Golden Paste

Ingredients

- 1 cup of water
- 1/2 cup of turmeric powder
- 4 tablespoons of organic coconut oil
- 2 teaspoons of ground black pepper

Directions

1. Mix the water and turmeric on low to medium heat. Keep stirring until it forms a nice paste.
2. Add in the coconut oil, black pepper, and cinnamon (note that the cinnamon is optional). Keep stirring until all ingredients are mixed well.
3. Let cool. Transfer paste to a glass mason jar and store in the refrigerator

About

- Natural detox
- Contains cancer fighting agents
- Anti-inflammatory
- Helps with allergies
- Has healthy benefits for the heart, liver, and digestive tract
- Fights bacteria
- Targets inflammation, pain, and skin irritations

Pup Cakes

Ingredients

- 2 ripe bananas
- 1/2 cup peanut butter
- 1/3 cup honey
- 2 eggs
- 1 1/2 cups flour
- 2 1/2 tsp baking powder
- 1/4 cup oil
- 3/4 cup water

FROSTING

- 500g potatoes peeled and cut
- 2 tbsp honey
- 1/2 cup yogurt
- 2 - 4 tbsp water
- small dog biscuits , for decorating

Directions

1. Preheat oven to 180°C & Line a muffin tin with cupcake liners.
2. Place bananas in a bowl and mash until smooth as you can get it.
3. Add peanut butter, honey and eggs. Whisk well until smooth.
4. Add flour, baking powder, oil and water. Whisk until smooth.
5. Divide between cupcakes until 3/4 full. Bake 22 minutes until the top is golden, or skewer comes out clean.
6. Transfer to cooling rack and cool for 30 minutes before topping

FROSTING

1. Cook potato for 25 minutes until very, very soft
2. Drain, then return into empty pot. Add yogurt, honey and water, Beat with electric beater until smooth and creamy. Add more water if needed - it should have a soft consistency like frosting.
3. Pipe in swirling motion onto cupcakes, top with dog biscuit.

About

Every dog deserves a special Bark-Day!
Please do not over feed your pup on these treats, only to be fed in conjunction with a healtly and balanced diet.

Peanut Butter Cookies

Ingredients

- 1 cup flour
- 1/2 cup peanut butter
- 1/4 cup mashed banana or unsweetened applesauce
- 1/4 cup stock or broth
- cookie cutters

Directions

1. Pre-heat oven to 180°c
2. mix all ingredients together and then kneed into a ball
3. Roll the dough out until about 5mm thick and cut into desired shape
4. Bake for 18min or until golden brown

About

Store in an airtight container.

Please do not over feed your pup on these treats, only to be fed in conjunction with a healtly and balanced diet.

Health Boosting Ice Cubes

Ingredients

- 1 cup frozen spinach
- 1/2 cup frozen blueberries
- 1/2 cup chopped carrot
- 1/2 cup stock or broth
- Ice cube moulds

Directions

1. In a blender, combine all your ingredients and blend at a high speed until smooth. You may need to add some water if the mixture is too thick.
2. Pour your liquid into your moulds and freeze for 8 hours or until completely frozen
3. Treat your furry friend to an ice cube once or twice a week.

About

- Berries come packed with plenty of antioxidants and elegiac acid which has properties that block the metabolic pathways that can lead to cancer.
- Spinach contain high levels of vitamins, minerals, antioxidants, phytonutrients, and omega-3 fatty acid.
- Carrots contain carotenoids and beta-carotene, which is a key factor in reducing the risk of certain cancers.

Kibble Toppers

Hemp Seed

Hemp Seeds contain a nice ration of certain vitamins and ingredients, promoting many health benefits such as anti-inflammatory, skin irritability, coat shine and mobility

Add 1/2 - 1tsp of seeds or a pump of hemp seed oil to your dogs dinner.

Fish Oil

Benefits

- Helps cardiac health
- Promotes healthy & shiny coat
- Aids arthritis
- supports body functions

The amount differs between dog sizes, check the specific doses on your product

Chicken Eggs

Benefits

- Healthy skin and coat
- strong teeth and bones
- Helps arthritis

Remember salmonella is always a risk- Cooked eggs are safer. Only feed your dogs fresh egg shells as processed eggs may contain harmful chemicals (e.g. pesticides)

Kibble Toppers

Greek Yogurt

All of the live culture and good bacteria in yogurt is amazing for us... and dogs!

- Promotes bone strength
- Fills their tummies
- Promotes digestive health
- Helps slow skin rashes and infections

Make sure the yogurt you feed them is low fat, no flavour or sugar and preferably low/no lactose. Feed small amounts to begin

Carrot

Benefits

- Clean teeth (Frozen)
- Helps bowel movements
- Antioxidant

Dogs can't metabolise raw carrots, so steaming or cooking is more beneficial. Too much carrot can cause diarrhoea and too many sugars, only feed in moderation.

Bone Broth

Benefits

- Supports strong joints
- healthy skin & coat
- Promotes digestive & liver health

Start off with a couple of spoons a day. You can soak your dogs kibble in the broth or just add it to meals. Most broths are freezer safe too!

Juno & Oggie's pet tips

Keeping the crazy entertained:

- Lick mats
- Regular walks
- Slow feed bowls
- Snuffle mats
- Scatter feeding
- Treat toys

How and why:

- Licking and sniffing helps calm down the pup as it engages their natural instincts, stimulates their senses and engages their brain
- Setting up a puzzle or activity before leaving for work, having people over, training sessions etc. help calm down the dog and keep them engaged

Juno & Oggie's pet tips

Source list:

These wonderful graphics have been put together by our design team and while we only show you things we have tried, tested and dog approved, the information is from these trusted sites:

- https://boogiethepug.com/golden-paste-for-dogs/
- https://www.recipetineats.com/pupcakes-easy-dog-cupcakes-with-frosting/
- STOP WALKING YOUR DOG by Niki French.
- instagram.com/the_bkshop

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