

Tasty Treats Recipes



About Your eBook

Enjoy this eBook which contains some of my favourite dog training treats. In our choice-based reinforcement training we like being creative with treats for our dogs.

Over the years our community has shared with us a variety of recipes for healthy homemade treats and this eBook is a collection of their recipes and ideas for making your own homemade dog treats! I like to know the ingredients that my dogs are putting in their bodies. Healthy ingredients lead to healthy dogs. The great thing about homemade treats is that you are in control what goes into the recipe and can also alter your recipes for your dog's preferences and dietary needs.

We have also included a list of reinforcements, so you have ideas for the things that your dog finds rewarding. Reinforcements are things that your dog likes that reinforce behaviors, making those behaviours more likely to be repeated. PLUS, we have added some tips from our Recallers community on making your own dog toys.

Print out the eBook so you have it handy for quick reference. But I do need to remind you this document is intended for your personal use and your dog training library. I trust that you will respect the copyright at the bottom of each page. Thank you for your cooperation and enjoy this collection and collaboration of treat recipes, reinforcements and toy ideas from our community.

Bone Appetit and joyful playing!



Susan Garrett



Conversion Tips

The recipes are in both imperial and metric measurements, so we have noted conversions for your quick reference.

8 ounces = 225 grams

1 pound = 16 ounces = 450 grams

Moderate Oven = 350°F, 180°C, Gas Mark 4

Feature's Favourites: Sardine Specials!

(Shared by Holly)

Mix in a blender:

3 raw eggs

1 can of sardines packed in olive oil

1 package (an inside sleeve not the entire box) of Graham Crackers

Mix until liquified then pour onto a cookie sheet and spread out using a spatula.

Bake at 350°F for approximately 20 minutes until it looks cooked through and light brown on top.

Let cool then cut in small squares.

Feature loves them and I think they are terrific.

Baking Tip

Many people have success using a silicone mat for baking dog treats. You can find the silicone nonstick baking mats in the cooking section of most stores, and online. Simply spread the mixture into the mat with a spatula, bake, and then pop the treats out of the mat when done.



The Doberman Ladies Tuna Brownies

(Shared by LOH)

2 cans of tuna – in water – all goes in the bowl

2 tablespoons of vegetable oil

3 cups of whole wheat flour (4 if it's white)

1 tablespoon of minced garlic (less if you don't want them too stinky)

1/4 cup of parmesan cheese

1 egg

1/2 cup of water

Use a large mixing bowl – mash the tuna in water / egg so it breaks up – add 1/2 cup of cold water, garlic, cheese – then add flour slowly. Mix with a spoon.

I use a big cookie sheet with an edge. Spray the bottom with nonstick or grease with a piece of wax paper.

Spread the batter 1/4 inch thick by patting it to the edge (cover your hands in flour).

Bake at 325°F for 30-40min – We like it spongy when we take it out.

Use a pizza roller to cut it in 1/4 inch cubes. Put the treats in zip lock bags and take them out as needed – or put them in zip lock containers for friends!

Different Flavour: Turkey (substitute - rinsed canned turkey and add cheddar cheese cut in tiny cubes for parmesan.)

My Notes:



Sunshine Liver Brownies

(Shared by Kelly)

3 to 3 1/2 lbs of fresh liver, (beef or chicken)

1 cup whole wheat flour

4.25 oz fresh minced or crushed garlic

2 cups white flour

1/2 cup corn meal

1 Med shaker of grated parmesan cheese

Preheat oven to 350°F.

Cover cookie sheet with foil, coat with cooking spray, and sprinkle lightly with corn meal and set aside.

Using a food processor (or blender), process liver and garlic or blender until it looks like milk chocolate. Pour into large mixing bowl and blend in the rest of the ingredients.

Spread evenly onto the cookie sheet (the mixture will be thick) and sprinkle lightly with corn meal. Bake until no pink is left.

Bake approx. 30 min for one pan and then turn the oven off and let the pan cool inside. Cut the brownies into bite size pieces and freeze.

❄️ *They last for months in the freezer and this recipe makes a large amount.*



Auntie Kim's Ham and Cheese Treats

(Shared by Kim)

2 cans of ham/tuna/salmon/chicken

2 eggs

About 1.25 - 1.5 cups flour

1/2 cup tapioca starch (tapioca flour)

3/4-1 cup shredded cheddar cheese (or any other cheese)

In a large mixing bowl, Mix ham and eggs, mix in cheese, then flour and tapioca starch until it is a thick dough consistency (it will be sticky).

Smear and spread to 1/4 inch thickness onto a parchment lined cookie sheet.

Bake at 250°F for about 30-40 minutes.

You want the treats to be a bit rubbery.

❄️ Store in the freezer



Homemade Meatballs (for special training)

1-2 eggs

Garlic powder

1 cup of oatmeal

Parsley

1lb of ground turkey, pork, beef or chicken

Mix the eggs, oatmeal, and a few shakes of garlic powder mixed with parsley into your ground meat.

Make little balls and cook on stove top until meat is done.

❄️ Store in the freezer



Easy Baby Food Cookies!

(Shared by Cindy)

1 jar of baby food (chicken, ham, banana-strawberry, any flavour)

1/4 cup skim milk powder

1/4 cup cream of wheat (plus a bit more to thicken if necessary)

Mix ingredients, will be like cake batter consistency, spread on to cookie sheet very thin, and bake at 350°F for 6-8 minutes.



Oatmeal Fruit Cookies

(Shared by Laura)

1 small jar of applesauce

2-3 crushed bananas

1/2 envelope of gelatin



Add oatmeal to make brownie like batter (about 2.5 cups) pour into baking pan.

Bake 325°F for about 25-30 minutes. Note: During blueberry season I add blueberries and a little more oatmeal.

Crunchy Fish Treats

(Shared by Marcella)

6 oz of canned salmon

3 eggs

1/2 cup of fresh parsley (1/4 if dried)

2 cups of rice flour

Roll the dough to 1/4 inch. Cut in pieces or use a fun cookie cutter shape or bake. bake at 350°F for 25 minutes.

❄️ Keep Refrigerated



Tuna Treats #2

(Shared by Marcella)

- | | |
|-------------------------------------|------------------------------|
| 1 large can tuna | 2 tablespoons parsley flakes |
| 2 cups flour | 2 teaspoons canola oil |
| 1 cup whole wheat flour | 1 cup water |
| 1 cup corn meal | |
| 2 cups shredded mild cheddar cheese | |

Puree the tuna and oil together until smooth.

Mix with other ingredients in large bowl.

Add water last, a little at a time and mix until dough is formed.

Roll out and cut with any shape cookie cutter.

Bake at about 325°F for about an hour or until a fingernail won't easily penetrate.



Tuna Treats #3

(Shared by Barb)

- | | |
|--------------------------------------|--|
| 2 cans tuna | 2 tbsps parmesan cheese |
| 2 tablespoons oil | 2 cups flour (can be other than wheat flour, ie. oat, chick pea, etc. if your dog has wheat allergies) |
| 1 egg | |
| 1/2 cup pumpkin (good for digestion) | |

Mix together and press it down a on cookie sheet.

Score into tiny pieces with a pizza cutter before baking.

Bake at 350°F for 20-25 minutes. If you want them slightly chewier (less dry) bake for slightly less time.

❄️ Store in the freezer



Beef Heart Cookies

(Shared by Paula)

Beef heart 6 eggs

Garlic powder Parsley

1-2 cups of water



Sprinkle the heart with garlic powder and place it with the water into a crock pot overnight on low.

Once cooked, add the heart and some of the juice into a blender/food processor.

Add the eggs and parsley.

Spread the mixture thinly onto a large cookie sheet lined with parchment paper

Bake at 350°F until dry (about 35 – 40 mins.). Turn off oven and leave for about 30 minutes.

Baked Beef Heart

(Shared by Laura Anne)

Slice beef (or chicken) heart and bake on parchment paper lined cookie sheet at 350°F for 20-30 minutes.

Cool and cut in cubes.

❄️ Store in the freezer



Dried Heart

(Shared by Jan)

This recipe uses pre sliced, dried beef heart but you can also substitute it for liver.

Boil it for approximately 30 minutes, then transfer the slices onto baking sheets.

Place the baking sheets in the oven at 300°F for about 1 hour.

Chop the dried slices into treat-size pieces.

**Limit this treat as a “high value” reward. Be warned that this treat can be quite rich and can cause some stomach upset if given too much.*



Sardine Treats

(Shared by Sydney)

2 cans sardines in oil (use oil)

6 eggs

2 pkgs (2 sleeves) graham crackers

Mix in food processor until liquidy.

Spread on parchment lined cookie sheet. Bake at 350°F for 20 minutes – until rubbery.

Cut with pizza cutter.

❄️ Store in the freezer



Pumpkin/Peanut Butter Drops

(Shared by Sydney)

1 cup pumpkin (15 oz can)

big spoonful or two of peanut butter or one ripe banana

1/2 cup powdered milk

Mix all ingredients together with a spoon and put into a quart size bag to use as a pastry bag.

With scissors cut a small bit off tip of corner of bag, twist the top and squeeze cashew or almond size on parchment lined cookie sheets (makes clean up a breeze). For small dogs you can squeeze tiny drops.

Bake at 325°F for about 15 minutes.

❄️ Store in the freezer



Tripe Treats

(Shared by Trudie)

Dried green beef or lamb tripe

Soak a piece in hot water until it is soft.

Cut into bite size pieces.

Give to your dog sparingly as a special treat only.

❄️ Store in the refrigerator in an air tight container.



Cheese Biscuits

(Shared by Sharon)

1 3/4 cups grated cheese at room temp (cheddar, or the type of cheese your dog likes best)

1 1/2 cup flour (any variety can be used, adjust oil accordingly)

Approx. 1/4 cup oil of your choice (will vary, depending on flour and cheese used, enough to shape the dough into logs)

Mix all ingredients together.

Form the dough into two logs.

Chill in fridge to make it easier to cut.

Cut into thin slices (5 – 7 mm).

Put on a baking tray lined with parchment paper and bake at 350°F for about 15 minutes or until brown.



Liver Bread

(Shared by Sharon)

1lb (450g) lamb or beef liver 3 eggs

3 cups of self raising flour Water

Crack the eggs into a measuring cup, add an equal amount of water and whisk.

Blend the liver in a food processor.

Add the egg mixture to the liver, and then the flour and mix until it's a sponge consistency.

Empty contents into a greased baking tray. Bake at 350°F for 35 - 45 minutes.



Allergy Free Apple & Banana Dog Treats

(Shared by Cat)

1-1/2 Cup Oat Flour

1/4 Cup Oatmeal Flakes (quick cooking)

1/4 Cup Flax Seed meal

1 Egg

1/2 Banana

1 Teaspoon Honey

1-1/2 Tablespoons Water (more or less)

1/4 Cup Applesauce, unsweetened (or mashed up apple)

Preheat oven to 325°F

Mix oat flour, oatmeal, and flax in large bowl.

Add egg, banana, apple and honey and stir. If mix is dry, add water.

Roll out dough on floured surface into desired thickness.

Cut dough into biscuits with cookie cutter, or cut into small treat squares (or could roll into balls and flatten with fork).

Line cookie sheet with parchment paper and transfer cookies. Bake 15-30 minutes for desired softness or crunchiness.

This is a good alternative for dogs who are allergic to corn or wheat. Dog treats can be stored at room temp for up to 1 month, longer in freezer.

Store at room temp or for up to 1 month in the freezer ❄️



Fresh Liver Treats

(Shared by Naomi)

1lb of liver

Freeze and cut into 1/4 inch thick strips. Lay them on parchment paper on a baking tray, space pieces on the sheet so they are not touching.

Bake at 250°F for 2 hours, rotate pan after one hour.

Cool on wire rack for 10 minutes.

Lift from parchment paper and place on wire rack, allow to cool completely and dry out.

❄ Store in the refrigerator for up to 2 weeks for freeze up to 4 months



Even More Treat Ideas!

- Organic Peanut Butter, off a spoon (freeze on the spoon, it lasts longer when the dog licks it off).
- Cook sausage, cool, cut up into bite size pieces, bag and freeze.
- Pieces of Apple or Banana.
- Hard Boiled Egg.
- Steamed beans or carrot.
- Microwave meat / offal, cool, cut into pieces, bag and freeze.
- Slow cooker meat / offal, cool, cut into pieces, bag and freeze.
- Mashed Sardines, deliver in a squeeze bag or tube.
- Cheese, the smellier the better.
- Human Grade Chicken Roll.
- Cooked Chicken Breast or the meat off a Roast Chicken, cut into pieces.
- Cooked Turkey Breast, cut into pieces.
- Natural Yoghurt, off a spoon, in a squeeze tube or GoToob



Gluten Free Flour Options

Alternatives to Use in Recipes

People often ask our team about ‘alternatives’ to traditional flour. As dog trainers, we have great skills as researchers, so in this new edition of our recipe eBook, we are sharing the options we discovered. It’s important to know we are dog trainers and not chefs, so we don’t know the exact substitute rules for switching flour, BUT we can give insight into the possibilities you have available. Once you decide what you’d like to try an alternative, google “substituting X flour for wheat flour” and your search will for sure give you a substitute amount and guideline!



Below is a list of substitute gluten-free alternatives to regular or wheat flour. There is also commercial gluten free all-purpose baking flour available, so check your local grocery store.

Plant Based Gluten Free Flours Bean Flour Options:

Rice Flour Garbanzo Bean Flour
 Arrowroot Flour Potato Starch
 Brown Rice Flour Tapioca Flour
 Corn Flour Whole Grain Sorghum Flour
 Chickpea Flour
 Coconut Flour
 Tapioca Flour

Ancient Grain Based Flours (Not Wheat) Nut Based Flours:

Buckwheat Flour Almond Flour
 Sorghum Flour
 Amaranth Flour (grain blend)
 Oat Flour



Hot Day Cool Treat

Hydrating dogs who are hanging out with you on a hot day can be difficult. This recipe will create a 'drink' or 'ice pops' for dogs to enjoy outside on the grass. For a nutritious sport drink or as a cool treat for your dog try the below:



#1 - Ice Pops

4 tablespoons of high fat yogurt

1/2 teaspoon of honey

1/2 cup of cold water

Using a blender, mix together the yogurt, water and honey.

Mix/stir and freeze into ice cubes.

When frozen pop out 1 or 2 and share with your dog to lick and chew (depending on the size of your dog).

Give you dog ice pops in the back yard on grass or on a washable mat in a crate (so your floor doesn't get sticky!).



#2 - Sports Drink

Double the above recipe and put it in a thermos (so it will stay chilled) to take with you to the park or any dog sporting event to ensure hydration. The thermos will keep the drink cold, and you can add water as it gets low throughout the day.

Dehydrated Sweet Potatoes

(Shared by Lynda)

Large sweet potatoes (not too out of shape so they're easier to cut into large thin slices)

Set your oven on the lowest setting you have 200/250°F (90/120°C). If you have a dehydrator, even better.

Line a cookie sheet with parchment paper.

Wash and dry your sweet potatoes. Cut a flat piece off the bottom of the sweet potato to make it flat on your cutting board. Carefully slice long ways in as equal sized slices as you can. Aim for around 1/4 to 1/2 inch slices.

Put the sweet potatoes strips onto the parchment paper lined cookie sheet and in the low set oven.

Bake for anywhere from 2.5 - 4 hours (the thicker your slices, the longer the baking time).

Flip the chews over 1/2 way through the cooking process, and rotate the baking sheet around for even cooking of all chews.

Once you have made one batch, you will have a good idea of how long to cook the sweet potato strips to 'chew' texture in your oven or dehydrator.



*A great
chewing treat
for puppies /
seniors!*



For really ferocious chewers of any age, pack the Sweet Potato Chew Toast into a Large Kong to buy extra chewing time.

Dry Crunchy Treats

For Bowls and Remote Feeders

Canned meat of your choice 1 egg
1 cup oats Water

*Adapt the amounts to the size of the can you are using and the texture you are going for.

Directions

Step 1 – Mixing it up

- Mix all ingredients in a blender until smooth.
- Add more or less water depending on the desired texture. If you want to use the squeeze bottle method, aim for a more liquid mixture, if not, a paste will work better for you.

Step 2 – Adding the Mix to the Mold

- Transfer your mix to a squeeze bottle (if you have one available).
- Pour little dots of the mix into the mini dot silicone mold. If you won't be using a squeeze bottle, just spread the mix over the mold with a spatula.

Step 3 – Baking Your Treats

- Bake at 325°F / 160°C for 20-30 minutes. Adjust the time to the desired outcome, whether it's for soft or dry treats.
- Let them cool and pop them out of the mold. Store them in the fridge and enjoy!



Potato & Meat Treats

Special Recipe for This!

12-16 oz raw dog food (*bison, turkey or a meat of your choice*)*

2-3 eggs

Approximately 2 cups of steamed potatoes

About 1/2 cup tapioca starch plus water

*If your raw dog food contains bones, make sure it's finely ground.



Directions

Step 1 – Mixing it up

- Blend all the ingredients in the food processor with enough water to make it into a batter consistency (it's usually quite gummy).

Step 2 – Spreading and Baking

- Spread the mix on a parchment thinly and bake at about 350°F / 180°C (moderate oven) for 30 minutes or so, or until it looks like it's mostly cooked and able to flip over.
- Flip and cook another 10 minutes or so or until cooked.

Step 3 – Cutting Your Treats

- Chop into desired squares. Use it as is, or dehydrate to desired consistency.



Dehydrated Treats

(Shared by Debra and Snap)

Cut your chosen meat into strips (beef, pork, lamb, wild game or fish)

Dehydrate the pieces for about 5 hours until they are a tiny bit soft.

Put them in a bag and store in the freezer.

You can also dehydrate some hard cheese for variety.

❄️ *Store in the freezer*



We have included extra pages for you to record your recipes at the end of this eBook, be it your current favourites, or new ones you create for your dog after being inspired by the recipes we have here for you.

The great thing about homemade treats is that you are in control what goes into the recipe and can adjust to suit your dog's needs.

We hope you enjoy our treat recipe selection. Our community is amazing and always willing to share.

Thank you everyone!

Ideas for Rewards

We can use many things to reward our dogs.

What does your dog find reinforcing?



Reinforcements are things that your dog likes that reinforce behaviors, making those behaviours more likely to be repeated. Sometimes the things that a dog might like and view as “true” rewards are not necessarily things that you like or even find acceptable.

Your dog's favorite foods / treats:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Creating Your Own Toys

How to Make a T-Shirt Tug

Have a couple old shirts lying around with a stain or two? This is the perfect project to reuse them!

For this project, the only things you need are two t-shirts and a pair of scissors.

Start by cutting little 2-3" wide slits at the base of your shirts. After you've cut your slits, just rip along the slit and your t-shirt will have the perfect strips of fabric for the next step.

You'll want to remove the collar and sleeves. Gather your t-shirt strips and tie off one end. Divide your strips into thirds and braid them together. Once you've braided down to the other end, tie up the bottom and cut any straggling t-shirt strips. It's a simple and fun way to make something special for your four-legged friend.

Denim Sticks

Reuse old denim shirts or jeans by sewing a tube and stuffing it tight with fill from busted open plush toys.



Fleece Toys

Have 3 or 4 long fleece strips, braid and tie a knot in each end. If braiding fleece, you can include other sorts of dog safe materials into your braid. If you can sew you can cut circles from the fleece and make frisbees.

Material or Rope with Attachments

Old T-shirts and anything that can be attached to a rope becomes a homemade tug. Cut T-shirts into four narrow (1-2 inch-wide) strips, do four-strand braid, and attach an object at one end. I use balls with holes, Holee Roller, stuffed animals, empty plastic bottles, and so forth.



Creating Your Own Toys

Garden Hose Toy

Cut a length of garden hose about 12 inches long.

Thread approximately 20 inches of rope through the inside of the hose.

Tie a knot on each end of the rope.

Cut a piece of fleece about 14 inches long.

Sew the fleece down the long side to create a tube.

Turn the fleece inside out so it becomes a close-fitting fleece tube.

Slip the fleece tube over the hose.

Secure each end of the fleece by tying it snugly with a plastic cable tie, pulling the tie tight.

Snip off the extra length of the plastic cable tie. Make sure there isn't a sharp edge; file it if necessary.

Result:

The finished toy is about 1 inch in diameter. There is just enough give to the hose that dogs love it. It fits nicely in a pocket, throws well, and works great for tugging.



More Toy Ideas

Empty water bottle stuffed into a long sock.

Tennis ball knotted in a sock.

Cardboard tubes or cardboard in a sock or wrapped in material.

Basketball in a pillowcase!

Thick towing rope for strong tuggers.

Old denim jeans, cut legs off, fill with stuffing, and tie a knot in each end.



My Dog Treat Ideas:

My Dog Toy Ideas:

About Susan Garrett

A world-leading educator of dog trainers, Susan is also one of the most successful agility competitors of the last three decades. She has won multiple Gold Medals at National or World Championship events with her dogs over the past 30 years. Susan was one of the very first dog trainers to share knowledge online when she opened her "Clicker Dogs" website many years ago.



Susan has supported hundreds of thousands of people with enjoying a great relationship with their dogs through her workshops and keynote speaking around the world, award winning books, DVDs, magazine articles, interviews, blog posts, podcasts, free dog training and dog agility video series, and online dog training programs.

A natural teacher and an entertaining speaker, Susan is world renowned for her dog training knowledge and practical application of that knowledge. Her understanding of how to apply science-based learning principles to both competitive and family pet dog training has been pivotal in changing how dogs are trained.

Susan is now helping many thousands of dog owners in 182 countries have the best relationship possible with their dogs. The real joy for her comes from bringing confidence to dogs and their owner through playful interactions and relationship building games that are grounded firmly in the science of how animals learn.



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***“When I look at
my dogs I can only
see greatness.”***

-Susan Garrett

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