

# Canine Protein Bars

The Knee Dogs' All-time Favourite Treats. This recipe is time consuming but makes a lot of treats which are quite healthy.

## Ingredients:

- 4 cups brown rice flour
- 4 cups oatmeal flour (available at Health Food Store or you can whiz oats in blender to make your own flour)
- 1 1/2 cups soy flour
- 1 cup ground sunflower or pumpkin seeds or nuts ( whiz in blender for a few seconds to ground)
- 1 1/2 cups ground flax seeds (Whiz flax seeds in blender to ground)
- 1 cup wheat germ
- 1 1/2 cups powdered milk
- 1 cup Dulce, optional (whiz in blender or chop)
- 4 tbsp. human-quality bone meal or 1 tbsp. ground egg shell powder (see box) (Omit if you feed a BARF diet)
- 14 oz. can tomato sauce
- 2 cups grated carrots
- 1 bag of cranberries, coarsly chopped (food processor works well)
- Family sized pack of lean ground beef (or chicken), approximately 1.3 kg
- Around 3 - 4 cups of water
- 2 Beaten eggs (optional)

**Egg Shell Powder:** To make egg shell powder, save your eggshells in a container in fridge; when you have a enough, spread on an ungreased cookie sheet and bake for an hour or so at 300 degrees. When cooled, whiz in blender until they are a fine powder... keep in the fridge.

## Method:

Mix all dry ingredients in a large bowl. Make a well and pour in 3 cups of water to start, tomato sauce, carrots, cranberries, and the beef. Mix with hands until completely mixed. The dough should be pretty dense ...add more water if it is not workable, or you can add some of the brown rice flour if it is too wet.

For **Time-consuming-Bone Shaped Treats:** Turn the dough out onto a flour sprinkled counter. Flatten to around 1/2 inch and cut out treats. Brush tops with beaten egg and put on a greased cookie sheet.

**OR**

For **Quick and Easy Square Treats:** Press dough into very-well greased (or spray with Pam) cookie sheets. Use a spatula or a thick knife to separate the raw dough into rectangles before they go in the oven...this makes cutting easier when they are baked. (Optional: Brush the top generously with beaten egg.)

**Bake:** Bake in 325 degree oven for around 1.5 hours for the bone shaped small treats. If you do the Quick and Easy Square Treats, bake for around 2.5 hours and take out of the oven half way through and re-cut to keep the treats separated and to allow the heat to dry of the sides of the treats.

**Feeding:** Be generous. Unlike "store bought treats", this recipe is very nutritious and can be used to enhance your dog's diet.

**Storage:** Because of the meat content, keep only enough treats for a few days in the fridge. Freeze remainder and take out as you need them.