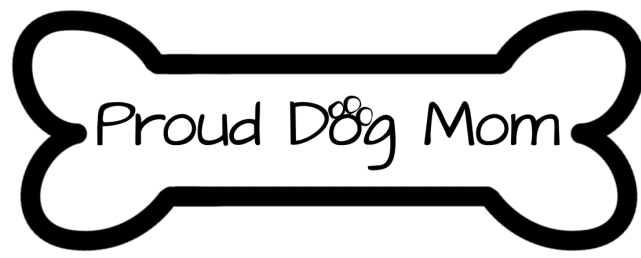


PROUD DOG MOM'S

MINI COLLECTION OF
GLUTEN-FREE & GRAIN-FREE
DOG TREAT RECIPES





WELCOME TO THE PROUD DOG MOM PACK

First of all, we want to say a big thank you for visiting the Proud Dog Mom blog and signing up for our newsletter. We always love welcoming new Proud Dog Moms into our pack! As a way of saying thank you, here is your FREE mini treat recipe e-book. It's filled with 5 recipes that will hopefully get your pup's tail wagging.

If you're like us, dropping hundreds of dollars on treats at the pet store isn't uncommon. Along with the steep price tags, though, have you ever taken a look at the ingredient labels? A lot of the treats we've been feeding our fur babies are loaded with questionable preservatives, red-flag chemicals, and other ingredients that aren't good for our little ones ... OH MY!

We know you love and care for your pooch (after all, you *are* a proud dog mom)! So to help you save money and your pet's health, try making their treats at home. The five treat recipes in this e-book are all-natural, easy-to-make, and your dogs will love them. Seriously, our dogs go crazy when we give them one of these homemade dog treats.

We hope your dogs love these treats as much as ours do!

Sincerely,
Melissa & Donna



CHICKEN JELLO

They're wiggly, jiggly, and dogs love um -- they're Chicken Jello treats! Made with a few fresh, dog-approved ingredients, I first created these savory jello bites as a way to help promote healthy joints. In case you didn't know, plain, unflavored, and unsweetened gelatin (*the ingredient that makes these treats jelly*) isn't only safe for our canine companions, it actually offers big benefits for their joints, bones, gut health, digestion, skin, nails, and the list goes on.

INGREDIENTS:

- 1/4 pound chicken breast, all visible fat trimmed
- 1 large carrot, washed, peeled, and chopped
- 3-4 parsley leaves, (or 1 sprig)
- Water, for boiling (will need to reserve 1/2 cup)
- 1 (.25oz) packet Knox gelatin powder plain, unflavored, and unsweetened

DIRECTIONS:

1. Add chicken breast, chopped carrot, and parsley leaves to the saucepan. Fill with enough water to cover.
2. On medium heat, let cook for about 20-30 minutes.
3. Leaving your freshly made chicken broth in the saucepan, transfer the cooked chicken and carrots to a blender.
4. Puree until smooth. Set Aside.
5. Measure 1/2 cup of warm chicken broth and transfer to a mixing bowl. Add gelatin powder and whisk until the gelatin is fully dissolved.
6. Stir the pureed chicken and carrot mixture into the gelatin-laden chicken broth until smooth. It should have a gravy-like consistency.
7. Place a silicone mold onto a baking sheet for support and spoon the mixture into each mold, filling to the top.
8. Move to the refrigerator for 1-2 hours, or until fully set.
9. Remove jello-like treats from the mold. Store in an airtight container in the refrigerator up to 4 days.



Click the play button to watch a step-by-step recipe tutorial on our YouTube page!



SWEET POTATO MUFFINS

These sweet potato-based, paw-worthy muffins are filled with the fall flavors many of us start craving once the leaves begin changing colors. But the tail-wagging good taste and easy-to-chew soft texture is just the tip of the iceberg. These treats are also loaded with beneficial nutrients! The sweet potatoes offer up fiber, potassium, a little protein, magnesium, vitamin A, vitamin B-6, and more. Plus, the carrots are loaded with Vitamin A. Sure, they're made with our canine companions in mind. But, really, they are a great treat for your four-legged and two-legged guests to share!

INGREDIENTS:

- 1/2 cup sweet potato, packed (cooked, mashed, and no skin)
- 1/2 cup peeled and finely grated carrot, packed
- 1 egg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cinnamon
- Coconut oil, to grease muffin tin

DIRECTIONS:

1. Preheat oven to 350°F.
2. Place all ingredients in a mixing bowl and thoroughly combine. Set aside.
3. Grease a mini muffin tin with coconut oil.
4. Fill each muffin space 3/4 way up.
5. Bake for 30 minutes.
6. Carefully flip muffin tin over to release treats.
7. Transfer to a wire rack to cool!



Click the play button to watch a step-by-step recipe tutorial on our YouTube page!



TURKEY LOAF MUFFINS

I have another delicious and nutritious treat that both you and your canine companion will love sharing – Mini Turkey Loaf Muffins! I know what some of you may be thinking: *“Can my dog even eat turkey?”* Sure, you have probably heard the warnings about sharing your holiday turkey with your dogs. That’s because holiday turkeys are typically jazzed up with extra ingredients that aren’t safe for our pups. Plain turkey, though, is an amazing source of protein! In fact, you may even see turkey listed as the main protein in some high-quality dog foods. This is a satisfying snack made from five gluten-free, grain-free, and all-natural ingredients. You’re going to be amazed how simple they are to whip up

INGREDIENTS:

- Coconut oil, to grease muffin tin
- 1 pound lean ground turkey
- 1/2 cup pure pumpkin puree
- 1/2 cup almond flour
- 1/2 cup frozen peas and carrots
- 1 large egg

DIRECTIONS:

1. Preheat oven to 350°F.
2. Grease two mini muffin tins with coconut oil.
3. Add all ingredients to a large mixing bowl.
4. Using a fork, mix all ingredients together until thoroughly combined. **There is no need to defrost the peas and carrots – just use frozen.*
5. Spoon mixture into muffin tins.
6. Bake for 20 minutes.
7. Store in an airtight container in the refrigerator for up to 4 days.



Click the play button to watch a step-by-step recipe tutorial on our YouTube page!



SHOW-STOPPING SALMON MUFFINS

Omega-3s are amazing for our canine companions! According to various studies, adding a quality source of Omega-3s to your dog's diet can help fight inflammation, support heart health, support cognitive function, support eye health, improve skin and coat, and ease joint pain in senior canines. The good news? Bumping up the Omega-3s in your dog's daily diet can be as simple as popping open a can of wild-caught salmon and whipping up a batch of these show-stopping salmon muffins!

INGREDIENTS:

- Extra virgin olive oil, to grease muffin tin
- 1 can salmon, in water
- 1/4 cup spinach leaves, finely chopped
- 1 egg
- 1/4 cup garbanzo bean flour
- 1/4 teaspoon turmeric
- Pinch ground black pepper

DIRECTIONS:

1. Preheat oven to 350°F.
2. Grease two mini muffin tins with coconut oil.
3. Add all ingredients to a large mixing bowl.
4. Using a fork, mix all ingredients together until thoroughly combined.
5. Spoon mixture into muffin tins.
6. Bake for 15 minutes.
7. Let cool in the muffin tin.
8. Store in an airtight container in the refrigerator for up to 3 days.



Click the play button to watch a step-by-step recipe tutorial on our YouTube page!



NUTTY FOR NUT BONES

This is a treat your dogs are bound to go nuts over! Seriously, since I first created this homemade dog biscuit recipe a while back, I knew it would become one of my go-to pup snacks. Made with a mixture of almond and coconut flour, this easy-to-make treat is naturally grain-free (which I love). Plus, once baked, it creates a super crunchy texture (which my dogs love).

INGREDIENTS:

- 2 cups super-fine almond flour
- 1/2 cup coconut flour
- 2 tablespoons ground flax seed
- 1 teaspoon ground ginger
- 1/2 cup peanut butter
- 1/2 cup water

DIRECTIONS:

1. Preheat oven to 350°F and line 2 baking sheets with parchment paper. Set aside.
2. Combine almond flour, coconut flour, ground flaxseeds, and ground ginger. Whisk together.
3. Add peanut butter and water. Mix together.
4. Knead the mixture until it forms a dough ball.
5. Using a rolling pin, roll dough ball out to approximately 1/4 inch thick and use a cookie cutter to stamp out biscuits.
6. Bake in 350° oven for 18–20 minutes. They should come out crunchy!
7. Store in an airtight container in the refrigerator for up to 3 weeks or in the freezer for up to 3 months.



Click the play button to watch a step-by-step recipe tutorial on our YouTube page!



CHICKEN JERKY

If you're looking for a chicken jerky recipe that's easy, healthy, and one your fur baby will love, then you need to try this one! Don't have a dehydrator? Don't worry. Today, we'll be using an oven to dry out our chicken strips.

INGREDIENTS:

- Olive oil, to grease wire rack
- 1 pound chicken breast

OPTIONAL:

Want to change up the flavor? Sprinkle a conservative amount of dog-approved spices onto the chicken strips before putting them in the oven. My two favorite combos are: Ground ginger and Ground turmeric with a pinch of ground black pepper. See the video below for example!

DIRECTIONS:

1. Preheat oven to 250°F.
2. Grease a wire rack with olive oil (or coconut oil) and place on top of a cookie sheet. This will allow the air to circulate as the chicken is dehydrating. Set aside.
3. Trim chicken of all visible fat.
4. Slice the chicken 1/8th inch to 1/4 inch thick.
5. Place the chicken slices on a rack and cook for 2 hours * (check them after an hour and then every thirty minutes or so. Everyone's oven can vary a little, so after you make them once you can adjust the time as necessary).
6. Flip them over after 2 hours and continue to dehydrate in the oven for another 45 minutes, or until fully crisp.
7. Since there are no preservatives added to this jerky, I personally like to keep them in an airtight container in the refrigerator for up to 2 weeks.



Click the play button to watch a step-by-step recipe tutorial on our YouTube page!

FOR MORE RECIPES CHECK OUT OUR COOKBOOK

PROUD DOG CHEF: TAIL-WAGGING GOOD TREAT RECIPES



Proud Dog Chef: Tail-Wagging Good Treat Recipes is filled with 60 gluten-free, grain-free, and dog-approved recipes that are bound to make even the pickiest dog's tail wag. With careful attention to nutrition, this book is written for the dog parent who is ready to leave behind questionable ingredients and red flag preservatives. Because our dogs deserve it!

This cookbook is loaded with nutrient-rich recipes including:

- Gluten-Free Biscuits
- Grain-Free Biscuits
- Burgers & Bites
- Jerky, Chips, & Chews
- Pupsicles
- Pupcakes (AKA a dog-version of a cupcake)
- All-Natural Icings
- Holiday Treats

But, as you flip through the pages of this carefully curated dog treat cookbook, you'll get way more than just recipes. Inside, you'll find essential baking tips, a detailed explanation of the human foods dogs can and can't eat, and dog nutrition must-knows.

TAKE A PEEK INSIDE *PROUD DOG CHEF*

Click below to watch as I flip through the pages:



Proud Dog Chef is available in hardcover, paperback, and Kindle ebook. You can find it on most online bookstores, such as Amazon and Barnes & Noble.

Get Your Paws On A Copy

