Jade and friends Joyful Delights

A Cook book for pets and their people



By Madeline Denham and Friends

Your Recipe and Notes

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Your recipe

This book was in part created, written, photographed and edited by Madeline Denham. In honor of National Therapy Animal Day, this book is dedicated to Pet Partners Therapy Animal program for Treats N Sweets fund raising event. Celebrating the Human-Animal bond through our favorite thing—food.

— Shawna Davies April 2021



Start the day right ...eat a healthy breakfast. Sometimes Jade has

Blueberry Pancakes.

People can top theirs with maple syrup, butter and for added sweetness, blueberry syrup. Jade and dog friends should have only two per month at the most. as a special breakfast treat.

Mix flour, sugar and salt until well blended. Mix egg, melted butter and baking soda in a medium bowl. Add to flour mixture.

Heat up frying pan or griddle. You will know it's hot enough when water sprinkled into the pan sizzles and jumps across the pan.

Fold blueberries. If using frozen berries, carefully defrost before putting into batter.

Cook first side for 4-5 minutes, or until start to appear on the top. Flip pancake and cook and additional 4 minutes on the other side.

Place pancakes in a 200 degree oven to keep warm while other pancakes cook

1 cup all-purpose flour

1 tablespoon sugar

1/2 teaspoon salt

1/2 teaspoon baking powder

1/2 teaspoon of baking soda

2 large eggs

1/2 cup plain low fat yogurt

1/2 cup milk

2 tablespoons unsalted butter, plus a little for the griddle

1 cup fresh or frozen and blueberries, thawed to room temperature

Makes 8 pancakes. 1/2 pancake for 20 lbs. of dog.



Apple Peanut Butter

Flax Pocket Cookies

Bonnie is a clever dog. She will find most of the pills you try and hide on her. She loves these treats so much that she swallows them right down! Bonnie recommends her dog friends eat no more than two per day, as these little breakfast treats are sugary.

Bonnie's people friends can fill the pockets with honey, fruit jam or cream cheese.

Apple Peanut Butter Flax Cookies

Preheat oven to 325°

2 cups finely diced apples (peeled & cored)

For best results use a food processor to dice apples

1/2 cup ground flax seed

2 cups all purpose wheat or white flour

1/2 cup peanut butter

Mix dry ingredients well in a large bowl. In a separate bowl, mix apples, peanut butter. Gradually add dry ingredient to apple peanut butter mixture and blend until smooth. Add as much flour as necessary so the dough is slightly sticky, but no longer coats your hands.

Roll spoonful size portions out into balls and place on an ungreased baking sheet

1- 1/2" apart.

Take a straw and make a depression in the middle of each ball.

Bake for 16-18 minutes or until golden brown.

Allow to cool completely before serving. Insert pill, supplement or special extras into the pocket as desired.

People can add jams, jellies, honey, nut butters or

fresh fruit for a special breakfast treat.





Sharable Snack Tray and Appetizers

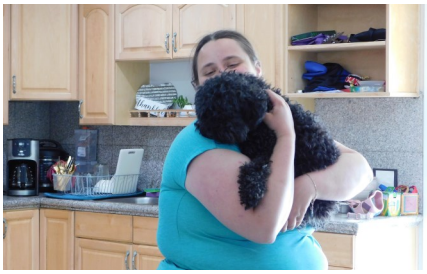


Shareable snack tray



Snack prepared		
Broccoli florets	one	20 lbs.
Cantaloupe balls	1/4 cup	20 lbs.
Snap peas	3 pods	20 lbs.
Apple slices	1/4 cup	20 lbs.
Carrot Sticks	1/2 carrot	20 lbs.

Cottage cheese, unsweetened applesauce, peanut butter, and plain yogurt can be used for dipping pet portions. People can use any salad dressing or dips that strike your fancy.



Appetizers

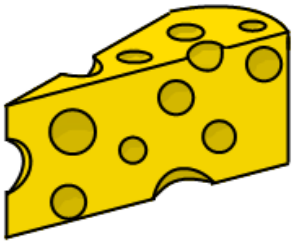
Sweet Potato Fries— Cut a sweet potato into strips 1/4 inch square, and toss in oil. Sprinkle oregano into the bowl and toss some more. Bake for 15 minutes. Flip fries and bake for 15 minutes more. Allow to cool before serving to your pet. Grab your portion and add salt, chili powder and sprinkle with fresh lime juice.

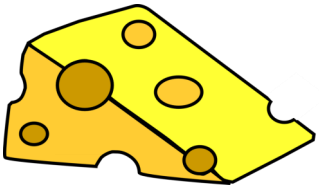
Fried Apple slices— Core two apples and peel into slices about 1/2 inch thick.

Melt 4 teaspoons of unsalted butter into a frying pan. Add apple slices. Sprinkle with 1 teaspoon of ground cinnamon and 1/2 teaspoon of ground ginger. Allow to brown on both sides of slices. Add brown sugar to your portion to taste.

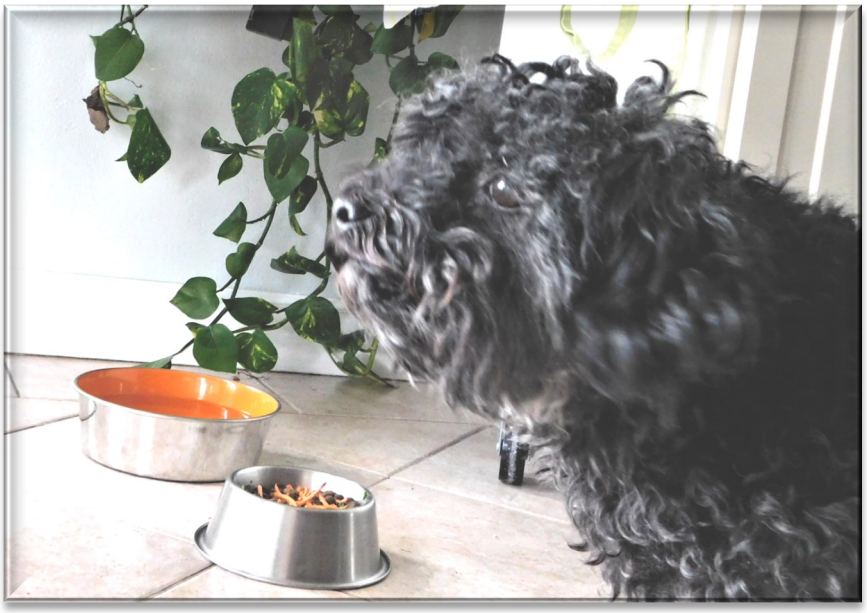
Use plain Greek yogurt for pet topping, flavored for people

Cheesy Squares





This recipe uses rice flour, so is a wheat free recipe. Some find rice four hard to work with because it tends not to hold together very well. You can add a small amount of regular white flour if desired, adding a tablespoon of warm water for each 1/4 cup of white flour.



Cheesy Squares



You will be rolling out the dough directly onto the baking sheet for best results. Make sure to set aside a little four for dusting the baking sheets

Preheat oven to 300°



2 cups of rice flour, plus a little for pressing dough into baking sheet.

1 1/2 cups loosely packed grated cheddar cheese*

1 tablespoon dried oregano

2 large eggs

1/2 cup beef, chicken stock

3 tablespoons of olive oil

Mix rice flour, cheese and oregano together in a large bowl until well blended.

Add eggs, stock and oil to the flour mixture and blend with a fork. Once the mixture is blended, knead briefly to gather into a ball and transfer directly to the baking sheet. Flatten the ball and shape into a square.

Dust the top of the dough with additional rice flour and roll into a 10-inch square. Then cut with a knife or pizza cutter into squares.

Bale for 35 minutes for a soft cookie and up to 50 minutes for a crunchy cookie.

Remove from the oven and allow the cookies to cool on the baking sheet before breaking them apart at the cut lines.

Makes 2 baking sheets of squares

*** For a more flavorful cracker, we recommend trying pepper-jack or smoked gouda.**

Barkin' Biscotti

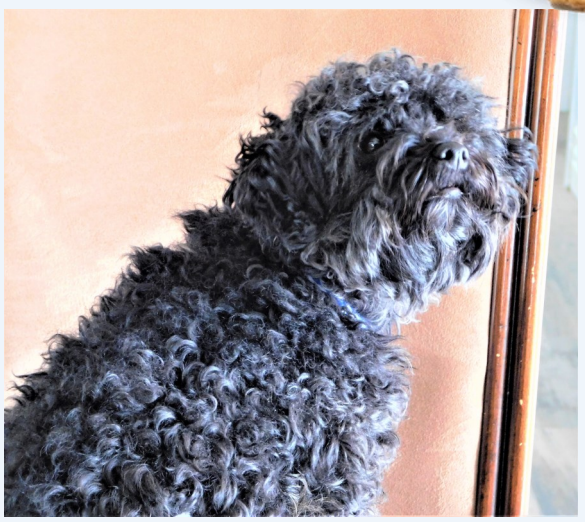
Pets and their people can dunk

Biscotti in warm soup of choice.

Top with cream cheese parsley,

and salmon.





Barkin' Biscotti—



Preheat oven to 300°

2/3 cup of beef or chicken stock

1/2 cup grated carrots

1/2 cup fresh parsley

1 cup barley flour

3 tablespoons olive oil

1 tablespoon baking powder

1 cup of rye flour

Heat the stock for about 2 minutes, or until warm in a microwave.

Mix carrots, parsley and garlic powder in a large bowl. Pour the warm stock over the vegetables and allow to sit for a few minutes.

Stir in the barley flour, olive oil and baking powder. Knead dough for 2 minutes or until all lumps are removed.

Shape the dough like a loaf that is 16 inches long by 3 inches wide and about 1/2 inch in height. Using a spatula, smooth the edges to form the loaf into a dome shape.

Cut dough widthwise into strips about 1/2 thick.

Stand individual cookies on a baking sheet, tall side up, about 1 inch apart.

Bake for 1 hour, then turn the oven off and let the cookies rest in the oven for 1 hour longer. Remove from the oven and let cool on the baking sheet.



Pets and their people can dunk Biscotti in warm soup of choice.

Bella's Meatloaf

Dedicated to "Bella"

the biggest little dog to ever grace this planet.

Bella would appreciate this hearty recipe that is

shareable and nutritious for pets and their people



3 medium russet potatoes, cleaned of eyes, rotted and green spots GRATED

2 medium carrots

1 15 oz. can kidney beans, rinsed and drained

4 large eggs

1 teaspoon rosemary, minced

2 1/4 lbs. of ground beef (80%lean or higher)

A dog will teach you unconditional love. If you can have that in your life, things won't be too bad." – Robert Wagner



Preheat oven to 350°

Mix potatoes and carrots in a large

mixing bowl.

In a food processor, combine kidney beans, eggs, and rosemary. Process with 6 to 8 beats, until the kidney beans are well mushed.

(Alternately mash with a potato masher)

Combine the eggs with the potato bean mixture then add the

ground beef.

Blend completely to combine all ingredients.

Divide the mixture into 2, placing each half in 5 x 9 inch loaf pans. Garnish the "people" meat loaf as desired with salt and pepper, tomato sauce, steak sauce to taste. Bake loaves for 1 hour or until they reach 155 degrees F when tested with an internal meat thermometer.

Remove from heat and allow to cool completely

before serving.

Auggie's Coconut Crispies

Auggie loves his mountain home but every once in a while he craves a taste of the tropics. Share these sparingly as they are a sugary island treat.





Auggie's Coconut Crispies



Preheat oven to 300°

3 TBS unsalted butter (plus more for greasing)

3 large egg whites

1 cup shredded dry coconut

1 cup all purpose flour

1/4 teaspoon almond or vanilla extract

1/4 cup white sugar

1/4 teaspoon salt

Line 2 baking sheets with non stick foil, one for people, one for pets.

Mix egg whites, butter and coconut. Let sit for 15 min. to allow the coconut to absorb moisture.

Mix in dry ingredients until batter is well bended.

Drop level teaspoons of batter onto foil lined baking sheets, 2" apart

Bake at 300° for 20-25 min or until cookies turn golden brown.

For best results, turn baking sheets halfway through to bake evenly.

Immediately after removing from oven, sprinkle sugar on people cookies,. Allow to cool completely before removing from foil.

Store in an airtight container for up to one week unrefrigerated.

Refrigerated can be kept for up to one month.

Pluto's Pretzels

These pup pretzels have a warm, soft inside and solid golden outside,

just like Pluto.

They are easy to make at home

just follow these tips:





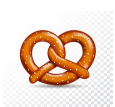
- Make sure the water you use is WARM not hot.



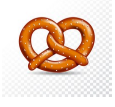
- You can use active dry or instant yeast



- melt better slowly for best flavor



- use honey instead of granulated sugar



- Pretzels are boiled before baking.

A large pot and slotted spoon make the best instruments for success.



Pluto's Pretzels

4 teaspoons	**Yeast**
1 teaspoon	**Sugar**
1 ¼ cups	**Warm Water**
4 cups	**All Purpose Flour**
½ cup	**Sugar**
1 teaspoon	**Salt**
1 tablespoon	**Oil** (cooking)
½ cup	**Baking Soda**
4 cups	**Hot Water**
¼ teaspoon	**Kosher Salt**
1 stick	**Butter, Melted**



Divide your dough into even sections. Roll each piece into a 30-inch length

With the dough length, form a U-shape.

Then, cross the ends of the U

Cross the ends over each other again, with an end in each hand.

With an end in each hand, flip the ends down to the curve of the U-shape. The ends should overlap the dough just a little bit. To set the pretzel shape, press down where the ends of the dough cross

Use a slotted spoon to dip each unbaked pretzel into a solution of 3 cups hot water and 1/2 cup baking soda. The baking soda solution gives pretzels their signature brown color

Drain pretzel in a slotted spoon, place on baking sheet.

Bake for 20 minutes. Let cool completely before serving

Garnish with cheddar cheese, cream cheese or peanut butter. People will want to sprinkle a little salt on theirs while they cool.

Makes 12 med. Pretzels or 24 small.

Better Breath Biscuits

This recipe uses parsley to help freshen breath, and mint leaves a fresh after effect. Parsley provides a handful of vitamins and minerals that will help with immunity, vision and kidney health, and soothe an upset stomach and digestive problems. Its rich antioxidants and also help provide relief from pain from arthritis and swelling.



Better Breath Biscuits recipe





1 cup beef or chicken stock

1 cup finely chopped parsley

1 cup finely chopped mint

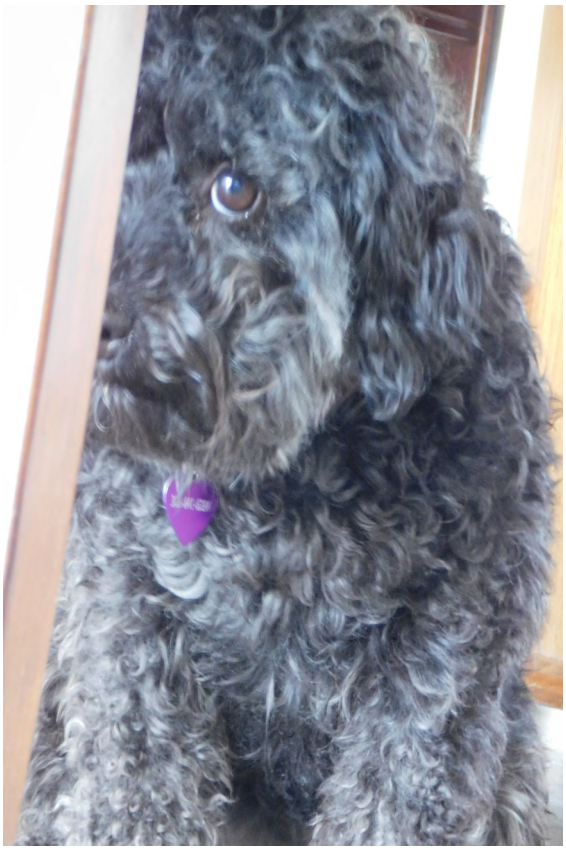
2 tablespoons of olive oil

2 1/3 cups whole wheat flour,

plus more for rolling out

(Substitute 1 1/2 cups all purpose flour and

1 cup dry powdered milk for variety)



Preheat oven to 300 degrees.

Heat the stock until boiling (about 2 minutes) in the microwave

Combine parsley, mint, olive oil and stock in a large bowl

Stir flour into herb mixture until well blended.

Adding flour as necessary, knead dough for 2 minutes

Spread dough onto a lightly floured baking sheet

Using a pizza cutter or sharp knife, cut the dough into squares

Bake for 25 minutes for a soft cookie or 45 minutes for a crunchy cookie.

Remove from the oven and allow to cool completely before breaking into squares

Makes 100 cookies

Chicken Soup (Stock)

For everyone's soul—



1 chicken carcass, all skin removed, leave as much meat as desired.

2 medium carrots

1/4 teaspoon garlic powder

1 apple, cored and chopped

1 cup packed spinach

1 teaspoon dried basil

1 teaspoon dried rosemary

Boil 10 cups of water in a large stock pot. All ingredients to the pot, reduce heat to simmer. Cover and simmer for minimum one hour.

Strain the stock and discard all bones and vegetables. Stock can be stored refrigerated up to one week.

Makes 9 cups

To make beef stock:

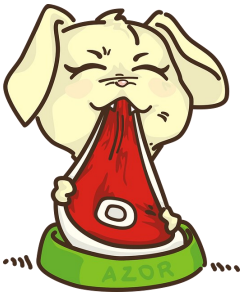
2 lbs. Beef neck bones, 6 cups water, 1/4 teaspoon salt. Simmer

Portions and Allowances

Most of the recipes in this little book are for treating and special occasions. Keep in mind that most are high in

sugar and saturated fats.

Portions are listed as per 10 lbs. of body weight. So if your dog weighs 30 lbs., and the safe portion is one cookie for 10 lbs. of body weight - then your dog can have 3 cookies per day. More active dogs can occasionally have a little more.



Cooking and storage tips:

- **- Line baking sheets with non-stick foil for easy clean-up**
- **- Always preheat the oven. Use accurate measurements, but don't be afraid to explore. Only mix as much as you need to - over mixing can ruin the glutens of flour.**
- **- Food storage bags and containers make wonderful cookie jars.**
- **- Store all home-made treats in the fridge, even if you don't have to.**
- **- Freezer storage can be up to six months**

Do's and Don'ts of feeding dogs

DO—Apples, bananas, pears, mangos, papayas, melons, oranges, plums and apricots,



broccoli, carrots, green beans, snap peas, bell peppers, Parsley, potatoes, tomatoes. Peanut butter, cheese, eggs, applesauce, oatmeal and yogurt make wonderful side dishes.



DON'T—give any pits, peels or seeds to dogs, especially potato peels apple seeds. Remove all leaves stems and roots before serving. All of these plant parts have chemicals that are toxic to dogs.

DO—Cook all meats thoroughly and practice safe handling around raw foods. Wash fruits and vegetables thoroughly and wash your hands !

DON'T—share the following with your dog—

- Animal fats and skin
- Grapes and raisins
- Macadamia and other nuts
- Moldy or spoiled foods
- Nutmeg or mace
- Onions and garlic
- Black pepper
- Raw dough ESPECIALLY containing yeast
- Avocados

