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We all enjoy special treats and surprises at Holiday time...and our pets are no different! What's more -- most of us delight in watching the reactions and joy of our Special Life Companions when we grant them a special treat or meal.

In the spirit of the holidays, and that special joy of including your beloved pets in your celebrations, we happily offer these special treats for your special friends!



Use these recipes not just at Christmas, but for any holiday...and surprise your pets with something special on their own special Birthday!

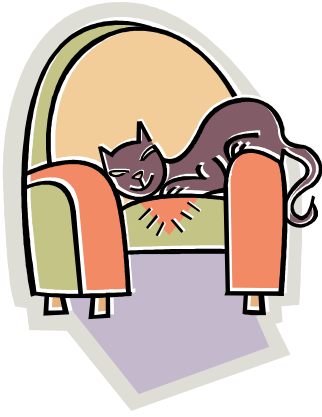
Why not whip up a batch for your own beloved companions...and some extra to give as gifts for friends and family?

Place this precious, healthier, preservative-free fare in a special container with your own special touches, ...and *'voila!'*... you have a custom gift from the heart that will be cherished -- not only by your recipient for the thoughtfulness and convenience -- but by their special furry companions for the luscious treats!

Enjoy these special recipes... the joy of creation.. and the joy in your furry family members' eyes when you serve up these delectable specialties!

May you be served with happy pet kisses for years and years to come!





FOR CATS

Love Tidbits

Ingredients:

- ◆ 3 TBS cat milk (or use yoghurt -- with acidophilus --)
- ◆ 1 handful dry food
- ◆ 1 can moist cat food
- ◆ Salmon or Tuna -- optional

Prepare as follows:

- ◆ Mix the milk (yoghurt) and soft cat food until blended.
- ◆ Add the dry food and mix again..
- ◆ For more feline delight, add in some salmon(tuna) and serve to rave *Me-euuuws!*

Christmas Specialty

Ingredients:

- ◆ 1 cup minced leftover turkey
- ◆ ½ cup mashed, cooked pumpkin
- ◆ 1 TBS oil
- ◆ 1 TBS kelp

Prepare as follows:

- ◆ Mix all ingredients together
- ◆ Roll into balls.
- ◆ Serve! (a luscious, edible version of the Christmas Ball!)

Kitty Kisses

Ingredients:

- ◆ 1 can (or pouch) of soft cat food
- ◆ Zipper-type food bag, cut off the corner
- ◆ catnip (optional)

Prepare as follows:

- ◆ Place the cat food and optional catnip in a food processor or blender.
- ◆ Mix the ingredients until they are of a frosting-like texture.
- ◆ Spoon the mixture into a Zipper bag or frosting bag and squeeze by drops or "kisses" onto a baking sheet. *(If you're adept, you can do just with a spoon)*
- ◆ Bake at 300 degrees F. approx 15 minute for small kisses, more for larger.

Dreamboat Burger Bits

Ingredients: (serves one)

- ◆ 3 oz finely ground beef (hamburger) or sausage meat
- ◆ 2 TBS oatmeal
- ◆ 1 egg, to bind
- ◆ Pinch of catnip, finely chopped (adds the dreamboat effect... 🍷)

Prepare as follows:

- ◆ Knead the ingredients together very thoroughly.
- ◆ Form into a flattened oval.
- ◆ Broil under medium heat for 5-7 minutes, turning frequently, until the outside is crisp.
- ◆ Wait until cool, then slice into bite-sized chunks.

Mini Kitty-Cakes

Ingredients:

- ◆ 1 cup skimmed milk or water
- ◆ 1/2 cup soybean flour
- ◆ 2 cups whole wheat flour

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- ◆ 1 TBS Canola or Sunflower oil
- ◆ 1 TBS honey
- ◆ 1 tsp sea salt

Prepare as follows:

- ◆ Mix dry ingredients together.
- ◆ Add liquid and honey.
- ◆ Mix and let the dough rest in a warm place for 15 minutes.
- ◆ Add oil and allow to sit another 30 minutes.
- ◆ Form walnut-sized portions of dough and flatten into small cakes
- ◆ Bake in oven at 400 F degrees for 30 minutes.

Catnip Cookie-Snaps

Ingredients:

- ◆ 1 cup whole wheat flour
- ◆ 1/4 cup soy flour
- ◆ 1 tsp. catnip
- ◆ 1 egg
- ◆ 1/3 cup milk
- ◆ 2 TBS wheat germ
- ◆ 1/3 cup powdered milk
- ◆ 1 TBS unsulfured molasses
- ◆ 2 TBS butter or vegetable oil

Prepare as follows:

- ◆ Heat oven to 350 degrees F.
- ◆ Mix dry ingredients together.
- ◆ Add oil, egg, milk and molasses.
- ◆ Roll dough out flat onto a greased cookie sheet
- ◆ Cut into small pieces.
- ◆ Bake for 20 minutes.
- ◆ Store in tightly sealed container.

Sassy Cat Salad

If your cat has been chewing on your houseplants, it's time for this special treat of greens plus! This recipe can serve as regular fare to keep your cat healthy and happy! Our cats need their "greens" regularly too! Try mixing some into their regular chow for variety.

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Ingredients:

- ◆ 1/2 cup chopped sprouts
- ◆ 1 small carrot, peeled and finely grated
- ◆ 2 tsp. finely chopped fresh parsley
- ◆ 2 TBS. vegetable broth
- ◆ 1/2 tsp. fresh organic catnip

Prepare as follows:

- ◆ In a medium-size bowl, combine and blend parsley, sprouts, carrot, and catnip
- ◆ Add broth and toss lightly.
- ◆ Serve your kitty a small portion
- ◆ Refrigerate the leftovers in an airtight container.

Holy Mackerels

Ingredients:

- ◆ 1/2 cup canned mackerel, drained and crumbled
- ◆ 1 cup whole grain bread crumbs
- ◆ 1 TBS. vegetable oil or bacon grease
- ◆ 1 egg, beaten
- ◆ 1/2 tsp. brewer's yeast (*optional --but highly recommended!*) *

Prepare as follows:

- ◆ Combine all ingredients;
- ◆ Mix well.
- ◆ Drop dough by 1/4 teaspoonfuls, 1 inch apart onto a greased cookie sheet.
- ◆ Bake at 350 degrees F for 8 minutes.
- ◆ Cool biscuits and store, covered, in the refrigerator.

** Brewer's yeast contains many healthy attributes that will enhance the well being of your kitty. Containing essential fatty acids and B-Complex vitamins, brewer's yeast provides for a healthy nervous system and helps make your kitty's coat shine!*

Feline Fish Fare

Here's another recipe with extra benefits from brewer's yeast.

Ingredients:

- ◆ 2 oz. cooked herring, skin removed
- ◆ 1 (8 ounce) can tuna in oil, drained
- ◆ 1 egg, beaten
- ◆ 3 baby carrots, boiled until tender, mashed
- ◆ 2 TBS tomato paste
- ◆ 3 TBS grated cheese
- ◆ 2 TBS whole grain bread crumbs or rolled oats
- ◆ 1/4 tsp catnip
- ◆ 2 tsp brewer's yeast

Prepare as follows:

- ◆ Combine all ingredients;
- ◆ Mix well.
- ◆ Roll dough into 1-inch size balls.
- ◆ Place balls 1 inch apart on a greased baking sheet.
- ◆ Bake in a 350 degree F oven for 15-20 minutes, until golden brown and firm.
- ◆ Let cool on wire racks.

Catnip Tea

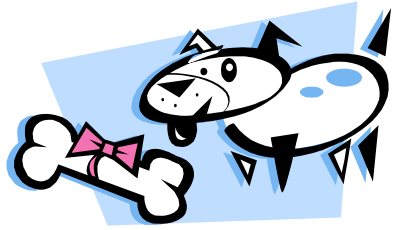
Ingredients:

- ◆ 2 TBS Catnip
- ◆ 1 cup Water

Prepare as follows:

- ◆ Place the catnip in a bottle or shakable container.
- ◆ Pour in the water.
- ◆ Put the cap on the container and shake until the catnip tea is green.

** You may wish to slightly warm the water in the microwave a few seconds before adding the catnip. This is especially appreciated by your feline sweetheart in the winter. Strays under rescue have responded well to this delight, giving them warmth in their tummy and the added pleasure of their favorite "spice"!*



For Dogs

Frozen Peanut Butter -Yoghurt Delights

Ingredients:

- 32 oz vanilla yogurt (best to use those with active acidophilus culture)
- 1 cup peanut butter (best to use natural, avoiding the hydrogenated fats, read labels)

Prepare as follows:

- ◆ Microwave the peanut butter in a microwave safe dish until melted.
- ◆ Mix the yogurt and the melted peanut butter together well in a bowl.
- ◆ Pour mixture into cupcake liners and freeze.

Canine Mint Cookie Snaps

Ingredients:

- 1 1/2 cups bisquick
- 1 1/2 cups whole wheat flour
- 1/4 cup milk
- 4 TBS margarine
- 1 egg
- 1 1/2 tsp corn syrup
- 1/2 cup chopped mint leaves

Prepare as follows:

- ◆ Combine all ingredients in food processor, process until well mixed.
- ◆ Roll out on a floured surface to 1/4 to 1/2 inch thickness.
- ◆ Cut with holiday-shaped cookie cutters, place on non-stick cookie sheet..

- ◆ Bake at 375 F for 20 minutes or until lightly browned.
- ◆ Cool and store in air-tight container.

Canine Christmas Cake

Ingredients:

1 apple, cored and chopped
2 cups whole wheat flour
½ cup water
¼ cup wheat germ
1 tsp. ground cinnamon
2 tsp. baking powder
½ cup canola oil
1 cup molasses
2 eggs
1 tsp. vanilla extract

Prepare as follows:

- ◆ Preheat the oven to 350 degrees F.
- ◆ Grease a 12-cup bundt pan with vegetable oil and flour.
- ◆ In a large bowl, mix the flour, wheat germ, baking powder and cinnamon together and set aside.
- ◆ In another large bowl, mix together the molasses and oil
- ◆ Add in the eggs one by one, beating them until they blend in.
- ◆ Add the vanilla and ½ cup of water.
- ◆ Add the flour mixture to the wet mixture and mix it well until it becomes smooth.
- ◆ Fold in the chopped apple pieces.
- ◆ Spoon the batter into the pan and place in the oven.
- ◆ Bake for around 30 - 40 minutes or until a toothpick inserted in the center of a cake comes out clean. Allow the cakes to cool completely before serving.
- ◆ Store leftovers in airtight container -- no more than 3 days.
Or--- Secure in freezer wrap and keep in freezer up to 60 days.

Good Dog Egg Nog

Ingredients:

1 container plain yogurt
1 large can evaporated milk
1 jar baby food (any meat flavor)
1 egg
1 1/2 cups water

Prepare as follows:

- ◆ Blend all ingredients together
- ◆ Serve your special pooch this tasty treat in a holiday bowl..

Howliday Doggie Biscuit

Ingredients:

2 1/2 cups whole wheat flour
3/4 cup nonfat dry milk
2 TBS brown sugar
1/2 cup vegetable oil
1 egg
2 beef bouillon cubes, dissolved in 3/4 cup boiling water

Prepare as follows:

- ◆ Preheat oven to 300 degrees.
- ◆ Combine all ingredients in a large mixing bowl, stirring until well blended.
- ◆ Knead about 1 minute.
- ◆ Roll out dough on a floured surface to about 1/4" thickness.
- ◆ Cut with holiday cookie cutters or bone-shape and place on greased cookie sheet.
- ◆ Bake for 30 minutes.
- ◆ Cool before placing in a jar or container..

Rover Roll-Ups

Ingredients:

Light Dough:

1/2 cup cornmeal
4 cups whole wheat flour
1/4 cup peanut butter
1 egg
1 1/2 cups water

Dark Dough:

4 cups whole wheat flour
1/2 cup cornmeal
1 egg
1/4 cup molasses
1/2 tsp cinnamon
1 TBS canola oil
1 1/2 cups water

Prepare as follows:

- ◆ Mix and stir ingredients of each color dough separately.
- ◆ Knead each color, adding flour as necessary, until it is bread dough consistency, only a little stiffer.
- ◆ Roll light dough on floured surface into a 1/2-inch thick rectangle.
- ◆ Roll the dark dough to the same shape and dimensions.
- ◆ Lightly spray the top of the light dough with water.
- ◆ Lay dark dough on top.
- ◆ Fold tightly from the long edge like a jellyroll.
- ◆ Wrap in plastic wrap and freeze for 1 hour.
- ◆ Cut into pieces, 1/2-inch thick.
- ◆ Bake at 350 degrees F for 1 hour, then turn oven off, crack oven door and leave in until very hard, about 8 hours.

Canine Cookies

Ingredients:

1/2 cup dry milk powder
2 1/2 cups all-purpose flour
1 1/2 tablespoons brown sugar
1 egg, well beaten
1/2 cup water
6 TBS beef broth
Baby food, meat flavor of choice

Prepare as follows:

- ◆ Combine all ingredients, mixing well.
- ◆ Shape into a ball and roll on floured board, using extra flour if needed.
- ◆ Cut into desired shapes.
- ◆ Bake at 350 degrees F for 25 to 30 minutes.
- ◆ Cool. (*NOTE: These cookies should be hard*)

Favorite Fido Carob Cookies

Ingredients:

2 cups whole wheat flour
1 cup carob chips *
1 TBS. baking powder
1 cup low-fat or whole milk
1 cup smooth or chunky peanut butter
2 eggs
1/4 cup honey

Prepare as follows:

- ◆ Combine the flour and baking powder in a large bowl.
- ◆ In a smaller bowl combine the peanut butter, milk, eggs, and honey, mixing well until blended.
- ◆ Add the milk mixture to the dry ingredients and mix with a hand beater
- ◆ Add the carob chips, just until combined.
- ◆ Heat oven to 375 degrees F.
- ◆ Using a teaspoon (for small dogs, TBS for large dogs) drop the cookies onto an ungreased cookie sheet.

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- ◆ Bake for about 20 minutes.
- ◆ Let stand one minute, then remove from cookie sheet.
- ◆ Place on a cookie rack to cool completely.

* **NOTE: Do NOT use chocolate for dogs or cats...it is toxic to their systems!**
Carob is an excellent chocolate substitute.

Gone Bananas Canine Confection

Ingredients:

- 1 1/2 cups ripe mashed bananas
- 3 cups oats
- 1/2 cup chopped peanuts
- 1/4 cup applesauce
- 1/2 tsp vanilla extract

Prepare as follows:

- ◆ Heat oven to 350 degrees F.
- ◆ Mix all ingredients together thoroughly.
- ◆ Drop by spoonfuls onto an ungreased cookie sheet, and press flat with a fork.
- ◆ Bake for approximately 15 minutes.
- ◆ Cool completely on a rack before serving.
- ◆ Store in an airtight container.
- ◆ Makes about 20 pooch pleasures.

Canine Ice Cream Nuggets

Ingredients:

- Mashed bananas
- 2 cups vanilla yogurt
- 2 TBS honey

Prepare as follows:

- ◆ Mix ingredients, blending well.
- ◆ Freeze in an ice cube tray.
- ◆ Serve these cooling, sweet, bite-size treats to your favorite canine pal!
(..and they make tasty morsels for your human companions as well!)

Chicken Chips for Doggie Lips

Ingredients:

- 2 cooked (boiled) chicken breasts
- 1 clove garlic
- 1/2 cup chicken broth
- 1 cup whole wheat flour
- 1/2 cup cornmeal

Prepare as follows:

- ◆ Puree chicken and garlic in a blender or food processor .
- ◆ Add chicken broth.
- ◆ Transfer mixture to a bowl and stir in remaining ingredients until it loses its sticky texture.
- ◆ Cut dough in half and shape each into a 1 1/2-inch diameter roll.
- ◆ Wrap in plastic wrap and chill thoroughly.
- ◆ Slice into thin chips.
- ◆ Bake chips on lightly greased baking sheet at 350 degrees F for 25-40 minutes, turning halfway through baking time.
- ◆ Chips will harden as they cool.

HAPPY HOLIDAYS!



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- **Relieve Limping or Lameness**
- **Help with Repeated Bladder Infections**
- **Alleviate Recurrent Episodes of Diarrhea and/or Vomiting**
- **Increase Energy - help your Cat if Withdrawn and Sleeping Longer**
- **Lower Excessive Intestinal Gas and Relieve Upset Stomach**
- **Delay and help many of the common symptoms of an aging cat**
- **Improve Slow, Stiff, or Awkward Movements**
- **Boost an Ineffective or Weakened Immune System**
- **Decrease Chronic Itching and Scratching**
- **Help Prevent Recurring Ear Infections**
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- **May Improve Cataracts or Watery Eyes**
- **Improve your Cat's Coat and Skin**
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- **Reduce the Risk of Allergies**
- **Decrease incidence of age related diseases**
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- **Aid with Feline Obesity**
- **Lessen the occurrence of Feline Lower Urinary Tract Disease**
- **Is Safe with and may help cats with Chronic Renal Failure**



- **Relieve Limping or Lameness**
- **Improve Slow, Stiff, or Awkward Movements**
- **Decrease Chronic Itching and Scratching**
- **Relieve Constant Paw Chewing and Excessive Hair Loss**
- **Help Prevent Recurrent Ear Infections**
- **Alleviate Recurrent Episodes of Diarrhea and/or Vomiting**
- **Lower Excessive Intestinal Gas and Relieve Upset Stomach**
- **Help Stop Repeated Bladder Infections**
- **Increase Energy - Helps your Dog if Withdrawn and Sleeping Longer**
- **Relieve Whimpering or Moaning when Joints are touched**
- **Improve Digestion**
- **Lower Arthritic Pain and Inflammation**
- **Reduce the Risk of Allergies**
- **Help if your Dog has difficulty Climbing Stairs or Jumping into the car**
- **Improve an Ineffective or Weakened Immune System**
- **May Improve Cataracts or Watery Eyes**
- **Stop a strong Odor coming from Skin or Ears**
- **Improve your Dog's Coat and Skin**

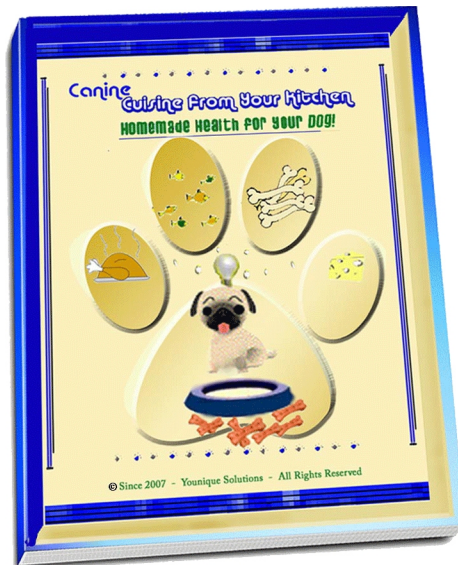
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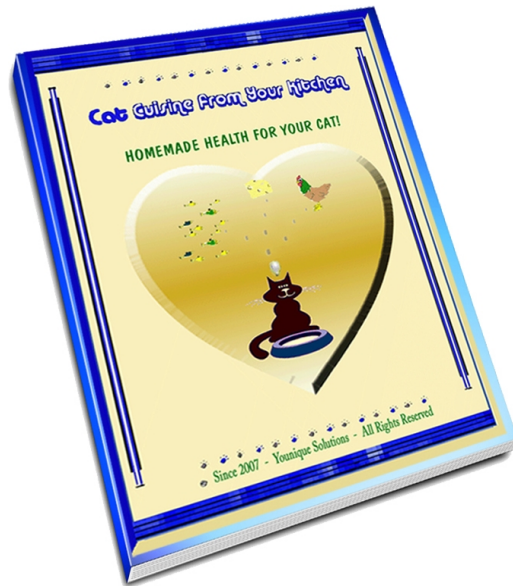


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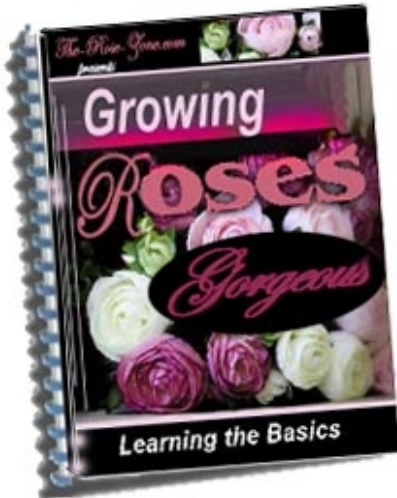
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