

How to cook for you & your dog
with simple ingredients & easy-to-
follow recipes

Bone Appétit!

10 Easy Recipes for You & Your Dog



Introduction

Thanks for downloading our first-ever eCookbook! Our goal is to inspire you with some healthy recipes that you can prepare and enjoy with your favorite four-legged friend, your dog.

Each recipe in this eCookbook has ingredients that you can set aside to make a healthy snack or treat for your dog.

Please note that these recipes should be a fun addition to your pet's diet and not a replacement meal plan. If you have questions about your dog's diet, please consult your vet. We hope you enjoy these recipes and here's to a happy and healthy 2020!

The Michelson Found Animals Team

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Appetizers & Snacks

Ingredients

1 cup uncooked oatmeal
(rolled oats)

2/3 cup natural creamy
peanut butter at room
temperature (Xylitol-free)

2 tablespoons honey

2 tablespoons
unsweetened coconut

1 tablespoon chia seeds

1 teaspoon pure vanilla
extract

½ teaspoon ground
cinnamon

2 ounces dark chocolate
(optional)

Easy, portable and delicious, these bites are perfect to share with your favorite pup on a Sunday hike or a long afternoon shopping. These nutritional powerhouses come together in about 10 minutes, are no-bake, and can last in the refrigerator up to 5 days. (If you can keep them around that long!)

Cinnamon Oatmeal Chia Bites

Makes 12-14 bites

DIRECTIONS

1. In a medium bowl, add the oats, honey, coconut, chia seeds, vanilla extract, cinnamon and stir.
2. Add peanut butter and stir again to combine all of the ingredients.
3. Using a cookie scoop or spoon, roll into 12 equal-sized pieces and place in the refrigerator to firm up and allow the oats to soften a bit.

If desired, you can separate the treats you want to give to your dog and top the human treats with drizzled chocolate following the directions below. These can be enjoyed by both dog and human. Store all treats in an airtight container.

FOR DOGS

Natural creamy peanut butter works best for this recipe. Be sure to choose a peanut butter without additives. Avoid peanut butter with Xylitol as it is toxic to dogs. Peanut butter without sugar is best. For snacking, cut the bites into quarters for smaller dogs, in half for medium dogs. Large dogs can have a whole bite.

FOR HUMANS

For additional sweetness, 2 ounces of dark chocolate can be melted in the microwave at 10 second intervals. Stir after each interval, no more than 20 seconds total. Use a fork to drizzle the chocolate over the oatmeal bites. Do not give the chocolate covered bites to dogs.



Ingredients

Yogurt

2 cups unsweetened
plain Greek yogurt

1 tablespoon honey

2 teaspoons vanilla
extract

Granola

1 cup uncooked oatmeal
(rolled oats)

2 tablespoons
unsweetened coconut

2 tablespoons honey

1 teaspoon vanilla extract

1 teaspoon ground
cinnamon

½ cup slivered almonds,
toasted

1 ½ cups mixed fresh
berries (raspberries,
blueberries and
strawberries)

A perfect make-ahead that can be used for breakfast or that mid-afternoon slump. With rolled oats, berries and honey, this recipe is delicious and just the right amount of sweet. No guarantees your dog won't learn to open the refrigerator and help himself to this healthy snack when you aren't looking.

Yogurt Parfaits

Makes approximately 3 cups

DIRECTIONS

1. To prepare the granola line a baking sheet with parchment paper or wax paper and set aside.
2. In a nonstick skillet or cast iron pan over medium heat, add the rolled oats and unsweetened coconut. Toast about 3 minutes until they begin to brown lightly.
3. Next, add 2 tablespoons honey and stir to combine, being careful not to burn the mixture. Cook approximately 5 minutes until the mixture begins to toast.
4. Remove from heat and add 1 teaspoon vanilla extract and cinnamon, stirring to combine. Spread the granola mixture onto the baking sheet in a single layer and allow to cool, approximately 15-20 minutes.
5. Remove ¼ cup granola. Put it in a small bowl and set aside for your dog.
6. To the remaining granola, stir in toasted almonds. Once the granola is finished, prepare the yogurt by mixing it with the remaining 1 tablespoon of honey and 1 teaspoon of vanilla extract.
7. To assemble the parfait, layer the yogurt and fresh berries in a small glass or a small bowl and top with granola. Extra yogurt and berries can be stored in the refrigerator for a few days and any extra granola can be stored in an airtight container for up to one week.

FOR DOGS

Mix together the ¼ cup of granola mixture that was set aside (the one without the almonds) along with ¼ cup of plain Greek yogurt. Top with fresh berries and serve. Be sure to feed your dog the granola without the almonds, as almonds are not healthy for dogs.





Main Dishes

Ingredients

2 stalks celery, diced

1 large carrot, diced

1 tablespoon olive oil

2 boneless skinless
chicken breasts or 3-4
boneless, skinless chicken
thighs

½ teaspoon salt

1 quart organic low/no
sodium chicken stock

4 cups hot water

1 teaspoon salt (for the
soup)

1 teaspoon dried thyme

1 teaspoon dried oregano

¾ cup of brown rice

1 cup frozen french-cut
green beans

¼ cup parsley, chopped

Soup does everything: Fills you up, quenches your thirst, warms you when you're cold and cures what ails you. On those cold, cloudy days when you just want to snuggle with your favorite pup, this hearty and healthy soup is the perfect go-to.

Chicken & Brown Rice Soup

Makes about 6 cups

DIRECTIONS

1. In a large pot over medium-high heat, add the olive oil, celery, and carrots. Cook until the celery begins to soften, about 5 minutes.
2. If using chicken breasts, cut each breast into 4 pieces for faster cooking. If using chicken thighs, cut in half. Season the chicken with ½ teaspoon of salt. Add the chicken to the pot along with the chicken stock and water.
3. Bring to a boil and then reduce to medium and allow to simmer for approximately 30 minutes, until the chicken is cooked through.
4. Remove the chicken from the pot, raise the heat to medium-high to bring the stock back to a boil.
5. Add the rice, 1 teaspoon of salt, dried thyme, and dried oregano. Lower the heat to low, cover, and simmer approximately 45 minutes until the rice is cooked.
6. While the rice is cooking, use a fork to shred the chicken. Once the rice is finished, add the chicken back into the pot along with the green beans and parsley.
7. Simmer for 5 minutes before portioning out some of the soup for your dog using the serving suggestions below. After the serving to your dog has been removed from the pot, you can add black pepper to taste, if desired.

FOR DOGS

A serving for a small dog would be approximately ¼-½ cup of soup and a medium or large dog could enjoy ½-1 cup of soup.



Ingredients

1 can of low-sodium tuna
in water, 5 ounces

1 tablespoon + 1 teaspoon
extra virgin olive oil

1 tablespoon fresh
parsley, minced

½ teaspoon dried
oregano

2 tablespoons fresh
lemon juice

½ teaspoon salt

2 hard-cooked eggs

2 cups baby spinach

4 Kalamata olives, rinsed,
pitted and diced

2 teaspoons red onion,
minced (toxic to dogs)

1 teaspoon capers, rinsed
and chopped

1 medium ripe tomato,
sliced

The best salads are packed with protein. That way you're not hungry two hours later! When you and your pup want to pretend you're lounging on the French Riviera, make this mayonnaise-free salad. Many dogs love fish, and tuna is an excellent source of Omega-3s for both of you.

Mediterranean Tuna Salad

Makes 1 serving

DIRECTIONS

1. In a medium bowl, add the flaked tuna, olive oil, parsley and oregano.
2. Stir to combine.
3. Remove 2 tablespoons of the tuna mixture and set it aside for your dog.
4. To the remaining tuna mixture, add the lemon juice, salt, Kalamata olives, red onions and capers.
5. On a plate, make a salad of spinach, sliced eggs, sliced tomatoes and the tuna mixture.
6. Drizzle with 1 teaspoon of the extra virgin olive oil.

The tuna mixture can be made and refrigerated up to 2 days.

FOR DOGS

In a dish, add a handful of chopped spinach, 1 hard-cooked egg, chopped and the tuna mixture that was set aside. Drizzle with 1 teaspoon of extra virgin olive oil.



Ingredients

4 large eggs

¼ cup milk (or unsweetened coconut milk beverage – found in the refrigerated section)

1 teaspoons extra virgin olive oil

1 tablespoon red bell pepper, diced

1 cup baby spinach, roughly chopped

½ teaspoon salt

¼ cup cheddar cheese, shredded

2 tablespoons chipotle salsa

Have a fridge full of stuff you don't know what to do with? It's frittata time! This recipe is a cross between scrambled eggs and a quiche. It's bursting with color, flavor and is quick enough for a weekday and special enough for a day off.

Confetti Egg Frittata

Makes 1 serving

DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Place a small oven-proof, non-stick pan over medium heat. Add the olive oil and bell pepper and cook until the pepper begins to soften.
3. Add the spinach and toss together until the spinach begins to wilt but is still bright green and the liquid is evaporated (about 3 minutes).
4. Meanwhile, in a medium bowl, whisk together the eggs and milk until well combined.
5. Add the salt, egg mixture, and cheese to the pan and stir to combine. Let the egg mixture cook on the stovetop for approximately 2 minutes until the edges begins to set.
6. Place the pan in the hot oven and bake until the eggs are mostly cooked (approximately 6 minutes), with just a slight jiggle in the center. Remove the pan from the oven using an oven mitt and let sit for 5 minutes. The remaining eggs in the center will continue to cook.
7. Slide the frittata out of the pan and cut into four equal pieces.

FOR DOGS

Serve one wedge (¼ of the frittata) for the equivalent of one egg.

FOR HUMANS

Top the remaining frittata with chipotle salsa.



Ingredients

4 slices raw turkey bacon,
chopped

2 teaspoons extra virgin
olive oil

2 cups kale leaves, stems
removed and chopped

1 cup low or no sodium
chicken stock

1 can cannellini beans,
drained and rinsed, 15
ounces

2 salmon steaks, 4-6
ounces each

1 teaspoon salt

1 tablespoon fresh thyme,
chopped

This recipe contains super foods for super canines and their humans. This simple dish has only a few ingredients and comes together quickly. There's no doubt your dog will be hovering at your side while when that bacon starts to sizzle!

Salmon with Kale & Beans

Makes 2 servings

DIRECTIONS

1. In a large skillet over medium heat, add 1 teaspoon of olive oil. Add the turkey bacon, stirring occasionally about 4-5 minutes.
2. Once the turkey bacon is cooked, add the kale leaves. Sauté kale until it starts to wilt, about 1-2 minutes.
3. Add chicken stock, thyme, $\frac{3}{4}$ teaspoons salt, and beans. Stir and bring to a simmer.
4. Season the fish with the remaining $\frac{1}{4}$ teaspoon salt. Gently set the fish on top of the kale mixture, cover the skillet and cook for 10 minutes until the fish is cooked through.
5. Once the salmon is cooked, remove it from the pan and set aside.
6. Spoon the kale and beans onto plates, separating a portion for your pooch, and top with the salmon. Serve immediately.

FOR DOGS

Remove desired portion of salmon, kale and beans to serve your dog. For a small dog, serve about 1 tablespoon of the kale/bean mixture and 2 tablespoons of salmon. For medium dogs, serve 2 tablespoons of the kale/bean mixture and $\frac{1}{2}$ of one salmon steak. For large dogs, serve $\frac{1}{4}$ cup of kale/bean mixture and 1 whole salmon steak.



Ingredients

For the Meatballs

1 lb ground turkey

1 large egg

1 slice 100% whole wheat bread

2 tablespoons low/no sodium chicken stock

1 tablespoon extra virgin olive oil

1 tablespoon fresh parsley, minced

1 teaspoon salt

Primavera:

1 ½ cups whole wheat penne

1 tablespoon extra virgin olive oil

½ cup red bell pepper, diced

1 small zucchini, cut into ¼" thick slices

Ingredients continue on the next page...

It's a fact that everyone loves Italian food. This includes you, your entire family and your favorite four-legged friend. These lightened-up versions of two classics will keep you both healthy. Watch out – you might be fighting over that last meatball!

Turkey Meatballs & Pasta Primavera

Makes 2 servings

DIRECTIONS

1. Preheat the oven to 375 degrees and line a rimmed baking sheet with parchment paper.
2. First, make the meatballs. In a medium bowl, crumble the whole wheat bread and add the chicken stock, mashing with a fork until all the stock is absorbed by the bread.
3. Next, add the turkey, egg, olive oil, fresh parsley and salt. Use a fork to combine the ingredients.
4. Form the turkey mixture into 1 ½ to 2" meatballs and place on the lined baking sheet. Bake in the oven for 20-25 minutes or until the meatballs are cooked through.
5. While the meatballs cook, begin the pasta primavera by bringing a large pot of water to a boil. Once the water is boiling, add salt to taste and the whole wheat penne. Stir to prevent the penne from sticking together or to the bottom of the pot.
6. In a large pan over medium heat, add 1 tablespoon of extra virgin olive oil and red bell pepper. Cook for 2-3 minutes until the pepper begins to soften.

Directions continue on the next page...



Ingredients continued...

1 cup small, fresh broccoli florets

2 tablespoon fresh basil, sliced

1 cup low/no sodium chicken stock (or vegetable broth)

¼ cup frozen peas

¼ cup half and half (or coconut milk beverage, found in the refrigerated section)

1 tablespoon lemon zest

Juice of 1 lemon (approximately ¼ cup)

8 grape or cherry tomatoes, halved

¼ teaspoon red pepper flakes

¼ cup parmesan cheese

Turkey Meatballs & Pasta Primavera

Makes 2 servings



DIRECTIONS CONTINUED...

7. Add the zucchini and sauté 1 – 2 minutes. Add the broccoli and cook until the broccoli is bright green and tender crisp.
8. Add the stock and bring to a simmer.
9. Once the pasta is ready, drain the pasta and add it to the pan with the vegetables.
10. Add the peas and half and half. Allow the sauce to cook down slightly, approximately 3 minutes.
11. Remove ¼ to ½ cup of the pasta primavera and set it aside for the dog.
12. Finish with the lemon zest, lemon juice, fresh basil, cherry tomatoes, red pepper flakes and Parmesan cheese.
13. Serve with turkey meatballs and garnish with more basil and Parmesan cheese.

FOR DOGS

Take the pasta primavera that you set aside and serve along with the turkey meatballs. For small dogs, cut up and serve 1 meatball and ¼ cup of the reserved primavera. For medium dogs, cut up and serve 2 meatballs and ¼ cup of the reserved primavera. For large dogs, serve 3-4 meatballs with ½ cup of the reserved primavera.



Desserts

Ingredients

2 medium apples, such as honeycrisp, pink lady, or fuji

1 cup hot water

1 ½ teaspoons ground cinnamon

¼ cup sliced almonds

1 tablespoon light olive oil

1 tablespoon butter, room temperature

2 tablespoons brown sugar

2 dollops plain, unsweetened Greek yogurt

You don't have to wait for fall to enjoy this delicious recipe. Baked apples are the perfect dessert for an evening of binge-watching with your best friend. So throw a couple in the oven, grab a blanket, call your dog and settle in!

Baked Apples

Makes 2 Apples

DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Wash the apples and cut them in half. Use a knife, an apple corer, or a melon baller to create a well in the center of each half of the apples. Be careful not to go through the bottom of the apple.
3. Pour the hot water into an 8 x 8" glass baking dish. Dip the cut side of the apple halves in the water. Turn the apples so they are cut-side up in the baking dish.
4. Sprinkle two halves of apple with ½ teaspoon of cinnamon.
5. Next, in a small bowl, combine the remaining 1 teaspoon of cinnamon, almonds, light olive oil, butter, and brown sugar.
6. Fill the wells of the two remaining halves of apple with the cinnamon/almond/brown sugar mixture.
7. Place the baking dish in the oven and bake for 45-50 minutes until the apples are cooked soft and the water is bubbling.

FOR DOGS

Serve the cinnamon only apples with a dollop of Greek yogurt.

FOR HUMANS

Serve cinnamon and almond baked apples with the remaining ¼ cup of Greek yogurt.



Ingredients

1 cup frozen blackberries
(or mixed berries),
thawed

1 teaspoon fresh ginger

8 ounces cream cheese,
room temperature

1/2 cup honey

1 teaspoon pure vanilla
extract

1 packet unflavored
gelatin powder (found in
the baking aisle)

½ cup boiling water

½ teaspoon salt

1 dollop of yogurt
(optional)

Fresh blackberries
(optional)

If you're ready to feel like a true gourmet, this recipe is for you. These cheesecake bites are perfect for when you want a fancy dessert without all the work. Blackberries make them naturally sweet, just like your beloved doggo.

No-Bake Blackberry & Ginger Cheesecake Bites

Makes 24 pieces

DIRECTIONS

1. Line a mini muffin pan with cupcake wrappers. A regular muffin pan can also be used.
2. In a small bowl, add the gelatin and ½ cup hot water and stir to dissolve. Set aside.
3. Add the blackberries and fresh ginger to a blender or food processor and puree. If desired, strain the mixture into a bowl using a fine mesh strainer. Discard the seeds and any other large pieces left in the strainer.
4. Add the liquids from the bowl back into the blender or food processor. Add the cream cheese, honey, vanilla extract and salt. Pulse until well combined, approximately 2-3 minutes to ensure cream cheese is well blended.
5. Mix the gelatin water to make sure all the gelatin is dissolved. Add the gelatin to the blender, making sure no gelatin is stuck in the bottom of the bowl, and puree another 1-2 minutes.
6. Pour the mixture into the cupcake liners and refrigerate at least 2 hours or overnight. Store the cheesecake bites in an airtight container in the refrigerator up to 5 days or freeze for up to one month. Bites can be enjoyed cold from the refrigerator or frozen.

FOR DOGS

Remove the cupcake wrappers and serve.

FOR HUMANS

Remove from the cupcake wrappers. Top with a dollop of yogurt and fresh fruit and serve.



Ingredients

2 cups whole wheat flour
(whole wheat pastry flour
is even better, if you can
find it)

2 cups all purpose flour

2 teaspoons baking
powder

2 teaspoons ground
cinnamon (do not use
pumpkin pie spice or
apple pie spice in this
recipe. Both of those
contain nutmeg which
can be toxic for dogs.)

*Ingredients continue on the
next page...*

Turn your kitchen into your pup's favorite bakery. Pumpkin adds natural sweetness to these delightful twice-baked cookies, making them delicious for both of you. Added bonus: Pumpkin will settle a dog's upset stomach!

Pumpkin Biscotti

Makes 12 human cookies & 12 dog cookies

DIRECTIONS

1. Preheat the oven to 350 degrees. Line a baking sheet with parchment paper and set aside.
2. In a large bowl, combine the whole wheat flour, all-purpose flour, baking powder, cinnamon, ginger and salt. Whisk them to combine.
3. Next, remove 1 cup of the flour mixture and add it to a small bowl along with ½ cup of the pumpkin puree. This will be used to finish the dog cookies. Set the bowl aside while you finish the human biscotti.
4. To the large bowl, add the sugar, remainder of the can of pumpkin puree, the 2 lightly beaten eggs, 1 teaspoon of vanilla extract and the cup of chopped almonds. Stir to combine.

FORM DOUGH

FOR HUMANS:

1. Once a dough ball begins to form, flour your hands and gently knead the dough approximately 2-3 minutes until all the ingredients are combined. The dough will be slightly sticky.
2. Move the dough to the parchment-lined baking sheet and form into a long, flat loaf approximately 2" wide and ½" high. Keep in mind the dough will rise and spread slightly when cooked.

Directions continue on the next page...



Ingredients continued...

1 teaspoon ground ginger

¼ teaspoon salt

¼ cup light olive oil

1 cup sugar

1 can pumpkin puree

2 large eggs, lightly beaten

1 teaspoon vanilla extract

1 cup almonds, roughly chopped

Pumpkin Biscotti

Makes 24 pieces

DIRECTIONS CONTINUED...

FOR DOGS:

3. Mix together the 1 cup of flour mixture, ½ cup pumpkin puree, 1 large egg, ¼ cup honey and an additional ½ cup of whole wheat flour.
4. Mix together until it forms a slightly sticky dough. Shape the dough into a log and flatten it slightly.
5. Place it on the baking sheet.

BAKE

1. Once both doughs are ready to go into the oven, bake for 50 minutes.
2. Remove the pan from the oven and allow the dough to cool enough to handle.
3. Use a bread knife to cut each log into ¾" slices. Lay the slices onto their sides in a single layer on the baking sheet. If you don't have enough space on the baking sheet, work in batches.
5. Lower the heat in the oven to 325 degrees and bake the cookies for 25 minutes.
6. Turn the cookies onto the other side and bake another 15 minutes until the cookies are crisp tender. The color of the dog's biscotti is generally a bit lighter.
7. Cool the cookies completely. Serve 1 biscotti for humans and ¼-½ of a canine biscotti for a small dog, ½-1 whole for a medium dog, and 1 whole cookie for a large dog. Store in an airtight container up to 2 weeks.



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