

Apple Cinnamon Drops

Ingredients:

- 1 large apple
- ¼ c of honey
- ½ c of water
- ½ teaspoon of cinnamon
- 1 c of oatmeal
- 1 ½ c of whole wheat flour
- 1/8 c whole wheat flour

Directions:

1. Preheat oven to 350 degrees.
2. Core, slice and mince the apple. In a large bowl, combine the apple bits, honey, water, cinnamon, and oatmeal. Gradually blend in the wheat flour, adding enough to form a stiff dough.
3. In a small bowl, add 1/8 c of wheat flour. Spoon the dough by rounded teaspoon onto ungreased baking sheets, spacing about 2" apart.
4. Using the bottom of a glass dipped in the wheat flour (to prevent sticking), flatten each spoonful of dough into a circle. Adjust the size of the drops based on how big a treat you would like.
5. Bake for 30 minutes.
6. Remove from oven and flip cookie on both sides to brown evenly. Reduce oven temperature to 325. Return to oven and bake for an additional 30 minutes. Cool overnight.

This makes about three dozen cookies, depending on how big you make them.

Darlene's Favorite Dog "Cookie"

Ingredients:

- 2 c rye flour
- ½ c vegetable oil
- 2/3 c warm water
- ½ c white flour
- ¼ c cornmeal

Directions:

1. Mix everything together completely.
2. Optional: Add ¼ tsp of vanilla or mint.
3. Roll out to ¼" thick and cut into shapes.
4. Bake on lightly greased cookie sheet for 30 minutes at 350 degrees.

Pumpkin Dog Treats

Ingredients:

- ½ c. canned pumpkin (not pumpkin pie filling)
- 4 tbsp molasses
- 4 tbsp water
- 2 tbsp vegetable oil
- 2 c. whole wheat flour
- ¼ tsp baking soda
- ¼ tsp baking powder
- 1 tsp cinnamon (optional)

Directions:

1. Preheat oven to 350 degrees
2. Blend all wet ingredients together (pumpkin, molasses, vegetable oil, water)
3. Add dry ingredients and stir until a soft dough forms
4. Grab the dough by teaspoonfuls and roll it into balls with your hands. Drop the balls onto a cookie sheet and flatten with a fork.
5. Bake until hard (approx 25 minutes). If you want them crispier, turn off the oven and let them cool in there over night.

Low Fat Carrot Dog Treats

Ingredients:

- 1 med banana (ripe)
- 1 c. shredded carrots
- ¼ c. unsweetened apple juice
- 1/8 c. water
- 1 ½ c. whole wheat flour (keep some for rolling)
- 1 c. rolled oats

Directions:

1. Preheat oven to 350 degrees; spray a baking sheet with nonstick cooking spray and sprinkle a little flour on rolling area.
2. In a medium bowl, mash the banana and mix in the shredded carrots, then add the water and apple juice. Stir.
3. Add the oats and flour. Stir until everything is mixed well.
4. Using your hands, knead the mixture until a dough forms. Dump dough onto rolling surface.
5. Roll the dough out until it's about a half inch thick. Using a cookie cutter, cut into 3" pieces. Place them on the cooking sheet.
6. Bake the treats for 25 minutes.
7. Allow them to cool completely before serving.

This recipe makes about 24 low fat, healthy dog treats. They will last about 3 weeks if stored in the fridge and up to 6 months if frozen.