

**Bonus:**

# Healthy Treat Recipes for Happy Pups!



# Treats: Love in Every Bite

If meals keep dogs healthy, treats make them happy. A treat isn't just a snack—it's how we celebrate good behavior, help them relax, or simply say "I love you."

But not all treats are created equal. Many store-bought ones are full of fillers, sugars, and artificial ingredients that can upset your puppy's tummy.

A healthy gut helps puppies learn, focus, and grow with energy—because when they feel good on the inside, training becomes easier and more fun. That's why choosing the right snacks matters just as much as the lessons you teach.

The good news? You can make your own healthy treats at home with just a few simple ingredients. Homemade treats are quick, fun to make, and great for your puppy's digestion, energy, and mood.

Here you'll find a few easy, healthy recipes your puppy will love—each one tested, safe, and designed to support their growing gut.

These recipes are taken from my full book, *The Easy Gut Health Cookbook for Dogs*, which includes many more tasty, vet-reviewed recipes and nutrition tips.

Want to help your puppy thrive inside and out?

Follow this link to check out the full book: [www.amazon.com/dp/B0FVRRVLX4](https://www.amazon.com/dp/B0FVRRVLX4)

# Crunchy Peanut Butter Biscuits

These crunchy biscuits are a classic dog favorite. Baked until crisp, they make the perfect training snack or crunchy reward.



## PREP TIME

15 minutes

## COOKING TIME

15 minutes



SMALL DOG  
(10-20 LB)



PORTION: 1/2

MEDIUM DOG  
(20-50 LB)



PORTION: 1

LARGE DOG  
(50 + LB)



PORTION: 1.5-2

## INGREDIENTS *(makes about 20 biscuits)*

- ½ cup creamy peanut butter (unsalted, no xylitol)
- ¼ cup unsweetened applesauce (or honey if preferred)
- 1 tbsp olive oil
- 1 cup low-sodium chicken broth
- 1 cup rolled oats
- 1 cup whole wheat flour
- 1 cup oat flour (or all-purpose if needed)

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper to prevent sticking.
2. In a large bowl, whisk together peanut butter, applesauce, olive oil, and chicken broth until smooth and creamy.
3. Stir in the rolled oats, whole wheat flour, and all-purpose flour until a firm dough forms.
4. Dust your counter with flour, then roll the dough out evenly to about ¼ inch thickness.
5. Use a cookie cutter to cut out shapes and place them on the prepared baking sheet.
6. Gather the scraps, re-roll, and cut more biscuits until all the dough is used.
7. Bake for 14–16 minutes, or until golden and firm to the touch.
8. Transfer to a wire cooling rack and let cool completely before serving or storing.

### *Did you know?*

Fresh parsley not only freshens breath but also contains compounds that can help reduce inflammation and support kidney health.

### Nutrition Panel *(per serving, ~1 cup)*

Calories:	55 kcal	Carbohydrates:	8 g
Protein:	2 g	Fat:	2 g
Fiber:	1 g	Key Vitamins & Minerals:	Vitamin E, Magnesium, Niacin
Omega-3s:			

# Pumpkin and Flaxseed Biscuits

These crunchy biscuits make a great fiber-rich snack that doubles as a gut soother. They're perfect as a training reward or daily crunchy topper.

## PREP TIME

10 minutes

## COOKING TIME

25 minutes



### LARGE DOG (50 + LB)



PORTION: 1.5-2

### MEDIUM DOG (20-50 LB)



PORTION: 1

### SMALL DOG (10-20 LB)



PORTION: 1/2



## INGREDIENTS

- ½ cup pumpkin puree
- 1 egg
- 1 cup oat flour
- 1 tbsp ground flaxseed

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine pumpkin puree and egg, whisking until smooth.
3. Stir in oat flour and ground flaxseed until a soft dough comes together.
4. Lightly flour your counter and roll the dough out to about ¼ inch thick.
5. Cut into shapes with a cookie cutter and place on the prepared baking sheet.
6. Bake for about 25 minutes, or until firm and lightly crisped at the edges.
7. Allow to cool fully before serving, and store extras in an airtight container.

### Nutrition Panel *(per serving, ~1 cup)*

Calories:	30	Carbohydrates:	5 g
Protein:	1 g	Fat:	1 g
Fiber:	1 g	Key Vitamins & Minerals:	Vitamin A, Vitamin E, Magnesium
Omega-3s:	20 mg		

### TIP

If your dough feels too sticky when rolling, sprinkle extra oat flour on your counter and rolling pin. This keeps the shapes clean and prevents the dough from tearing.

# Flax & Parsley Crunch Biscuits

Crispy, chewy, and made with everyday ingredients, these treats bring together parsley, cinnamon, carrots, and applesauce for fresh breath, gentle digestion, and a snack dogs truly love.



## PREP TIME

15 minutes

## COOKING TIME

45-60 minutes



SMALL DOG  
(10-20 LB)



PORTION: 1/2

MEDIUM DOG  
(20-50 LB)



PORTION: 1

LARGE DOG  
(50 + LB)



PORTION: 1.5-2

## INGREDIENTS *(makes about 28 treats)*

- ½ cup warm water
- ¼ cup ground flax
- ½ cup unsweetened applesauce
- 2 tbsp natural peanut butter
- 2 tbsp dried parsley
- ½ tsp ground cinnamon
- 2 ½ cups whole wheat flour

## INSTRUCTIONS

1. Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.
2. In a small bowl, mix warm water with ground flaxseed and set aside for 10 minutes to thicken.
3. In a large bowl, combine the flax mixture, applesauce, peanut butter, parsley, and cinnamon. Stir until well blended.
4. Add flour gradually, mixing into a stiff dough. If the dough is too dry, add water 1 teaspoon at a time until it comes together.
5. Roll the dough out on a lightly floured surface to about ½ inch thickness.
6. Cut into shapes with a cookie cutter or slice into squares, then arrange on the prepared baking sheet.
7. Bake for 45–60 minutes, until golden and firm to the touch.
8. Keep in an airtight container in the fridge for up to 2 weeks, or freeze for longer storage.

### *Did you know?*

Flaxseeds are one of the richest plant sources of omega-3 fatty acids, supporting your dog's shiny coat, joint flexibility, and overall immune health in every crunchy bite.

## Nutrition Panel *(per serving, ~1 cup)*

Calories:	30	Carbohydrates:	4 g
Protein:	1 g	Fat:	1 g
Fiber:	1 g	Key Vitamins & Minerals:	Vitamin K, Vitamin C
Omega-3s:	20 mg		

# Carrot Oat Applesauce Treats

Light, chewy, and naturally sweet, these four-ingredient bites use carrots and applesauce to make a simple treat that's as good for digestion as it is for snacking.

## PREP TIME

10 minutes

## COOKING TIME

20 minutes



### LARGE DOG (50 + LB)



PORTION: 1.5-2

### MEDIUM DOG (20-50 LB)



PORTION: 1

### SMALL DOG (10-20 LB)



PORTION: 1/2



## INGREDIENTS

- ½ cup oats
- ½ cup unsweetened applesauce
- ½ cup carrot, finely grated
- ½ cup oat flour or whole wheat flour

## INSTRUCTIONS

1. Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. In a medium bowl, combine oats, applesauce, grated carrot, and flour. Mix until everything is evenly combined.
3. Scoop tablespoon-sized portions of dough and drop them onto the baking sheet. Flatten slightly or shape as desired.
4. Bake for 18–20 minutes, until firm and lightly golden around the edges.
5. Remove from oven and let cool fully before serving.
6. Keep in an airtight container in the fridge for up to 1 week, or freeze for longer storage.

### Nutrition Panel (per serving, ~1 cup)

Calories:	50	Carbohydrates:	10 g
Protein:	1 g	Fat:	0.5 g
Fiber:	1.5 g	Key Vitamins & Minerals:	Vitamin A, Vitamin C, Potassium, Manganese
Omega-3s:	20 mg (from oats)		

### TIP

If you're batch cooking, freeze the beef and pumpkin mixture after thawing — this preserves nutrients and prevents the fats from turning rancid.

# Blueberry Coconut Yogurt Swirls

Cool, colorful, and bursting with antioxidants, these frozen bites are the perfect summer treat for your pup. Serve as a cooling snack on a hot day.



## PREP TIME

10 minutes

## COOKING TIME

— minutes



SMALL DOG  
(10-20 LB)



PORTION: 1/2

MEDIUM DOG  
(20-50 LB)



PORTION: 1

LARGE DOG  
(50 + LB)



PORTION: 1.5-2

## INGREDIENTS *(makes 12 swirls, depending on mold size)*

- ½ cup blueberries
- ½ cup plain, unsweetened yogurt (no added sugar or xylitol)
- 2 tbsp unsweetened shredded coconut

## INSTRUCTIONS

1. Lightly mash the blueberries with a fork to release their juices.
2. Spoon a thin layer of yogurt into each silicone mold cavity.
3. Add a small spoonful of mashed blueberries, then swirl gently with a toothpick to create a marbled effect.
4. Sprinkle shredded coconut evenly over the top of each mold.
5. Freeze for at least 3-4 hours, until firm. Pop out and store in a freezer-safe container.

### TIP

For easy storage, keep these swirls in a freezer bag with parchment between layers to stop them sticking. They'll stay fresh for up to 3 weeks.

## Nutrition Panel *(per serving, ~1 cup)*

Calories:	25	Carbohydrates:	3 g
Protein:	1 g	Fat:	1 g
Fiber:	0.5 g	Key Vitamins & Minerals:	Vitamin C, Vitamin E, Calcium
Omega-3s:	4 mg		

# Banana Chamomile Coolers

Cool and calming, these frozen bites blend ripe banana, chamomile, and creamy yogurt. A sprinkle of hemp seeds adds a nourishing finish.

## PREP TIME

8 minutes

## COOKING TIME

— minutes



LARGE DOG  
(50 + LB)



PORTION: 1.5-2

MEDIUM DOG  
(20-50 LB)



PORTION: 1

SMALL DOG  
(10-20 LB)



PORTION: 1/2



## INGREDIENTS *(makes 12 swirls, depending on mold size)*

- 1 ripe banana
- ½ cup brewed chamomile tea, cooled
- ¼ cup plain unsweetened yogurt (no added sugar or xylitol)
- 2 tsp hemp seeds (for topping)

## INSTRUCTIONS

- Blend banana, cooled chamomile tea, and yogurt until smooth and creamy.
- Pour the mixture evenly into silicone mold cavities.
- Sprinkle hemp seeds lightly over the top of each portion.
- Freeze for 3–4 hours, until solid. Pop out and store in a freezer-safe container.

## Nutrition Panel *(per serving, ~1 cup)*

Calories:	30	Carbohydrates:	6 g
Protein:	1 g	Fat:	0.7 g
Fiber:	1 g	Key Vitamins & Minerals:	Potassium,
Omega-3s:	25 mg		Vitamin B6,
			Magnesium,
			Calcium

## 💡 *Did you know?*

Chamomile has been used for centuries as a gentle natural relaxant. For dogs, it not only helps calm nerves but also soothes the digestive system — perfect for pups who stress-eat or get nervous tummies.

# Berry & Chia Itchy-Skin Coolers

These frozen treats are packed with anti-itch nutrients and gut-soothing ingredients, making them a great option for dogs struggling with allergies or sensitive skin.



## PREP TIME

12 minutes

## COOKING TIME

— minutes



SMALL DOG  
(10-20 LB)



PORTION: 1/2

MEDIUM DOG  
(20-50 LB)



PORTION: 1

LARGE DOG  
(50 + LB)



PORTION: 1.5-2

## INGREDIENTS *(makes 12-16 coolers, depending on mold size)*

- ½ cup blackberries
- ½ cup strawberries (with tops)
- 1 small apple, chopped (skin on)
- 1 tbsp chia seeds (soaked in 2 tbsp water for 10 minutes)
- ¼ cup goat's milk kefir
- ¼ cup beef bone broth
- Water, as needed for blending

## INSTRUCTIONS

1. Soak chia seeds in water for about 10 minutes, until they become gelatinous.
2. Add blackberries, strawberries, apple, bloomed chia, kefir, and bone broth to a blender.
3. Blend until smooth, adding a splash of water if needed for consistency.
4. Pour the mixture into 12-16 silicone mold cavities.
5. Freeze for 3-4 hours, until firm. Pop out and store in a freezer-safe container.

### Did you know?

Blackberries and strawberries naturally contain quercetin, a compound that helps calm histamine responses in the body, making them especially helpful for allergy-prone dogs with itchy skin.

## Nutrition Panel *(per serving, ~1 cup)*

Calories:	25-28	Carbohydrates:	5 g
Protein:	1 g	Fat:	0.7 g
Fiber:	1.5 g	Key Vitamins & Minerals:	Vitamin C, Vitamin A, Potassium, Calcium, Antioxidants, Quercetin
Omega-3s:	200 mg (from chia seeds)		

# Sweet Potato Cinnamon Chips

Skip the overpriced store-bought treats; these crunchy sweet potato chips are simple, wholesome, and packed with nutrients.

## PREP TIME

10 minutes

## COOKING TIME

1 minutes



### LARGE DOG (50 + LB)



PORTION: 1.5-2

### MEDIUM DOG (20-50 LB)



PORTION: 1

### SMALL DOG (10-20 LB)



PORTION: 1/2



## INGREDIENTS *(makes 20–24 chips, depending on potato size)*

- 1 large sweet potato
- Pinch of ground cinnamon (optional, very light)

## INSTRUCTIONS

- Preheat oven to 300°F (150°C) or set your air fryer to a low bake/dry setting.
- Wash and slice the sweet potato into thin rounds, about ¼ inch thick.
- Arrange slices in a single layer on a parchment lined baking sheet.
- Sprinkle lightly with cinnamon, using only a small pinch per slice.
- Bake for about 1 hour, flipping halfway, until chips are dry and crisp on the edges.
- Cool completely before serving.
- Store in a glass jar or airtight container at room temperature for up to 1 week, or in the fridge for up to 2 weeks.

## Nutrition Panel *(per serving, ~1 cup)*

Calories:	20	Carbohydrates:	5 g
Protein:	0.3 g	Fat:	0 g
Fiber:	1 g	Key Vitamins & Minerals:	Vitamin A, Vitamin C, Potassium, Manganese
Omega-3s:	2 mg		

## TIP

For extra crunch, leave the chips to cool on the baking sheet overnight — they'll dry out further and keep their crisp texture longer.

# One-Ingredient Chicken Jerky Chips

Simple and savory, these one-ingredient jerky chips are lean, protein rich, and satisfyingly crisp. They are a dog's dream.



## PREP TIME

15 minutes

## COOKING TIME

2–2 ½ hours

(plus 45 min freezing)



SMALL DOG  
(10-20 LB)



PORTION: 1/2

MEDIUM DOG  
(20-50 LB)



PORTION: 1

LARGE DOG  
(50 + LB)



PORTION: 1.5-2

**INGREDIENTS** (makes 20–24 chips,  
depending on chicken size)

- 1 large pasture-raised chicken breast

## INSTRUCTIONS

1. Place the chicken breast on a parchment-lined plate or tray and freeze for 45 minutes to make slicing easier.
2. Remove from freezer and let thaw slightly until firm but sliceable.
3. Using a sharp knife, cut into thin slices, about ⅛ inch thick.
4. Arrange slices in a single layer on a parchment-lined baking sheet (for oven) or in the air fryer basket.
5. Cook at 225°F (110°C) until dry and crisp — about 2–2 ½ hours in the oven or 2 hours in the air fryer, flipping halfway.
6. Cool completely before serving.
7. Store in an airtight container in the fridge for up to 2 weeks, or freeze for longer storage.

### 💡 Did you know?

When chicken is cooked slowly at low temperatures, proteins break down more gently. This preserves natural flavor compounds, giving your dog treats that are not only crunchier but also easier to digest.

## Nutrition Panel (per serving, ~1 cup)

Calories:	15	Carbohydrates:	0 g
Protein:	3 g	Fat:	0.3 g
Fiber:	0 g	Key Vitamins & Minerals:	Vitamin B6, Niacin, Phosphorus, Selenium
Omega-3s:	Trace (higher if pasture-raised)		