HEALTHY HOMEMADE

Holiday Pet Treats

Simple &
Delicious Treats
for your Furry
Best Friend

:::CityVet™ | **Ruffit**

'Twas the night before Christmas, when all through the house not a fur baby was stirring, not even a mouse. The stockings were hung by the chimney with care, in hopes that treats soon would be there. The pups and kittens were nestled all snug in their beds, while visions of homemade treats danced in their heads.

Happy holidays from all of us at CityVet and Ruffit.

PUMPKIN SWEET POTATO BITES

MAKES 24 DOG TREATS

These pumpkin sweet potato dog treats are simple to make and perfect for fall! Your pup will love them!

INGREDIENTS

- ❄ 1½ cups brown rice flour
- ❄ ½ teaspoon cinnamon
- ❄ 1 cup mashed sweet potato
- ❄ ½ cup 100% pure pumpkin purée
- ❄ ½ cup water
- ❄ 1 egg
- ❄ 1 teaspoon organic maple syrup

Preheat to 350	Prep time 15 mins	Cook Time 30 mins

DIRECTIONS

Line 2 baking sheets with parchment paper. Set aside.

In a large mixing bowl, whisk together brown rice flour and cinnamon.

In a separate bowl, mash sweet potato.

Add pumpkin, water, egg, and maple syrup to sweet potato and mix until thoroughly combined.

Add wet ingredients to dry ingredients and mix together with a spoon until you're left with a thick batter.

With your fingers, pinch off a small amount of the mixture (approx. 3/4 teaspoon) and roll into little balls. Place the balls on the baking sheet, spacing them about an inch apart.

After treats are placed on the baking sheet, take a fork and flatten the little balls to around a ¼" thick.

Bake at 350°F for 20 minutes then flip them over and continue baking another 10 minutes.

Let cool completely before serving.

SPINACH, CARROT AND ZUCCHINI TREATS

These DIY dog treats are nutritious, healthy, and easy to make. Plus, zucchini is high in fiber and low in fat and cholesterol, and won't contribute to your dog's waistline.

INGREDIENTS

- ❋ 1 cup pumpkin puree
- ❋ 1/4 cup peanut butter (without Xylitol)
- ❋ 2 large eggs
- ❋ 1/2 cup old fashioned oats
- ❋ 3 cups whole wheat flour, or more, as needed
- ❋ 1 carrot, peeled and shredded
- ❋ 1 zucchini, shredded
- ❋ 1 cup baby spinach, chopped

Preheat to 350	Prep Time 25 mins	Cook Time 25 mins

DIRECTIONS

Line a baking sheet with parchment paper or a silicone baking mat; set aside.

In the bowl of an electric mixer fitted with the paddle attachment, beat pumpkin puree, peanut butter (without Xylitol) and eggs on medium-high until well combined, about 1-2 minutes.
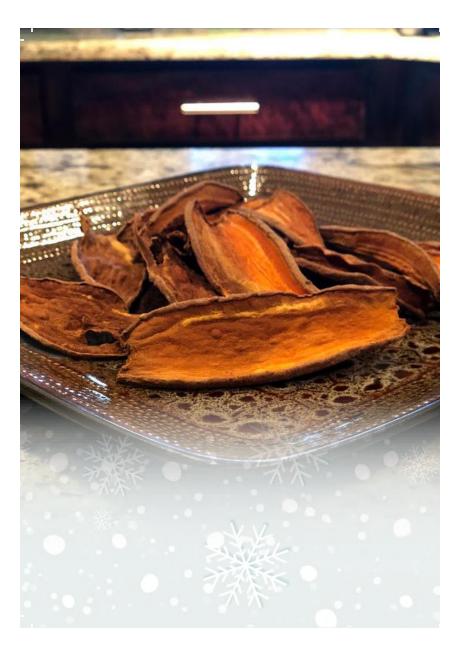
Gradually add old fashioned oats and 2 1/2 cups flour at low speed, beating just until incorporated. Add an additional 1/4 cup flour at a time just until the dough is no longer sticky. Add carrot, zucchini and spinach, beating just until incorporated.

Working on a lightly floured surface, knead the dough 3-4 times until it comes together. Using a rolling pin, roll the dough to 1/4-inch thickness. Using cookie cutters, cut out desired shapes and place onto the prepared baking sheet.

Place into oven and bake until the edges are golden brown,

Let cool completely before serving.

HOMEMADE DOG CHEWS

Homemade treats are great for your pup because you know exactly what goes into the recipe. These chews are sure to be a favorite for the dogs in your life.

INGREDIENTS

❄ 2 sweet potatoes or yams

Preheat to 250	Prep Time 10 mins	Cook Time 3 hrs

DIRECTIONS

Wash and dry your sweet potatoes. Thinly slice your potatoes length-wise. 1/4 - 1/3 inch wide max.

Place them on a baking sheet lined with parchment if you have it.

Bake for 3 hours, turning them over halfway through.

You want them to be pretty chewy and dry.

Let cool completely before serving.

Store them in the fridge or freezer because if you leave them out they could get moldy.

SALMON CAT TREATS

Homemade cat treats are a fun way to show your cats how much you love them! This fish-shaped 3 ingredient salmon cat treat recipe will be a hit with your feline friends.

INGREDIENTS

❄ 10oz canned salmon undrained
❄ 1 egg beaten
❄ 2 cups whole wheat flour
❄ "Goldfish" small cookie cutter (available on Amazon)

| Preheat to 350 | Prep Time 20 mins | Cook Time 20 mins |

DIRECTIONS

Pulse the canned salmon in a food processor and chop finely

Combine salmon, egg, & flour in stand up mixer until it forms a dough

Roll out dough to 1/4 inch thickness on a floured surface

Use a cookie cutter (3/4 inch cutter recommended) to cut into pieces

Place treats on a parchment-lined baking sheet. When they're slightly browned and crunchy, they're done.

Let cool completely before serving.

Store in an airtight container for up to 2 weeks.

CATNIP CAT TREATS

This tasty Catnip Cat Treats Recipe, is simple to make and will have your kitty begging for more.

INGREDIENTS

- ❄ 5 oz tuna in water drained
- ❄ 1 egg
- ❄ 1/2 cup flour
- ❄ 1/4 cup wheat germ
- ❄ 1/2 cup cornmeal
- ❄ 1/4 cup wheat flour
- ❄ 1/4 cup water
- ❄ 1/2 tablespoon catnip

Preheat to 350	Prep Time 10 mins	Cook Time 20 mins

DIRECTIONS

Line a cookie sheet with parchment paper.

Mix all ingredients in a large bowl until combined.

Form into a dough. Dough will be sticky.

Place dough onto a floured surface.

Pull off small pieces of dough and roll into small balls.

Push the dough down so the treat is the size of a nickel and place on parchment paper.

Let cool completely before serving.

KITTY KUPCAKES

These treats are great for the holidays or a birthday celebration and will leave your feline friends purring for more!

CAKE
❅ 1 can tuna, drain water
❅ 1/4 cup shredded cheese
❅ 1/4 cup oat flour
❅ 1 egg

FROSTING
❅ 1/2 cup plain mashed potatoes

DECORATION
❅ Handful of favorite treats

Preheat to 350	Prep Time 10 mins	Cook Time 15-20 mins

DIRECTIONS

Break up tuna with a fork, and mix together cake ingredients.

Fill 2-3 cups of a greased muffin tin with mixture.

Let cool.

Spread mashed potatoes on top each cupcake, and decorate with your cats favorite treats.