

# Creature Treats



# Table of Contents

|                              |           |
|------------------------------|-----------|
| <b>Introduction and FAQs</b> | <b>3</b>  |
| <b>Dogs and Puppies</b>      | <b>4</b>  |
| <b>Cats and Kittens</b>      | <b>8</b>  |
| <b>Birds and Budgerigars</b> | <b>12</b> |

# INTRODUCTION AND FAQs

This booklet includes recipes by pet owners, for pet owners, for your little animals friends to enjoy! Make sure to try some if you have a dog, cat, or bird. These treats are easy to make and include ingredients that are easy to get your hands on. Whether you are making these alone or with someone else, for a special occasion or just to reward your pet, we encourage you to have fun during the process.

However, be aware of what food your pets are allowed to have. Examples of what they should not have can be found on the back page of this booklet, as well as emergency contact information to the ASPCA (American Society for the Prevention of Cruelty to Animals).

## **“Do any of these treats include harmful ingredients?”**

The purpose of these recipes are to make safe, homemade treats for your little friends using what you are likely to have in your own home. Though there are ingredients that seem odd at first, such as giving your cat or dog fruits, I assure you, it is safe. But if you are still hesitant, you are more than welcome to do research on your own.

## **“Can humans consume these treats?”**

I am not entirely sure. The majority of the ingredients are harmless to humans, but then there are exceptions such as catnip and birdseed. Just to be safe, I highly advise no human try to eat these recipes themselves. Just leave them for your pets.



# Dogs and Puppies

# PEANUT BUTTER BUDDIES



## TIME TO MAKE:

Prep time: 25 MINUTES

Cook time: 25 MINUTES

Total time: 50 MINUTES

## INGREDIENTS:

2/3 cup pumpkin puree

1/4 cup peanut butter

2 large eggs

3 cups whole wheat flour,  
or more, as needed

## DIRECTIONS:

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper or a silicone baking mat; set aside.
2. In the bowl of an electric mixer fitted with the paddle attachment, beat pumpkin puree, peanut butter and eggs on medium-high until well combined, about 1-2 minutes. Gradually add 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.
3. 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.
4. Place into oven and bake until the edges are golden brown, about 20-25 minutes.\*
5. Let cool completely.

# CHEWY CHEDDAR PUPPY PUFFS



## INGREDIENTS:

- 1 cup all-purpose flour
- 1/4 cup shredded cheddar cheese
- 1/4 cup grated Parmesan cheese
- 1/2 cup evaporated lowfat milk
- 1 large egg

## DIRECTIONS:

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix all of the ingredients together until well combined.
3. Drop the dough by teaspoons full onto a greased cookie sheet.
4. Bake for 9-12 minutes or until golden.
5. Remove from the oven, cool and store in an airtight container.

# FROZEN BANANA BITES

## TIME TO MAKE:

Prep Time: 5 minutes

Cook Time: 4 hours

Total Time: 4 hours 5 minutes



## INGREDIENTS:

1 banana\*

1 1/2 cups watermelon\*

1 cup pineapple\*

*\*You can substitute the fruit in this recipe with any other dog-safe unsweetened fruit or veggie puree or yogurt.\**

## DIRECTIONS:

1. First, make sure there's room in the freezer for you to set the silicone mold or ice cube tray down flat.
2. Puree a cup and a half of watermelon and set aside.
3. Puree a cup of pineapple and set aside.
4. Slice the banana into 24 pieces.
5. Place silicone mold onto cookie sheet.
6. Place one banana slice in each well.
7. Top each banana slice with 2 tablespoons of watermelon puree.
8. Top off each mold well with a layer of pineapple puree.
9. Gently slide mold into the freezer and freeze for 4 hours.
10. Leftover pops can be taken out of the mold and put into a more compact container like a plastic bag.



# Cats and Kittens



# CRAZY CATNIP NIBBLES

## INGREDIENTS:

1 1/2 cups wheat or white flour

1 1/2 teaspoons catnip

1/3 cup powdered milk

1/2 cup milk

2 tablespoons butter, softened

1 tablespoon honey

1 egg



## DIRECTIONS:

1. Preheat your oven to 350 degrees Fahrenheit.
2. Stir dry ingredients together in a large bowl.
3. Mix in wet ingredients to form a soft dough. You can add a little more flour if the dough is too sticky.
4. Turn out dough onto a non-stick baking sheet and roll out.
5. Carefully cut the dough into bite-sized squares.
6. Bake for approximately 20 minutes or until golden brown.
7. Remove treats from the tray, making sure to break them apart; let them cool on a backing rack.
8. Store in an air-tight container or freeze and thaw as needed.

# TASTY TUNA TREATS



## INGREDIENTS:

1 can tuna in oil, drained

1 egg

1 1/4 cups of flour, plus extra for dusting

1/2 cup water

dash of parsley

bottle cap for cutting out treats

## DIRECTIONS:

1. Preheat oven to 350.
2. In a food processor mix tuna, egg, flour, water and parsley until a dough forms. If the dough looks too sticky, add a bit more flour.
3. Dust a surface with flour and roll out dough to 1/2 inch thick.
4. Use a bottle cap to cut out treats from the dough.
5. Bake for 20 minutes on a cookie sheet lined with parchment paper.
6. Let cool and serve to your cat.

# CHICKEN AND SPINACH



## INGREDIENTS:

1/2 pound steamed organic boneless and skinless chicken thighs  
1 cup fresh organic spinach leaves  
1 cup organic quick-cooking oats  
1 organic brown egg  
1 tablespoon organic catnip  
1/4 cup flour

## DIRECTIONS:

1. Preheat your oven to 350°F. Steam the boneless and skinless chicken thighs until cooked through. You can swap for boneless and skinless organic chicken breasts, salmon, or tuna with cat-loving results too. Let the chicken cool for 20 minutes before the next step.
2. Place the chicken, oats, spinach leaves, egg, and catnip in a blender or food processor, and pulse on low until the mixture blends together. It should still be a bit chunky but also smooth, similar to the texture of wet sand.
3. Pop the mixture into a bowl and add the flour. You can also add a dash of salt or sugar to mix up the flavor. Use your hands to knead the dough until it's no longer sticky, then place on a flour-dusted work surface.
4. Use a rolling pin to create a rectangle of dough around 1/2 inch thick. With the help of a pizza cutter or small cookie cutter, create small shapes for the finished treats.
5. Place the kitty treats on a parchment-lined sheet tray, and bake for 20 minutes. Remove from the oven, cool until room temperature, and then toss to your cat.



# Birds and Budgerigar

# LOVE BIRD BREAD

## INGREDIENTS:

Day old bread

Heart-shaped cookie cutter

Peanut butter

Birdseed

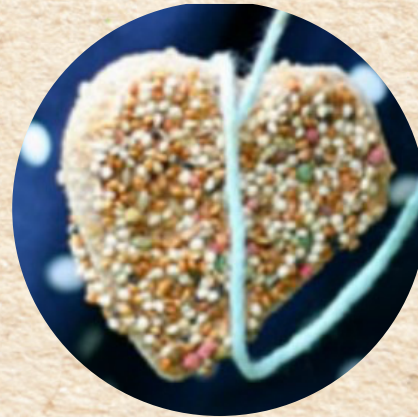
Yarn

Skewer (or a tapestry needle  
will work)

## DIRECTIONS:

1. Use your cookie cutter to make shapes from your bread.
2. Thread your yarn through each heart with a skewer or tapestry needle.
3. Spread each shape with peanut butter.
4. Sprinkle birdseed all over the hearts.
5. Hang them for the birds!

This works for pet birds and wild birds alike, and is a great activity for the family!



# DECORATIVE BIRD TREATS

## INGREDIENTS/SUPPLIES:

4 cups of finch or canary Bird food

3/4 cups of all-purpose flour

3 tablespoons of corn syrup light

1/2 cup of water

Cookie cutters (any shape)

Yarn

Straw

Large bowl

Spoon

Wax paper



## DIRECTIONS:

1. In a large bowl mix in flour, Corn syrup, and the water.
2. Add bird food one cup at a time and mix well.
3. Line the cookie sheets or trays with wax paper.
4. Place cookie cutter on top on the wax paper and add mixture into cookie cutters
5. Pat down mixture slowly with one finger.
6. With a straw poke a hole in each of the shapes. (Make sure you don't do it close to the rim of the cookie cutter or the shape will break when putting the string in it.)
7. Do not cook. Place in a dry arm area to dry out the cookies for about 4-6 hours or overnight. Turn shapes around once or twice to dry out both sides.
8. Once completely dry. Take treats out of the cookie cutters
9. Run string through the hole of the treat that was made with the straw.
10. Place on tree or inside bird cage.

# CRAZY BIRD BALL



## INGREDIENTS:

Quality bird seed

Oats

Plain Flour (I use gluten free)

Honey

Water

Dried fruit chopped finely (optional)

Chopped Chillies (also optional but most birds love them - they don't feel the heat like us)

## DIRECTIONS:

1. Preheat Oven to approximately 350 degrees Fahrenheit.
2. In your mixing bowl add your dry ingredients (1/2 cup oats, 1/2 bird seed, 1/4 cup plain flour).
3. Optional: Add dried fruit chopped finely - Mix well.
4. Add 1 tablespoon of water and mix well – the mixture will still seem a little dry.
5. Add 1/4 cup of honey. Mix well – it should form a dough.
6. If the mixture is too sticky add more seed/flour a little at a time.
7. Roll the mixture into small balls - I find I have to wash my hands after every 4th ball as they get sticky.
8. Place balls on a lined baking tray. If you are planning to hang them or use a bird food skewer push holes in the balls now using a chopstick or straw.
9. Bake in the oven for 20-30 minutes.
10. Remove from oven when firm and starting to brown slightly in colour. Allow to cool.
11. Once cooled store in an airtight container.
12. Offer them to your bird (remember no more than 1-2 times per week).

# **ASPCA Information and Contacts**

**If you suspect your pet has ingested a toxic substance, please call your veterinarian or the ASPCA Animal Poison Control Center's 24-hour hotline at (888) 426-4435.**

**Foods Animals should not have:**

**Alcohol**

**Avocado**

**Chocolate, Coffee and Caffeine**

**Citrus**

**Coconut and Coconut Oil**

**Grapes and Raisins**

**Macadamia Nuts**

**Milk and Dairy**

**Nuts**

**Onions, Garlic, Chives**

**Raw/Undercooked Meat, Eggs and Bones**

**Salt and Salty Snack Foods**

**Xylitol**

**Yeast Dough**