

Beef Stew Kefir Bones

1/3 cup applesauce (unsweetened)
2/3 cup milk kefir
(if you want to offer a vegan one, use water kefir)
1 cup vegetable stock
3 2/3 cup flour
1 Tablespoon baking powder

White bones: recipe above

Orange bones: replace veg stock with 1 cup fresh carrot juice

Green bones: replace only 1/2 cup stock with 1/2 cup kale juice, + 1 teaspoon ground spirulina



Mix with hook attachment in mixer to make dough (like pizza dough). Roll out on floured surface, cut with small or large bones cookie cutters and place on cookie sheets. Use fork to perforate along thin “shank” part of the bone. This will stop the treat from forming bubbles when baking. Bake 30 minutes in 200° oven. Cool on rack and transfer to dehydrator. Depending on treat size and dehydrator, these can take 6-8 hours dehydrating on high. I make these in 2 sizes: small bones, and medium bones.

Store in airtight container.

Pup Pretzels (vegan)

3 cups flour
2 cups sourdough
1 cup fresh pressed carrot juice
1/3 cup olive oil



Mix with hook attachment in mixer to make dough (like pizza dough). Let rise 2 hours.

Roll out on floured surface, cut with large pizza cutter into strips about 1/2” wide and about 4-5” long. Tie the dough in a knot. Transfer them to lined cookie sheet. Baste with brush and carrot juice. Bake 30 minutes in 200° oven. Cool on rack for 30 minutes and transfer to dehydrator for 6-8 hours.

Notes: I divide the dough into 4. Roll each piece flat and slice into strips. Depending on how large/ small you want to make them, cut them to size. I take the strip of dough and make a knot in it, and put it on the silicone baking sheet on cookie sheet. I “glaze” them with a wash of carrot juice before putting them in the oven. They take longer in the dehydrator (depending on size), because they are rather dense.

Store in airtight container.

Pumpkin Training Treats (vegan)

3 cups flour
2 cups sourdough
1 cup fresh pressed carrot juice
1/3 cup olive oil



Mix with hook attachment in mixer to make dough (like pizza dough). Let rise 2 hours.

Divide dough into four. Roll out on floured silicon sheet. Cut dough in a grid pattern to make small 'crackers' squares, about 1/2" x 1/2" each. Transfer the entire silicon sheet to a cookie sheet. Bake 30 minutes in 200° oven. Cool on rack for 30 minutes and transfer the entire "dough sheet" (if using a square dehydrator) to dehydrator for 4 hours. Let cool to make sure they are fully dehydrated. Snap each of the squares apart before storing.

Store in airtight container.

Cheese Chompers (vegetarian)

3 cups flour
2 cups sourdough
1 cup fresh pressed carrot juice
1 cup grated cheddar
1/3 cup olive oil
2 tablespoon nutritional yeast



Mix with hook attachment in mixer to make dough (like pizza dough). Let rise 2 hours.

Divide dough into four. Roll out on floured silicon sheet. Cut dough in a grid pattern to make small 'crackers' squares, about 1/2" x 1/2" each. Transfer the entire silicon sheet to a cookie sheet. Bake 30 minutes in 200° oven. Cool on rack for 30 minutes and transfer the entire "dough sheet" (if using a square dehydrator) to dehydrator for 4 hours. Let cool to make sure they are fully dehydrated. Snap each of the squares apart before storing.

Store in airtight container.

Peanut Butter Jelly Time (vegan)

1 cup pureed pumpkin
1 cup organic peanut butter
1 cup strawberry-apple sauce
1 cup sourdough
4 tsp ground flax covered in water (to make egg substitute)
4 cups flour



Mix with hook attachment in mixer to make dough (like pizza dough). Let rise 2 hours.

Divide dough into four. Roll out on floured surface, cut with purple circle cutters, or one of your choosing. Press a fork into each one so they look like peanut butter cookies. Transfer them to lined cookie sheet. Bake 30 minutes in 200° oven. Cool on rack for 30 minutes and transfer to dehydrator for 6-8 hours. Let cool to make sure they are fully dehydrated. These are very dense and sometimes need longer.

Store in airtight container.

BARKscotti (chicken or beef)

1/2 cup chicken or beef bone stock
1/2 cup milk kefir
1 cup grated carrot
handful sunflower seeds
6 Tbsp. olive oil
2 Tbsp. baking powder
3 cup flour



Mix with hook attachment in mixer to make dough. It will be very dry and feel difficult to roll out. This is the consistency you need.

Divide dough in half. Roll out on floured surface. Cut dough with circle cutters and cut circles in half. Depending on the size you want, you can use small-large cutters. Transfer circle halves to lined cookie sheet, flat side down and press to stay on sheet. Wash with carrot juice with brush before baking. Bake 30 minutes in 200° oven. Cool on rack for 30 minutes and transfer to dehydrator for 6-8 hours depending on size. Let cool to make sure they are fully dehydrated.

Store in airtight container.

Pumpkin Peanut Butter Bones (GF/grain free/vegan)

3 cups garbanzo flour
1/4 cup potato starch
1 cup organic peanut butter
2 cups pumpkin
1 Tbsp. cinnamon
2 Tbsp. baking powder
4 tsp ground flax covered in water (to make egg substitute)



Mix with hook attachment in mixer to make dough (like pizza dough). Let sit for 10-15 minutes before working with it.

Divide dough into four. It is not like regular dough, and can be difficult to roll, as it wants to stick to the rolling pin. I dust the pin with flour often. I find I more or less press it into a flat piece and then use bone cutters and carefully peel it off my counter and place on the cookie sheet. I fork each bone to make the holes in the 'shaft' of the bone to keep the form flat for baking. I only make medium sized bones of these, because they break quite easily so are good for any size dog.

Bake 30 minutes in 200° oven. Cool on rack for 30 minutes. Dehydrate for 4 hours. Let cool to make sure they are fully dehydrated.

Store in airtight container.

Turkey Jerky (GF)

2 lb. local ground turkey
*Soak the meat in 1/4 cup kombucha before using (this isn't necessary really, and if you want to omit this step it would be fine. Just take it off the ingredient list.)
2 eggs
2 cups pulp from juicer (carrot/apple)
1 cup quinoa flake



Mix all ingredients with a fork in a large bowl. Divide mixture into 4.

Roll each piece flat ON THE silicone baking sheet on cookie sheet, and cut in a grid pattern to make small 'crackers' squares, about 1/2" x 1/2" to 1"x1" each. (use a piece of wax paper over the mixture and roll on top of that to prevent sticking to rolling pin.)

Bake 30 minutes in 200° oven. After it has baked and cooled, transfer the whole "sheet" of jerky to the dehydrator. Dehydrate for 4 hours. Once cooled snap pieces apart before storing.

Store in airtight container.

Apple Pumpkin DOGnuts (GF/grain free/vegan)

1 1/2 cup pumpkin
1/2 cup apple sauce
5 cups oats (pulsed)



This one is more time consuming.

Mix with hook attachment in mixer to make dough. The consistency will be thick and sticky. Let sit in refrigerator for 20-30 minutes before working with it. This will make it easier to form.

Using a 1 teaspoon measuring spoon, scoop out a level spoon of dough. Remove and roll into ball. Place on lined cookie sheet. Bake 30 minutes in 200° oven. Cool on rack for 30 minutes. Dehydrate for 4 hours. Let cool to make sure they are fully dehydrated. I usually break one open and if it is still deep orange inside, I will dehydrate longer.

Store in airtight container.

Peanut Butter Veggie Bites (GF/grain free/vegan)

5 cups carrot pulp
2 Tbsp. sesame seeds
1 1/3 cup organic peanut butter
1 2/3 cup garbanzo flour
4 tsp ground flax covered in water (to make egg substitute)



This one is more time consuming.

Mix with hook attachment in mixer to make dough. The consistency will be thick and sticky. Let sit in refrigerator for 20-30 minutes before working with it. This will make it easier to form.

Using a 1/2 teaspoon measuring spoon, scoop out a level spoon of dough. Remove and roll into ball. Place on lined cookie sheet. Bake 30 minutes in 200° oven. Cool on rack for 30 minutes. Dehydrate for 4-5 hours. Let cool to make sure they are fully dehydrated. I usually break one open and if it is still wet looking inside, I will dehydrate longer.

Store in airtight container.

Sweet Potato Chips (vegan)

Long thin sweet potato (peeled or unpeeled)
1/4 cup olive oil

Peel or wash potatoes and cut into discs/chips. Place on lined cookie sheet. Baste with olive oil (optional).

Bake 2-3 hours in 175-200° oven. Let the cool in oven overnight.
Dehydrate 2-3 hours. Let cool before storing.

Store in airtight container.



Kitty Treats – fish jerkies

1 large fish fillet, baked and flaked
1 egg
3 Tbsp garbanzo flour
1 cup carrot pulp (from juicer)
1 Tbsp mint

Mix all ingredients with a fork in a large bowl. Divide mixture into 2.

Roll each piece flat ON THE silicone baking sheet on cookie sheet, and cut in a grid pattern to make small 'crackers' squares, about 1/2" x 1/2" to 1"x1" each. (use a piece of wax paper over the mixture and roll on top of that to prevent sticking to rolling pin.)

Bake 30 minutes in 200° oven. After it has baked and cooled, transfer the whole "sheet" of jerky to the dehydrator. Dehydrate for 4 hours. Once cooled snap pieces apart before storing.

Store in airtight container.

