 120 ml (1/2 cup) chopped broccoli, steamed
- 5 ml (1 tsp) sunflower oil
- 220 g (1/2 pound) ground beef
- 5 ml (1 tsp) garlic powder

FUN FACT

Three carrots can give your dog enough energy to walk three miles.



With this wonderful recipe your dog will think he is a king.

PREPARATION & COOKING

Heat oil in a medium pan. Add beef and garlic and heat until cooked through. Toss with veggies and rice in a large bowl and allow to cool. Serve in 470 ml (2-cup) portions and freeze remaining in individual zipper bags.

NOTHIN BUT NATURAL

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Dog Food	1 serving	10 minutes	30 minutes	★★

INGREDIENTS

- 80 g (2 1/2 oz) chicken
- 30 ml (1 oz) liver
- 150 ml (5 oz) uncooked rice
- 15 ml (1/2 oz) bone meal
- 2 ml (1/2 tsp) sunflower oil

QUICK TIPS

Help burn off your pup's excess energy and get in shape at the same time by taking up *skijoring*, a combination of dog sledding and cross country skiing.

PREPARATION & COOKING

Simmer rice, bone meal, and oil in 360 ml (1 1/2 cups) water for 20 minutes. Add chicken and liver and simmer for 10 more minutes. Cool before serving.

STEAMED VEGGIES

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Dog Food	10 servings	15 minutes	20 minutes	★★★

INGREDIENTS

- 250 ml (1 cup) broccoli, steamed
- 120 ml (1/2 cup) corn kernels, steamed
- 120 ml (1/2 cup) broccoli sprouts
- 5 ml (1 tsp) bone meal
- 1 egg
- 5 ml (1 tsp) sunflower oil

FUN FACT

Some scientists believe that broccoli sprouts may aid in the prevention of cancer, but the sprouts are proven to be a highly-concentrated way of getting vitamins.



Substitute a different veggie if you don't have all of the ingredients on hand.

PREPARATION & COOKING

After steaming the vegetables, heat oil in a large saucepan and sauté broccoli, kernels, sprouts, bone meal, and egg. While sautéing, grind egg shell to a very fine powder and add to veggie mixture. Simmer for five minutes and cool until smooth.

BIRD FOOD

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Dog Food	5 servings	20 minutes	Varied	★★★

INGREDIENTS

- 6 chicken bones
- 450 g (1 pound) shell pasta, cooked
- 250 ml (1 cup) veggies (any kind)
- 100 ml (1/3 cup) dry milk

CAUTION

Chicken bones should *never* be fed whole. Their soft consistency makes them very prone to causing choking or internal bleeding. Be certain the bones have been blended to a very fine consistency when making this recipe.

PREPARATION & COOKING

Place chicken bones into two quarts of boiling water. Boil for 15 minutes and remove from burner. Drain half of water from pot and place bones and other half of water in sealable container. Allow to soak overnight. Pour bones, water, veggies, and dry milk into food processor and grind until smooth – breaking bones into smaller pieces prior to grinding may help. When ground, toss with pasta. Divide into 5 zipper bags and serve cool.

JUST CHICKEN

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Dog Food	5 servings	10 minutes	15 minutes	★★

INGREDIENTS

- 2 chicken breasts, cooked
- 250 ml (1 cup) rice, steamed
- 150 ml (1/2 cup) cornmeal
- 250 ml (1 cup) shredded carrots
- 120 ml (1/2 cup) chicken broth

FUN FACT

The boxer is named from his style of fighting. Instead of raising his hair or bearing his teeth, the boxer holds his two front paws up... just like a boxer.

PREPARATION & COOKING

Shred chicken and sauté in large pan. Mix in cornmeal and chicken broth until well combined, then add rice and carrots. Simmer for 15 minutes. Cool before serving, store leftover servings in zippered bags in freezer or fridge.



If your buddy has dental or mouth problems, try pureeing pre-packaged grilled chicken in a food processor, then add the cooked ingredients. The result should be a soupier version with all the nutrition of the original recipe.

BASICALLY BEEF

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Dog Food	5 servings	10 minutes	15 minutes	★★

INGREDIENTS

- 450 g (1 pound) beef, cooked and drained
- 250 ml (1 cup) rice, steamed
- 5 ml (1 tsp) bone meal
- 120 ml (1/2 cup) Biscuit mix
- 250 ml (1 cup) peas
- 120 ml (1/2 cup) vegetable broth

HEALTHY HINT:

When possible, use fresh peas. They have nearly twice the nutritional content as their canned and frozen counterparts.

PREPARATION & COOKING

Chop beef and sauté in large pan. Mix in bone meal, Biscuit mix and vegetable broth until well combined, then add rice and peas. Simmer for 15 minutes. Cool before serving, store leftover servings in zippered bags in freezer or fridge.

OATS AND ASPARAGUS

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Dog Food	5 servings	10 minutes	15 minutes	★★

INGREDIENTS

- 120 ml (1/2 cup) instant oatmeal
- 250 ml (1 cup) vegetable broth
- 2 eggs
- 12 stalks asparagus

HEALTHY HINTS

Beyond its vitamin content, oatmeal is packed with fiber, aids in digestion, and can help your older pup's heart.

PREPARATION & COOKING

Mix oatmeal and broth in a small mixing bowl, cover, and allow to sit for 10 minutes. In the meantime, arrange asparagus on a pie plate, cover with wet paper towel, and microwave for 7 minutes on high. Chop stalks into manageable pieces. When oatmeal has set, mix in eggs. Place egg shells in microwave for 20 seconds on high, then grind to a fine powder in food processor. Stir into oatmeal mixture.

Place all ingredients in medium saucepan on stove and simmer for 10 minutes. Separate into five portions, storing each in zipper bags. Serve meal alone or mixed into dry food.

GARLICKY STEAK

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Dog Food	6 servings	10 minutes	15 minutes	★★

INGREDIENTS

- 450 g (1 pound) ground chuck
- 2 cloves garlic, minced
- 480 ml (2 cups) brown rice, steamed

QUICK TIPS

Brown rice takes a little bit longer to cook, but its nutty taste and thicker texture add a whole other dimension to many recipes.



What would a gourmet cookbook be like without steak?

PREPARATION & COOKING

Brown ground chuck with garlic until cooked through. Remove from heat and mix in rice. Cool before serving or storing in zipper bags.

Healing Foods:
Canine Cures Through Crunchy Goodness



HERBAL HELPERS

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Foods	N/A	5 minutes	0	★

For those who would rather help their puppies' problems along through more natural methods, herbal remedies can provide an additional option. While you can find many of the herbs listed below in pill or oil form, try to locate a natural or organic foods store that sells them in their fresh state. You can then create an "infusion" or tea by pouring boiling water over the leaves of the herb.

Caution: **Always** consult your veterinarian before giving herbal or alternative treatments. He can give you the proper dosage and application for the cures.

Herb	Treats
Echinacea	Immune system
Comfrey	Wounds, cuts, and scratches
Lavender	Antiseptic
Marigold	Skin inflammations
Garlic	Indigestion
Goldenseal	Infection
Chamomile	Nervousness, stomach problems
Slippery Elm	Sore throats, coughs
Dandelion Leaves	Skin inflammations
Spearmint/Peppermint	Indigestion
Gingerroot	Motion sickness
Licorice	Sore throats

BLAND RICE

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Foods	6 servings	5 minutes	20 minutes	★★

INGREDIENTS

- 950 ml (4 cups) rice, steamed
- 480 ml (2 cups) instant oatmeal
- 120 ml (1/2 cup) low-sodium chicken broth

WHEN SHOULD I USE IT?

This recipe is great for a pooch with an upset tummy or diarrhoea. To enhance medicinal value, add a small amount of one of the herbal infusions listed on page 43.



White rice makes a great base for any healthy recipe. Its blandness keeps it from upsetting your pup's tummy when she's not feeling well.

PREPARATION & COOKING

Combine oatmeal and chicken broth in a large bowl. Allow to sit for 10 minutes, then microwave on high for 30 seconds. Stir in rice. Store leftovers in fridge or freezer.

DRY CHICKEN AND RICE

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Foods	6 servings	5 minutes	20 minutes	★★

INGREDIENTS

- 1420 ml (6 cups) rice, steamed
- 2 chicken breasts, cooked until dry
- 50 ml (1/4 cup) low-sodium chicken broth

WHEN SHOULD I USE IT?

Try this recipe if your pup doesn't seem to want to eat his normal chow. Add a teaspoon of one of the herbal infusions designed to aid in digestion (page 43) if desired. If he decides he'd like to eat this instead of his own food, serve exclusively for three days, then begin to combine with dry dog food in lessening amounts.

PREPARATION & COOKING

Shred the chicken breasts and combine rice and broth. Allow all to cool. Serve one scoop rice followed by a small amount of shredded chicken.

ROAST BEEF AND TATERS

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Foods	6 servings	5 minutes	0	★★

INGREDIENTS

- 2 potatoes, baked
- 18 slices roast beef
- 15 ml (1 T) bone meal

WHEN SHOULD I USE IT?

If your dog has shown signs of anemia or lack of energy, try this carb and beef-heavy dish for a quick pick-me-up.

PREPARATION & COOKING

Mash potatoes in a large bowl. Chop or shred roast beef into fairly small pieces, then stir into potatoes and combine thoroughly.

MULTIVITAMIN MEAL

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Foods	6 servings	5 minutes	2 minutes	★★

INGREDIENTS

- 950 ml (4 cups) rice, steamed
- 15 ml (1 T) bone meal
- 1 chicken breast, cooked and shredded
- 2 carrots, shredded
- 250 ml (1 cup) red cabbage, chopped
- 250 ml (1 cup) broccoli, chopped
- 250 ml (1 cup) liver puree

WHEN SHOULD I USE IT?

You can use this meal once a week to give your pup a boost of many of the vitamins and minerals he needs. The vegetables, meat, and rice combine to form a nutritional 1-2 punch that can help improve many areas of your pup's health.

PREPARATION & COOKING

Combine all ingredients in a large microwave-safe bowl, tossing to mix thoroughly. Cover bowl with a wet paper towel and microwave on high for 1 minute. Stir, re-cover, and microwave for an additional minute. Chill in refrigerator for 1 hour before serving. Refrigerate leftovers.

ALLERGY ALLEVIATOR

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Foods	6 servings	10 minutes	2 minutes	★★

INGREDIENTS

- 3 potatoes, baked
- 450 g (1 pound) lamb, browned

WHEN SHOULD I USE IT?

If your pup seems to be showing signs of food allergies (red, itchy skin or small bumps on skin), this meal may help you determine whether or not it really is an allergy. Most dogs are not fed lamb and potato on a regular basis – if it was a food allergy, a few days of this diet should clear it up. You should then speak with your vet about what to feed your pup from that point on. If the allergy doesn't seem to clear up, see the vet for other possible causes.

PREPARATION & COOKING

Chop lamb into small, manageable pieces and mash potatoes. Combine and cool before serving.

Mutt Mints
Remedies for Raunchy Breath



CHEESY MINTS

Category	Serves	Preparation Time	Cooking Time	Experience
Mutt Mints	24	15 minutes	0	★

INGREDIENTS

- 900 g (2 pounds) powdered sugar
- 250 g (8 oz) cream cheese
- 30 ml (6 tsp) peppermint extract

CAUTION

The cream cheese in this recipe poses the double possible hazards of dairy and fat. Never feed your dog more than two of these mints each day.

PREPARATION & COOKING

Combine cream cheese, sugar, and peppermint in a medium bowl until well mixed. Roll out onto flat surface to 3/4" thick and cut into small rectangles using a pizza cutter. Allow mints to air dry for 3-4 hours, then freeze overnight before serving. Store in airtight container in freezer.

CRUNCHY CARROT BREATH KICKER

Category	Serves	Preparation Time	Cooking Time	Experience
Mutt Mints	4	15 minutes	0	★

INGREDIENTS

- 480 ml (2 cups) carrots, shredded
- 1 lime
- 120 ml (1/2 cup) fresh mint, chopped

QUICK TIPS

This breath freshening “salad” can be served alone or mixed into dry food.

PREPARATION & COOKING

Halve lime and squeeze juice over shredded carrot. Add mint and toss. Chill for 1 hour before serving and store in airtight container in refrigerator.

LEMON LICKERS

Category	Serves	Preparation Time	Cooking Time	Experience
Mutt Mints	36	15 minutes	0	★

INGREDIENTS

- 124 g (4 oz) sweetened condensed milk
- 900 g (2 pounds) powdered sugar
- 10 ml (2 tsp) lemon extract

QUICK TIPS

No lemon extract on hand? 5 ml (1 tsp) of vanilla and 1 of peppermint extract make a great variation for this recipe.

PREPARATION & COOKING

Mix sweetened condensed milk and extract. Gradually add powdered sugar and continue to beat until stiff.

Drop by spoonfuls onto cookie sheet. Place in *unheated* oven and allow to air dry for eight hours. Store leftover mints in airtight container in freezer.

BASIL BITES

Category	Serves	Preparation Time	Cooking Time	Experience
Mutt Mints	12	5 minutes	0	★

INGREDIENTS

- 250 ml (1 cup) basil leaves, chopped
- 480 ml (2 cups) water
- 60 ml (1/4 cup) honey

QUICK TIPS

These make a great reward treat on hot summer training days – just store in a cooler!

PREPARATION & COOKING

Combine basil leaves, water, and honey in food processor until smooth. Pour or spoon into ice cube trays and freeze overnight before serving.

CHILLY CHOCOLATE CHEWS

Category	Serves	Preparation Time	Cooking Time	Experience
Mutt Mints	24	15 minutes	30 minutes	★★★

INGREDIENTS

- 710 ml (3 cups) carob chips
- 15 ml (1 T) unsalted butter
- 124 g (4 oz) sweetened condensed milk
- 5 ml (1 tsp) peppermint extract
- 5 ml (1 tsp) vanilla extract

QUICK TIPS

Hey! Keep your paws off these delicious goodies... they're for the dog!

PREPARATION & COOKING

Heat carob chips and butter over low heat until completely melted and very smooth, stirring often to avoid scorching. Remove from heat and add sweetened condensed milk and extracts. Mix with hand mixer or blender at low speed for 1 minute, then high speed for 1 minute. Allow to cool for 15 minutes, beating at low speed every five minutes. When cool, beat for 1 minute on low and 1 minute on high again.

Pour into greased 8X8" pan and chill until firm. Cut into small squares, then freeze overnight before serving.

Natural Puppy Food
He's Not Just a Small Dog



PUPPY NOODLES

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Puppy Food	15 servings	5 minutes	0	★★

INGREDIENTS

- 450 g (1 pound) macaroni noodles, cooked
- 190 g (6 oz) beef gravy (page 101)
- 120 g (4 oz) chickpeas
- 6 hard-boiled eggs, chopped
- 250 g (8 oz) carrots, sliced
- 250 g (8 oz) peas
- 250 g (8 oz) non-dairy cheese, cubed
- 5 ml (1 tsp) bone meal

QUICK TIPS

If your baby seems to have trouble managing the tougher consistency of “grown-up” food, try adding a small amount of chicken broth and letting soak for a few minutes.

PREPARATION & COOKING

Combine all ingredients in a large bowl. Divide into 250 ml (1-cup) portions and freeze in sealed bags. Each bag is equivalent to one meal – thaw in microwave before serving.

SCRAPPLE DOO

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Puppy Food	10 servings	20 minutes	15 minutes	★★★

INGREDIENTS

- 450 g (1 pound) ground chicken, browned
- 30 ml (2 T) sunflower oil
- 10 ml (2 tsp) garlic powder
- 480 ml (2 cups) brown rice, steamed
- 250 ml (1 cup) sliced potato, cooked
- 250 ml (1 cup) cooked green beans, diced
- 1 carrot, shredded
- 5 ml (1 tsp) bone meal

FUN FACT

The potato is a relative of both tomatoes and tobacco.

PREPARATION & COOKING

Saute the potato, veggies, oil, bone meal, and garlic. Remove from heat and mix with chicken and steamed rice in a large bowl. Serve in 250 ml (1-cup) portions when cool, freeze remaining in individual zipper bags.

BABY BORSCHT

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Puppy Food	10 servings	20 minutes	15 minutes	★★★

INGREDIENTS

- 250 ml (1 cup) brown rice, steamed
- 120 ml (1/2 cup) shredded carrots, steamed
- 120 ml (1/2 cup) chopped broccoli, steamed
- 5 ml (1 tsp) sunflower oil
- 450 g (1 pound) ground beef
- 5 ml (1 tsp) garlic powder
- 5 ml (1 tsp) bone meal

QUICK TIPS

For her first few meals as a big dog, try blending this recipe for a few minutes. Don't puree, but work out most of the big chunks for easier manageability.

PREPARATION & COOKING

Heat oil in a medium pan. Add beef, garlic, and bone meal and heat until cooked through, drain thoroughly. Toss with veggies and rice in a large bowl and allow to cool. Serve in 250 ml (1-cup) portions and freeze remaining in individual zipper bags.

LITTLE LASSIE LIVERS

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Puppy Food	2 servings	10 minutes	30 minutes	★★

INGREDIENTS

- 120 g (4 oz) chicken
- 30 ml (1 oz) liver
- 90 g (3 oz) uncooked rice
- 5 ml (1 tsp) bone meal
- 5 ml (1 tsp) sunflower oil

QUICK TIPS

Don't force your puppy to eat. If he's hungry, he'll eat. If you notice that he hasn't eaten in more than three days, contact the vet.

PREPARATION & COOKING

Simmer rice, bone meal, and oil in 360 ml (1 1/2 cups) water for 20 minutes. Shred chicken and add chicken and liver to pan. Simmer for 10 more minutes. Cool thoroughly before serving.

VEGGIE VITTLES

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Puppy Food	20 servings	15 minutes	20 minutes	★★★

INGREDIENTS

- 250 ml (1 cup) broccoli, steamed
- 120 ml (1/2 cup) corn kernels, steamed
- 120 ml (1/2 cup) broccoli sprouts
- 10 ml (2 tsp) bone meal
- 1 egg
- 5 ml (1 tsp) sunflower oil

CAUTION

Large amounts of veggies can be rough for some puppies' digestion. If your baby seems to have trouble with this recipe, try one of the blander carb-based recipes.

PREPARATION & COOKING

After steaming the vegetables, heat oil in a large saucepan and sauté broccoli, kernels, sprouts, bone meal, and egg. While sautéing, grind egg shell to a very fine powder and add to veggie mixture. Simmer for five minutes and cool. Serve with dry dog food.

COCK-A-DOODLE-SCOOBY-DOO!

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Puppy Food	10 servings	10 minutes	15 minutes	★★

INGREDIENTS

- 2 chicken breasts, cooked
- 250 ml (1 cup) rice, steamed
- 150 ml (1/2 cup) cornmeal
- 250 ml (1 cup) shredded carrots
- 120 ml (1/2 cup) chicken broth
- 5 ml (1 tsp) bone meal
- 5 ml (1 tsp) sunflower oil

SUBSTITUTIONS

No cornmeal or sunflower oil around the house? Use Biscuit mix and olive oil, respectively.

PREPARATION & COOKING

Shred chicken and sauté in large pan. Mix in cornmeal, chicken broth, oil, and bone meal until well combined, then add rice and carrots. Simmer for 15 minutes. Cool before serving, store leftover servings in zippered bags in freezer or fridge.

BISCUIT BAKE

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Puppy Food	15 servings	10 minutes	15 minutes	★★

INGREDIENTS

- 450 g (1 pound) beef, cooked and drained
- 150 ml (1/2 cup) rice, steamed
- 5 ml (1 tsp) bone meal
- 120 ml (1/2 cup) Biscuit mix
- 250 ml (1 cup) peas
- 120 ml (1/2 cup) vegetable broth

SUBSTITUTIONS

Both chicken and beef broths can be substituted for the veggie broth, but be certain you use low-sodium broths.

PREPARATION & COOKING

Chop beef and sauté in large pan. Mix in bone meal, Biscuit mix and vegetable broth until well combined, then add rice and peas. Simmer for 15 minutes. Cool before serving, store leftover servings in zippered bags in freezer or fridge.

WHINNY-FUL OATS AND ASPARAGUS

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Puppy Food	5 servings	10 minutes	15 minutes	★★

INGREDIENTS

- 120 ml (1/2 cup) instant oatmeal
- 250 ml (1 cup) vegetable broth
- 2 eggs
- 12 stalks asparagus

FUN FACT

France's Louis XIV is one of the major reasons we have asparagus today. He encouraged its production and helped spread its popularity to other countries.

PREPARATION & COOKING

Mix oatmeal and broth in a small mixing bowl, cover, and allow to sit for 10 minutes. In the meantime, arrange asparagus on a pie plate, cover with wet paper towel, and microwave for 7 minutes on high. Chop stalks into manageable pieces. When oatmeal has set, mix in eggs. Place egg shells in microwave for 20 seconds on high, then grind to a fine powder in food processor. Stir into oatmeal mixture.

Place all ingredients in medium saucepan on stove and simmer for 10 minutes. Separate into five portions, storing each in zipper bags. Mix into dry food twice weekly.

DRACULA'S NIGHTMARE

Category	Serves	Preparation Time	Cooking Time	Experience
Natural Puppy Food	6 servings	10 minutes	15 minutes	★★

INGREDIENTS

- 450 g (1 pound) ground chuck
- 2 cloves garlic, minced
- 250 ml (1 cup) brown rice, steamed
- 250 g (8 oz) green gravy, page 106

QUICK TIPS

The combination of the meat, carbs, antioxidant, and veggies in this recipe covers all of your puppy's nutritional bases.

PREPARATION & COOKING

Brown ground chuck with garlic until cooked through. Remove from heat and mix in rice and gravy. Cool before serving or storing in zipper bags.



Garlic is both delicious and a natural antioxidant. It's thought to help prevent cancer in canines.

Healing Beverages

Cool Down Your Hot Dog



BELLY BUSTER

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Beverages	1	10 minutes	0	★

INGREDIENTS

- 1 orange, peeled
- ¼ grapefruit, peeled
- ¼ lemon
- 120 ml (1/2 cup) grapefruit juice
- 5 ml (1 tsp) sunflower oil

WHAT IT'S GOOD FOR

Digestion! The alkaline citrus ingredients help get the digestive juices flowing, so it's great for dogs losing weight or having trouble with eliminating.

PREPARATION & COOKING

Puree all ingredients in food processor or juicer. Serve alone or over food.

PANCREAS PLEASER

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Beverages	1	10 minutes	0	★

INGREDIENTS

- 4 carrots, shredded
- 1 apple, sliced
- 4 lettuce leaves
- 175 ml (3/4 cup) string beans
- 3 Brussels sprouts
- 60 ml (1/4 cup) unsweetened apple juice
- 5 ml (1 tsp) sunflower oil

WHAT IT'S GOOD FOR

The pancreas is responsible for adding enzymes to consumed food to help digestion along. If it stops working, many other processes can shut down and the condition can be fatal. This is a great juice to get a good jolt of energy into the pancreas and is a great supplement for dogs who have had pancreatitis in the past.

PREPARATION & COOKING

First puree carrots in food processor or juicer, then add all other ingredients and blend until smooth.

GARLIC IN A GLASS

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Beverages	1	10 minutes	0	★

INGREDIENTS

- 6 carrots, shredded
- 2 stalks celery, chopped
- 60 ml (1/4 cup) parsley
- 2 cloves garlic, minced
- 60 ml (1/4 cup) carrot juice
- 5 ml (1 tsp) sunflower oil

WHAT IT'S GOOD FOR

Garlic is a fantastic natural antibiotic and can help in repelling fleas and insects. Make your pooch healthy from the inside out with this mixture.



Don't be afraid to try juice blends in these health drink recipes. As long as they're 100% juice, they'll help your pup's health immensely.

PREPARATION & COOKING

First puree carrots in food processor or juicer, then add all other ingredients and blend until smooth.

COAT CARE COMBO

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Beverages	1	10 minutes	0	★

INGREDIENTS

- 5 carrots, shredded
- 1 apple
- 1 piece gingerroot, sliced
- 5 ml (1 tsp) sunflower oil
- 5 ml (1 tsp) coconut oil

PREPARATION & COOKING

First puree carrots in food processor or juicer, then add all other ingredients and blend until smooth.

WHAT IT'S GOOD FOR

This drink nourishes your pup's coat and skin through its sunflower oil and the vitamins and minerals in carrots, apple, and gingerroot.



Ginger is full of potent taste and natural sweetness.

BONY BEVERAGE

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Beverages	1	10 minutes	0	★

INGREDIENTS

- 5 carrots, shredded
- 4 leaves kale
- 60 ml (1/4 cup) parsley leaves
- 5 ml (1 tsp) sunflower oil
- 10 ml (2 tsp) bone meal
- 60 ml (1/4 cup) carrot juice

WHAT IT'S GOOD FOR

This great combo helps build bones and strengthen joints. It's great for older dogs who may have degenerative joint disease or arthritis.

PREPARATION & COOKING

First puree carrots in food processor or juicer, then add all other ingredients and blend until smooth.

COUGH CORRECTOR

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Beverages	1	10 minutes	0	★

INGREDIENTS

- 5 carrots, shredded
- 60 ml (1/4 cup) parsley leaves
- ¼ potato, chopped
- 4 sprigs watercress
- 2 ml (1/2 tsp) slippery elm powder
- 5 ml (1 tsp) sunflower oil
- 10 ml (2 tsp) bone meal
- 60 ml (1/4 cup) distilled water

WHAT IT'S GOOD FOR

This blend is great for keeping dogs' lungs healthy or, if they already have a cough, helping to ease the irritation. Feed only once per day.

PREPARATION & COOKING

First puree carrots in food processor or juicer, then add all other ingredients and blend until smooth.

HAIRY JUICE

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Beverages	1	10 minutes	0	★

INGREDIENTS

- 5 carrots, shredded
- 60 ml (1/4 cup) alfalfa sprouts
- 4 lettuce leaves
- 5 ml (1 tsp) sunflower oil
- 10 ml (2 tsp) bone meal
- 60 ml (1/4 cup) carrot juice

WHAT IT'S GOOD FOR

If you've noticed bald patches on your pooch, this potion may help his hair to come back home!

PREPARATION & COOKING

First puree carrots in food processor or juicer, then add all other ingredients and blend until smooth.

GREEN JUICE

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Beverages	1	10 minutes	0	★

INGREDIENTS

- 3 carrots, shredded
- 4 large broccoli florets
- ½ green apple
- 5 ml (1 tsp) sunflower oil
- 10 ml (2 tsp) bone meal
- 5 ml (1 tsp) spirulina
- 120 ml (1/2 cup) wheatgrass
- 60 ml (1/4 cup) unsweetened apple juice

WHAT IT'S GOOD FOR

It's a salad in a cup! This is a great treat for dogs who like to nibble on grass. It also has wonderful antioxidant properties.

PREPARATION & COOKING

First puree carrots in food processor or juicer, then add all other ingredients and blend until smooth.

ZIT ZAPPER

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Beverages	1	10 minutes	0	★

INGREDIENTS

- 6 carrots, shredded
- ½ green bell pepper
- 10 ml (2 tsp) bone meal

WHAT IT'S GOOD FOR

In addition to being somewhat gross, those zits on your pup's chin can be harmful if they burst. This combo helps clear up his skin and give him an extra dose of vitamins at the same time.

PREPARATION & COOKING

First puree carrots in food processor or juicer, then add all other ingredients and blend until smooth.

TERRIFIC TEETH TONIC

Category	Serves	Preparation Time	Cooking Time	Experience
Healing Beverages	1	10 minutes	0	★

INGREDIENTS

- 250 ml (1 cup) black grapes
- 120 ml (1/2 cup) black cherries
- 60 ml (1/4 cup) unsweetened apple juice
- 5 ml (1 tsp) sunflower oil
- 10 ml (2 tsp) bone meal

WHAT IT'S GOOD FOR

Have a pup who can't get his teeth cleaned unless under heavy sedation? Try combining a routine of this juice twice a week and one of the crunchy cookies earlier in the book and see if his chompers start to shine!

PREPARATION & COOKING

First puree grapes in food processor or juicer, then add all other ingredients and blend until smooth.

Hygiene

Is That Broccoli in Your Teeth or are you Just Really Bad at Brushing?



SUPER MINTY TOOTHPASTE

Category	Serves	Preparation Time	Cooking Time	Experience
Hygiene	N/A	5 minutes	0	★

INGREDIENTS

- 30 ml (6 tsp) baking soda
- 1.5 ml (1/3 tsp) salt
- 20 ml (4 tsp) glycerin
- 10 ml (2 tsp) peppermint extract

QUICK TIPS

To try and get your dog used to the idea of toothpaste, smear a small amount on your finger and rub it into a few of her teeth. Continue doing this for a few days, gradually increasing the number of teeth you cover. By the end of the week, she should be ready to go!

PREPARATION & COOKING

Mix all ingredients thoroughly in an airtight container. Store in refrigerator.



Your pup should have her teeth brushed once weekly, at the very least. Never use people toothpaste, though – use a specially formulated dog toothpaste or one of these natural alternatives.

PUPPY'S PREFERRED PASTE

Category	Serves	Preparation Time	Cooking Time	Experience
Hygiene	N/A	5 minutes	0	★

INGREDIENTS

- 30 ml (6 tsp) baking soda
- 1.5 ml (1/3 tsp) salt
- 20 ml (4 tsp) glycerin
- 10 ml (2 tsp) low sodium beef broth

QUICK TIPS

Place a small amount of the toothpaste on a toothbrush and let your dog hold it in his mouth for a few minutes. This will help him get used to the feel of the brush in his mouth.

PREPARATION & COOKING

Mix all ingredients thoroughly in an airtight container. Store in refrigerator.

BARKLEY'S BEAUTIFUL BATH SPRITZ

Category	Serves	Preparation Time	Cooking Time	Experience
Hygiene	N/A	5 minutes	0	★

INGREDIENTS

- 15 ml (1 T) white vinegar
- 475 ml (1 pint) warm water

HOW TO USE

Spritz or squirt onto fur after bath and work into the coat. It'll soothe your pup and make him smell fresh and clean.

PREPARATION & COOKING

Combine ingredients in a spray or squirt bottle. Warm slightly before use.

GROWLIN' GUM SOLUTION

Category	Serves	Preparation Time	Cooking Time	Experience
Hygiene	N/A	5 minutes	0	★

INGREDIENTS

- 480 ml (2 cups) water
- 5 ml (1 tsp) powdered goldenseal

HOW TO USE

Place in a small squirt bottle or nasal bulb. Squirt small amounts of solution over affected gum area.

PREPARATION & COOKING

Boil water and add goldenseal. Remove from heat and allow to cool to tepid temperature before use.

LEMON FLEA DIP

Category	Serves	Preparation Time	Cooking Time	Experience
Hygiene	N/A	5 minutes	1 hour	★

INGREDIENTS

- 3 lemons
- 940 ml (1 quart) water
- 60 ml (1/4 cup) baking soda
- 5 ml (1 tsp) shampoo

HOW TO USE

Use a sponge or spray bottle to thoroughly wet your pooch with this mixture. Use your fingers to work it into his coat.

WHY IT WORKS

Fleas are repelled by citrus oil, but the combination of lemon and warm water are soothing to the skin irritations their bites can cause. Your pup will smell lemony fresh and be flea-free.

PREPARATION & COOKING

Slice lemons in half lengthwise, then halve each piece three additional times. Bring water to a boil and add lemons. Boil for one hour, cover, and steep overnight. Warm to tepid temperature before applying.

SKEETER SPRITZ

Category	Serves	Preparation Time	Cooking Time	Experience
Hygiene	N/A	5 minutes	0	★

INGREDIENTS

- 175 ml (3/4 cup) rubbing alcohol
- 20 ml (4 tsp) camphor
- 2 ml (1/2 tsp) citronella oil
- 1 drop liquid soap
- 50 ml (4 T) mineral oil

HOW TO USE

Simple – spritz sparingly over your dog as the mixture is highly concentrated. If you find yourself using too much, add a bit of water to the mix to dilute it.

WHY IT WORKS

Every ingredient but mineral oil is repulsive to the flying beasts. Mineral oil, however, is a good conditioner for your pup's skin and coat.

PREPARATION & COOKING

Pour alcohol into small spray bottle. Add camphor and lightly swirl the bottle to blend thoroughly. Add citronella and swirl again, then add liquid soap and mineral oil and mix one more time.

NOT-SO-HOT SPOTS

Category	Serves	Preparation Time	Cooking Time	Experience
Hygiene	N/A	5 minutes	0	★

INGREDIENTS

- 1 mug scalding water
- 1 black teabag

PREPARATION & COOKING

After bringing the water to a scalding temperature on the stove or in the microwave, dip the teabag into the water for a brief amount of time. Remove and allow to cool to a touchable temperature.

HOW TO USE

Hold the teabag against your pup's hot spot. Be certain to pet and speak soothingly to him – if he'll let you, tie the teabag in place using a dishrag and allow it to soak for an hour.

WHY IT WORKS

The black tea leaves are soothing to the skin but are also relatively tasteless, so your dog shouldn't feel the impulse to continue licking once removed.



If you're a green tea fan and don't keep black tea in the house, you can use your green teabags for hot spot relief. You may need to hold it on the spot longer than the black leaves, but you should still see some improvement.

SHAMPOO FOR STICKY SITUATIONS

Category	Serves	Preparation Time	Cooking Time	Experience
Hygiene	N/A	5 minutes	0	★

INGREDIENTS

- 250 ml (1 cup) cornmeal
- 250 ml (1 cup) all-purpose flour

HOW TO USE

Pour the mixture into a container large enough to hold your dog, whether a tub, box, or roasting pan (no, this isn't *that* kind of cookbook!). Place your pooch in the container and rub the mixture into the contaminated area of fur, being careful to avoid her eyes, nose, and ears. Continue applying and rubbing until you can brush the mixture from her fur. Throw away the used mixture and follow up with a regular shampoo.

WHY IT WORKS

Flour and cornmeal are naturally absorbent, so oils and other contaminants don't stand a chance against them.

PREPARATION & COOKING

Mix the ingredients, increasing or decreasing amounts according to dog's size as powder should cover the entire oily/sticky spot.

ANTIBACTERIAL SPRINKLE

Category	Serves	Preparation Time	Cooking Time	Experience
Hygiene	N/A	5 minutes	0	★

INGREDIENTS

- 1 part garlic powder
- 1 part goldenseal powder

HOW TO USE

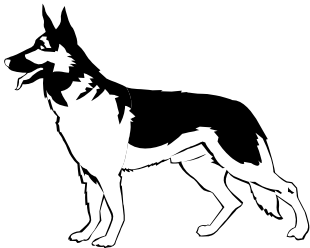
Sprinkle liberally over sore spots, bald patches due to infection, or ringworm areas. If applying as a paste, try to lightly massage into area or cover with cloth or gauze bandage.

WHY IT WORKS

Both garlic and goldenseal root have natural antibacterial properties, so they help prevent the spread of infectious bacteria over your pup's body.

PREPARATION & COOKING

Mix together thoroughly and store in a covered jar. Add small amounts of water to create a paste if desired.



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