

20 Natural & Healthy Recipes

by the Dog Training Institute

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Nothin' But Natural!

While you probably love to spoil your pooch rotten with all of the gourmet goodies you can find, you know that the most important thing for any doggie diet is health. Your pup needs quality ingredients, the right nutritional proportions, and something that will keep him full and satisfied without packing on the pounds. This can be a tough balance to strike, especially when you factor in the work required of you to make the food. As you know, it's super-easy to go pick up those bags and cans of chow every week, but you never know exactly which preservatives go into them and whether or not they're really satisfying your dogs nutritional needs. The only way to be absolutely positive of those things is to make the food yourself.

In order to make homemade dog food easier and more accessible to the everyday busy dog mom or dad, we've assembled a bonus volume of some of the simplest, straightforward recipes for plain ol' kibble, moist food, and treats. Each of these recipes satisfies the 30/30/30 nutritional proportions your dog's body needs to be its best, and each is simple enough to make that you can easily set aside an hour each week to put it together and be prepared for the next seven days. These aren't exotic, gourmet foods that'll have your baby's tummy trying to keep up. They try to mimic the types of food your dog would eat if still in the wild while adding the modern benefits of plaque prevention and dental care.

When your dog is done with dinner, give him a thank you for being such a great buddy by tossing him one of the all-natural treats you'll find toward the end of this special supplement! These snacks are drool-worthy to the max... for your dog, of course.

You'll soon see that one of the best features of these recipes is that many of them can be made and enhanced by ingredients you already have in your cupboards. Even better, several of them can be made entirely from the leftovers you have from your family's dinners over the last week. That saves you money, it cuts down on food waste, and your dog certainly won't complain about getting bits of that succulent roast chicken in her kibble.

So don't crack open that can just yet. Take a quick look through our all-natural, all-easy guide to homemade dog food and experiment with your own cooking savvy. We guarantee it'll be the easiest cooking audience you've ever had!

Easy Vegetarian Kibble

Category	Serves	Preparation Time	Cooking Time	Experience
Kibble	2 Litres (8 cups)	5 minutes	30 minutes	★

Ingredients

- 1 L (4 c) 3-grain cereal (or above)
- ½ L (2 c) soy flour
- 150 ml (1/2 cup) whole wheat flour
- 15 ml (1 T) bone meal
- 15 ml (1 T) yeast (enriched, if possible)
- 15 ml (1 T) kelp
- 5 ml (1 t) cod liver oil
- 150 ml (1/2 cup) vegetable oil
- 400 IU vitamin E
- 4 eggs

Quick tips

If you can't find vitamin E liquid, try to find gelcaps. They can be easily pierced so the liquid can be squeezed into the mixture, and the measuring is done for you!

Preparation & Cooking

Mix dry ingredients until combined, then add wet ingredients and stir until moist. Drop 2 ml (1/2 t) pieces onto greased cookie sheets and bake at 180° (350°F) for 30 minutes. Remove from oven when lightly browned.



Kelp, one of the most common varieties of seaweed, has incredible nutritional impact for both you and your dog.

Multigrain Kibble

Category	Serves	Preparation Time	Cooking Time	Experience
Kibble	4.5 Litres (20 cups)	10 minutes	45 minutes	★

Ingredients

- ½ L (2 c) whole wheat flour
- 355 ml (1 1/2 c) all-purpose flour
- 150 ml (1/2 cup) soy flour
- 250 ml (1 c) cornmeal
- 250 ml (1 c) dry milk
- 250 ml (1 c) oats
- 125 ml (1/2 c) wheat germ
- 125 ml (1/2 c) brewer's yeast
- 15 ml (1 T) salt
- 1 egg
- 75 ml (5 T) olive oil
- ½ L (2 c) water
- 250 ml (1 c) low-fat cottage cheese

Substitutions

Plain yogurt can be used instead of cottage cheese – just make sure you ask your dog which she likes better!



Cottage cheese (or yogurt) provides the protein your dog needs in place of meat.

Preparation & Cooking

Mix dry ingredients until well combined. In separate bowl, blend all moist ingredients but water. Slowly fold water into dry mixture, then add remaining moist ingredients and blend thoroughly.

Pour batter into two large, greased cake pans and bake at 180° (350°F) for 45 minutes. Let cool thoroughly, then crumble and break kibble into small, manageable pieces. Store in airtight container in refrigerator.

Easy-on-the-Teeth Kibble

Category	Serves	Preparation Time	Cooking Time	Experience
Kibble	1 1/2 L (6 c)	5 minutes	0	★

Ingredients

- ½ L (2 c) cooked chicken, chopped
- ½ L (2 c) brown rice
- 250 ml (1 c) raw carrots, chopped
- 250 ml (1 c) cooked spinach, chopped

Quick tips

In a hurry? Frozen veggies work just as well as raw and cooked ones in this recipe.

Preparation & Cooking

Cook brown rice until just underdone, leaving some crunchiness in consistency. Combine all ingredients in an airtight container, mixing until well blended. Store in refrigerator.



Spinach packs a one-two nutritional punch you won't find in many other veggies.

Feather ‘n Fin Kibble

Category	Serves	Preparation Time	Cooking Time	Experience
Kibble	1 L (4 c)	15 minutes	10 minutes	★

Ingredients

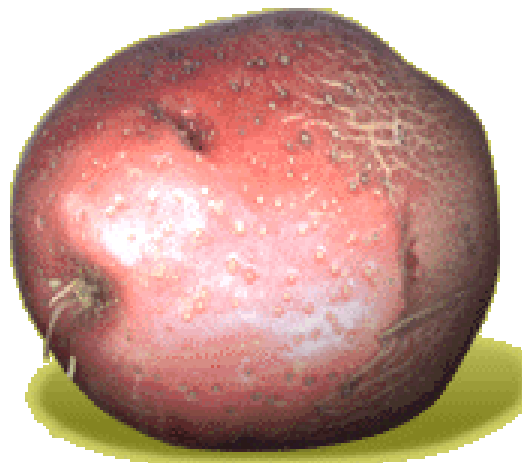
- ½ L (2 c) whole wheat or spinach pasta
- 1 can tuna fish
- 4 hardboiled eggs, chopped
- 250 ml (1 c) cooked potato, chopped
- 250 ml (1 c) raw peas

Quick tips

No time for the extra cooking in this recipe? You can find pre-cooked pasta, potatoes, and eggs at your store. All you have to do is mix and bake!

Preparation & Cooking

Cook pasta until just underdone, enough to leave some firmness in noodles. Let cool. If pasta is longer than macaroni, cut into manageable pieces. Stir in remaining ingredients, then pour and spread in greased baking dish. Cook for 10 minutes at 180° (350°F). Let cool before serving and store in airtight container in refrigerator.



The type of potato you use isn't really important. If you're buying one variety for your family, just get a few extra for Fido!

Counterfeit Canned Chow

Category	Serves	Preparation Time	Cooking Time	Experience
Moist Food	3	10 minutes	60 minutes	★

Ingredients

- 1/2 kilo (1 pound) ground turkey
- 1/2 kilo (1 pound) ground lamb
- 480 ml (2 c) brown rice, cooked
- 2 eggs, beaten
- 150 ml (1/2 cup) fresh parsley, chopped
- 90 ml (6 T) wheat germ
- 150 ml (1/2 cup) carrots, shredded
- 150 ml (1/2 cup) peas
- 60 ml (4 T) minced garlic

Substitutions

Know for a fact that Bowzer prefers beef over turkey? You can use just about any type of meat instead of turkey or lamb in this recipe, so don't feel strapped to one in particular.



Lamb is great for dogs with food allergies or digestion problems.

Preparation & Cooking

Blend all ingredients in a large bowl until well mixed, then spread in greased loaf pan. Bake for 60 minutes at 180° (350°F) and let cool before serving.

Leftover Kibble

Category	Serves	Preparation Time	Cooking Time	Experience
Kibble	8	30 minutes	75 minutes	★★★

Ingredients

- Chicken bones, enough to fill quart bag
- 710 ml (3 c) cooked vegetables
- 710 ml (3 c) meat fat, innards, gravy, and/or juice
- 480 ml (2 c) flour

Quick tips

This recipe can be made entirely from the leftovers you have after feeding the humans in your family. Just start stockpiling each of them in the freezer and make a batch whenever you have enough.

Preparation & Cooking

Place bones on rack in bottom of pressure cooker and add three cups water, one cup apple cider vinegar. Cover and set to 10 pounds pressure for one hour. Let cool, then uncover, remove rack, and break up chicken bones using durable spoon or potato masher. Add all leftover ingredients and stir, heating on low. Cook for 15 minutes, then let cool before serving. Store in an airtight container in refrigerator.



The chicken bones in this recipe are pressure cooked and pulverized so their nutritious bone meal can be included in the food. Uncooked chicken bones should never be fed to your dog; bones like the one above are routinely removed from the stomachs of pets who have choked on them.

Nutri-Bars

Category	Serves	Preparation Time	Cooking Time	Experience
Kibble	Approx. 10	30 minutes	20 minutes	★★

Ingredients

- 1 L (4 c) brown rice
- 60 ml (1/4 cup) oatmeal, dry
- 2 eggshells, ground to fine powder
- 2 L (9 c) water
- 5 ml (1 t) salt
- 150 ml (1/2 cup) milk
- 100 g (3 oz.) liver, chopped
- 45 ml (3 T) vegetable oil
- 2 cloves garlic, chopped
- 30 ml (2 T) fresh parsley, chopped
- 225 g (8 oz.) ground meat
- 2 eggs
- 250 ml (1 c) carrots, chopped
- 250 ml (1 c) broccoli, chopped
- 150 ml (1/2 cup) cottage cheese per serving
- 250 ml (1 c) brewer's yeast
- 45 ml (3 T) kelp, powdered
- 250 ml (1 c) wheat germ

Fun Facts

Including fresh, raw veggies in your dog's food could make his day! Many dogs love the taste and crunch of veggies but never get the chance to indulge.



Garlic has incredible antioxidant properties and should always be a part of your dog's diet.

Preparation & Cooking

Boil first five ingredients. While stirring, add next nine ingredients, set heat to low, and continue to cook until all moisture is absorbed (about 20 minutes). Spread into flat airtight containers, cool, and cut into half-cup squares. In separate container, combine yeast, kelp, and wheat germ. To serve, crumble square over cottage cheese, stir, and add 5 ml (1 t) yeast mix for each 30 pounds of weight.

Holistic Healing Kibble

Category	Serves	Preparation Time	Cooking Time	Experience
Kibble	8	10 minutes	30 minutes	★

Ingredients

- 60 ml (1/4 cup) cooked meat, shredded or ground
- 1 egg
- 250 ml (1 c) calcium carbonate tablet, crushed
- 10 ml (2 t) parsley
- 650 ml (2 3/4 c) brown rice
- 30 ml (2 T) extra virgin olive oil
- 1/4 clove garlic, minced

Quick tips

Having trouble finding the calcium carbonate tablet? Check in local natural food stores. If you still have no luck, talk to your vet.

Preparation & Cooking

Mix together thoroughly in oven-safe container and bake at 150° (300° F) for 30 minutes. While still warm, blend in one serving multivitamin powder and 100 mcg vitamin C.

Fake Franks 'n' Beans

Category	Serves	Preparation Time	Cooking Time	Experience
Moist Food	1710 ml (3 c)	10 minutes	60 minutes	★

Ingredients

- 480 ml (2 c) kidney beans, canned
- 1 1/2 L (6 c) millet, cooked
- 480 ml (2 c) cottage cheese
- 30 ml (2 T) olive oil
- 30 ml (2 T) bone meal
- 150 ml (1/2 cup) broccoli, cooked
- 2 ml (1/2 t) salt
- 1 clove garlic, crushed

Substitutions

Just about any kind of beans or lentils can be used in place of the canned kidney beans in this recipe. Just steer clear of refried beans, as they're nutritionally lacking and cause excess gas.



Barley or other grains can be used in place of the millet in this recipe.

Preparation & Cooking

Bring beans to a boil in 1 1/2 L (6 c) water, then reduce heat and simmer for one hour. Boil millet in separate saucepan with 1 1/2 L (6 c) water, then reduce heat and simmer for 30 minutes. Combine with beans when cooking is complete. Mix in remaining ingredients, cool, and serve or store.

High Protein Power Lunch

Category	Serves	Preparation Time	Cooking Time	Experience
Moist Food	8 cups	10 minutes	15 minutes	★

Ingredients

- 710 ml (3 c) oats
- 2 eggs
- 480 ml (2 c) beef heart, cooked
- 42 ml (1/2 t) bone meal
- 15 ml (1 T) olive oil
- 150 ml (1/2 cup) mixed vegetables

Did You Know?

Olive oil can be kept fresh for up to two years if kept out of light and excessive heat.

Preparation & Cooking

Boil 1 1/2 L (6 c) water, stir in oats, and let simmer for 10 minutes. Stir in eggs, let simmer three minutes. Add remaining ingredients. Remove from heat, cool, and serve.



Olive oil's natural nutritional properties make it a good choice over vegetable oil in nearly any recipe.

Allergic Alternatives

Category	Serves	Preparation Time	Cooking Time	Experience
Moist Food	8 cups	10 minutes	35 minutes	★

Ingredients

- 1 L (4 c) brown rice
- 1 kilo (2 pounds) raw lamb (or turkey), fat trimmed
- 10 ml (4 t) bone meal
- 30 ml (2 T) olive oil
- Veterinary multivitamin tablet, crushed

Quick tips

If you're not one of the best fat trimmers ever, ask your butcher to trim the meat for you. It'll save time and the cuts will be nice enough to use for your family!

Preparation & Cooking

Boil 3 L (8 c) filtered water and add rice. Cover and simmer for 35 minutes. Grind meat. When rice is finished, remove from heat, drain, and add all ingredients. Cool and serve.



Multivitamins like PetTabs are not only great for your dog's health, they add a great taste to kibble and treat recipes.

www.dognatural.com/lucypettabs.html

Pup Toast

Category	Serves	Preparation Time	Cooking Time	Experience
Treats	10 servings	10 minutes	25 minutes	★

Ingredients

- 1/8 pound (1/4 pound) lean beef heart
- 6 slices whole wheat bread, crumbled
- 250 ml (1 c) whole milk
- 2 eggs
- 60 ml (1/4 cup) canned corn
- 15 ml (1 T) olive oil
- 1 2 ml (1/2 t) bone meal
- 1 clove garlic, crushed

Fun Facts

Beef is high in zinc, which promotes healthy growth and appetite.



Have some corn left over from last night's dinner? Use that instead of the canned version.

Preparation & Cooking

Combine all ingredients and press into greased loaf pan with 1-2" thickness. Bake at 180° (350°F) for 25 minutes or until browned. When cool, cut into slices and use as snacks.

Top Shelf Treats

Category	Serves	Preparation Time	Cooking Time	Experience
Treats	2 dozen	60 minutes	30 minutes	★ ★

Ingredients

- 480 ml (2 c) whole wheat flour
- 150 ml (1/2 cup) soy flour
- 60 ml (1/4 cup) cornmeal
- 5 ml (1 t) bone meal
- 150 ml (1/2 cup) sunflower seeds
- 1 clove garlic, crushed
- 15 ml (1 T) brewer's yeast
- 30 ml (2 T) butter, melted
- 60 ml (1/4 c) molasses
- 5 ml (1 t) salt
- 2 eggs
- 60 ml (1/4 cup) milk

Fun Facts

It's said that brewer's yeast helps keep away the fleas. That hasn't really been proven, but what could a little extra hurt?



Sunflower seeds in the shell can be choking hazards for your pooch, so make sure you shell them before serving.

Preparation & Cooking

Mix together all dry ingredients. In separate bowl, combine moist ingredients and set aside 15 ml (1 T). Slowly fold remaining moist mixture into dry mixture, adding more milk when necessary to make a firm dough. Knead for several minutes, then let dough rest for 30 minutes. Roll out and cut into desired shapes. Brush with remaining liquid mixture and bake at 180° (350°F) for 30 minutes.

Complicated Crunchers

Category	Serves	Preparation Time	Cooking Time	Experience
Treats	15 servings	60 minutes	30 minutes	★ ★

Ingredients

- 1/2 kilo (1 pound) poultry, ground
- 250 ml (1 c) an mackerel, chopped
- 480 ml (2 c) soy flour
- 250 ml (1 c) wheat germ
- 250 ml (1 c) dry skim milk
- 250 ml (1 c) cornmeal
- 480 ml (2 c) whole wheat flour
- 250 ml (1 c) rye flour
- 45 ml (3 T) bonemeal
- 2 ml (1/2 t) iodized salt
- 60 ml (4 T) olive oil
- 15 ml (1 T) cod liver oil
- 3 cloves garlic, minced
- 2 L (6 c) water
- 150 ml (1/2 cup) brewer's yeast

Quick tips

If you have full-fat powdered milk on hand, that can be substituted for the skim version in the recipe. Just avoid feeding too many of the treats too often.

Preparation & Cooking

Combine all ingredients but yeast. Knead to create a firm dough, then roll to 1/2" thickness. Use a knife or pizza cutter to cut into small squares. Bake at 180° (350°F) for 45 minutes, then sprinkle with yeast immediately after removing from oven. Cool and refrigerate.

Rye Ruffers

Category	Serves	Preparation Time	Cooking Time	Experience
Treats	varies	60 minutes	30 minutes	★ ★

Ingredients

- 250 ml (1 c) rye flour
- 60 ml (1/4 cup) soy flour
- 45 ml (3 T) bacon fat
- 2 ml (1/2 t) bonemeal
- 1 clove garlic, minced
- 80 ml (1/3 c) chicken broth

Fun Facts

You might not want to use this fact as an ice breaker at your next dinner party, but including rye flour in your dog's diet will help him have healthier bowels and digestion.

Preparation & Cooking

Mix dry ingredients, then slowly stir in broth, bacon fat, and garlic. Knead for 5 minutes and roll to 1/2" thickness on a greased cookie sheet. Use a pizza cutter or knife to score into cookie-sized pieces. Bake at 180° (350°F) for 30 minutes and sprinkle with yeast immediately after removing from oven. Let cool before serving.



Rye grass

Hound Tack

Category	Serves	Preparation Time	Cooking Time	Experience
Treats	12 cookies	10 minutes	60 minutes	★

Ingredients

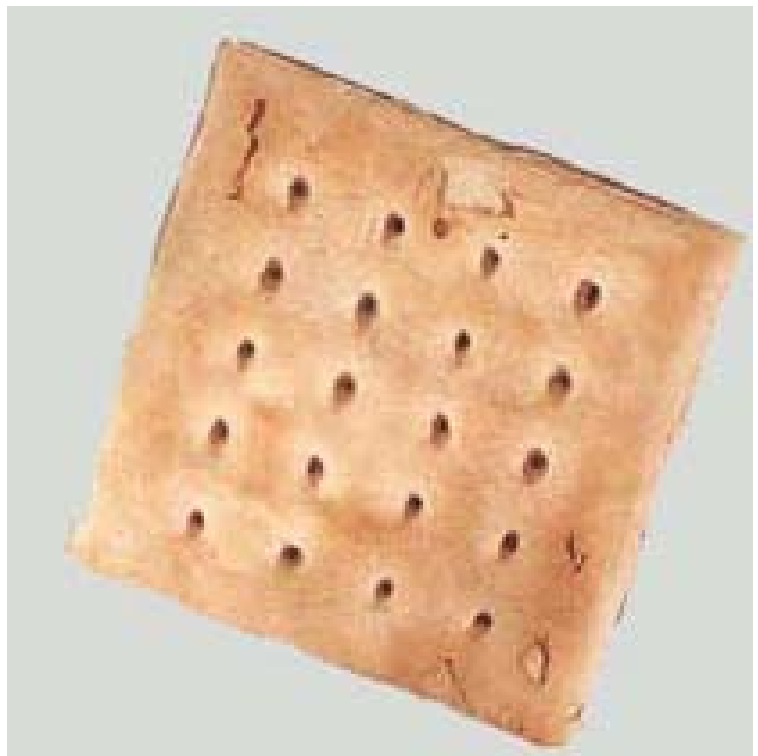
- 1 1/2 L (6 c) flour
- 250 ml (1 c) water
- 150 ml (1/2 cup) bacon fat

Fun Facts

Hardtack was a type of cookie used for various purposes during the American Civil War and was one of the only food sources soldiers had. Its crunchy, hard texture is perfect for pups' dental health.

Preparation & Cooking

Knead all three ingredients together until completely mixed. Roll out onto floured surface until 1/8" thick, then use a fork to pierce the dough every 1/2" or so, making sure the dough is pierced completely through the bottom. Use a pizza cutter or knife to slice into 3" squares, then bake on a greased cookie sheet at 160° (325° F) for one hour. Turn once during cooking. Let the cookies remain in the oven while it cools and sit overnight.



Your hound tack will be very prone to burning without the fork holes indicated in the recipe. Don't skimp!

Bowzer's Brownies

Category	Serves	Preparation Time	Cooking Time	Experience
Treats	15 servings	60 minutes	30 minutes	★ ★

Ingredients

- 680 g (1 ½ pounds) chicken livers
- 1 egg
- 250 ml (1 c) wheat germ
- 5 ml (1 t) garlic powder

Quick tips

Not sure if these brownies are done? Check them just like you would regular brownies and pull them out when a toothpick inserted in the centre comes out clean.

Preparation & Cooking

Blend all ingredients in a food processor until it reaches a consistency similar to brownie batter. Pour into a greased baking pan and bake at 180° (350°F) for 15 minutes.



Chicken livers have a rich, full flavour your dog will drool over.

Sweet Slices

Category	Serves	Preparation Time	Cooking Time	Experience
Treats	3 dozen	10 minutes	12 minutes	★

Ingredients

- 1 $\frac{3}{4}$ cups all-purpose flour
- 10 ml (2 t) wheat germ, toasted
- 150 ml (1/2 cup) brown sugar
- 60 ml (1/4 cup) sesame seeds
- zest of one lemon
- 60 ml (4 T) butter
- 125 ml ($\frac{1}{2}$ c) walnuts, ground

Quick tips

To toast raw wheat germ, simply spread it on a cooking sheet and place it in a 300 degree oven for a few minutes. Remove when its colour darkens.



Preparation & Cooking

Mix all ingredients and knead until completely combined. Divide into 6 even parts and roll each into a small log. Wrap with wax paper and freeze until needed. To prepare, thaw log and slice into $\frac{1}{2}$ " thick slices. Bake 12 minutes at 200° (375° F).

For walnuts to have the least choking risk possible, they should either be whole or finely ground and always unshelled.

Italian Bread

Category	Serves	Preparation Time	Cooking Time	Experience
Treats	4 dozen	15 minutes	75 minutes	★★

Ingredients

- 1 package yeast
- 60 ml (1/4 cup) water
- 480 ml (2 c) chicken stock
- 30 ml (2 T) olive oil
- 150 ml (1/2 cup) parmesan cheese
- 150 ml (1/2 cup) dry skim milk
- 30 ml (2 T) parsley, dry
- 5 ml (1 t) oregano
- 10 ml (2 t) garlic powder
- 250 ml (1 c) whole wheat flour
- 150 ml (1/2 cup) rye flour
- 150 ml (1/2 cup) rice flour
- 250 ml (1 c) cracked wheat

Quick tips

Any of the herbs included in this recipe can be used fresh or dried. If you have a garden overflowing with parsley, why not put it to good use!

Preparation & Cooking

Dissolve yeast in water, then combine with stock, oil, cheese, milk, and herbs. Gradually add remaining ingredients until stiff dough is formed. Move to floured surface and knead, then roll to ½” thickness. Cut as desired and bake at 160° (325° F) for 45 minutes. After removing from oven, glaze biscuits with mixture of 15 ml (1 T) milk, 1 egg. Bake for 30 additional minutes. Cool thoroughly before serving.

Mock Milk Bones

Category	Serves	Preparation Time	Cooking Time	Experience
Treats	3 dozen	15 minutes	50 minutes	★★

Ingredients

- 175 (¾ c) hot water
- 80 ml (1/3 c) butter
- 150 ml (1/2 cup) dry milk
- 5 ml (1 t) salt
- 1 egg, lightly beaten
- 710 ml (3 c) whole wheat flour

Quick tips

Poochy a little pudgy? Egg substitute can be used to lighten this recipe if he just can't give up his treats.

Preparation & Cooking

Pour hot water over butter, then slowly stir in milk, salt, and egg. Add flour 150 ml (1/2 cup) at a time until combined, then knead for 5 minutes or until a stiff dough is formed. Roll to ½" thickness and cut into desired shapes or sizes. Bake at 160° (325° F) for 50 minutes. Cool overnight.



Make your own variations on the classic dog biscuit with this classic recipe.

Conclusion

There you have it – you’re all set to make your dogs the absolute best in natural food and treats. While it may take a little bit longer than that weekly trip to the store, you’ll most likely save money, your dog will be healthier, and you won’t believe the creativity and imagination this will inspire in your mind. Go ahead, experiment! There’s no limit to the variations you can create, and you can be almost guaranteed your dog will love each and every one. And, on the off chance she turns up her nose and walks away, just move on to the next recipe and the next idea.

Make cooking for your dog a family affair and watch her teeth become cleaner, her breath more tolerable, and her fur softer and shinier, plus you’ll feel a bond with her you’ve never felt before. You’ll be directly responsible for your pup’s nutrition, and that’s a great feeling.