

## Pumpkin Dog Cookies



### Ingredients:

- 2 1/2 cups brown rice flour
- 2 tbsp flax seed
- 2 extra large eggs, lightly beaten
- 3/4 cup canned pumpkin puree (not the spiced kind used for pies)
- 1/4 cup cold water or enough to make the dough stick

### Instructions:

Preheat oven to 350 degrees. Line two baking sheets with parchment paper.

Combine brown rice flour and flax meal in a large bowl. Mix eggs and pumpkin together in a separate bowl until smooth. Add half of the pumpkin mixture to the brown rice mixture, stir, then add the rest and stir again with a wooden spoon or spatula. Add water slowly, as needed. Use your hands to knead the dough together.

Roll dough out between two pieces of waxed or parchment paper to desired thickness (about 1/4" thick). Remove top piece of paper, flip dough onto a counter coated with brown rice flour, remove wax paper, and then cut biscuits using a knife or cookie cutter. Re-roll and cut scraps until you've used every possible bit of dough.

Place biscuits on parchment-lined baking sheets (or sheets lightly greased with oil). Bake for 30 to 45 minutes until the top of the biscuit has dried out completely. Let biscuits cool on wire racks, then store in an airtight container.

(Makes 36 large dog biscuits.)

### **Ingredients for Dog Ailments**

- Flax seed meal is basically ground flax seed. It is recommended by vets to help with dry, flaky skin. Ground flax seed also provides fiber, antioxidants, and omega 3's.
- Pumpkin is a good remedy for upset tummies.
- Brown rice flour is an excellent option for dogs that don't tolerate wheat.

### **Serving Suggestions for Homemade Dog Treats**

Dog treats are not substitutions for healthy dog food. We humans shouldn't go overboard with desserts and likewise, we shouldn't over-treat our dogs, even if the treats are healthy. The suggested amount is 1-2 treats a day. You might give more or less depending on how active your dog is and how big the treats are.