

HOMEMADE Peanut Butter DOG TREATS



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MOLBECK'S
Health & Spice Shop

Ingredients:

- 2 cups whole-wheat flour *
- 1 tbsp. baking powder
- 1 cup peanut butter (chunky or creamy) *
- 1 cup milk
- 2 tbsp. coconut oil *

Directions:

1. Preheat your oven to 375 degrees F
2. In a bowl, combine flour and baking powder
3. In another different bowl, mix peanut butter and milk, then add dry ingredients and mix well.
4. Place dough on a lightly floured surface and knead
5. Roll dough to ¼ inch thickness and use a cookie cutter to cut out shapes
6. Place on a greased baking sheet and bake for 10 minutes or until lightly brown

Coconut oil is not only great for humans, but it is also the perfect addition to your pets diet! Dogs love it! My dog is obsessed and won't eat his food without a little mixed in. He also thinks a spoonful is a treat. He knows what the jar looks like and gets super excited when he sees it.

*The optimum dose for dogs is about 1 teaspoon per 10 pounds of body weight daily, or 1 tablespoon per 30 pounds. But don't start with these amounts. Instead, introduce coconut oil a little at a time in divided doses. Because coconut oil kills harmful bacteria, viruses, parasites, yeasts, and fungi, the burden of removing dead organisms can trigger symptoms of detoxification. Headaches, fatigue, diarrhea, and

flu-like symptoms are common in humans who consume too much too fast, and similar symptoms can occur in dogs.

Even in healthy dogs, large amounts of coconut oil can cause diarrhea or greasy stools while the body adjusts. Start with small amounts, such as ¼ teaspoon per day for small dogs or puppies and 1 teaspoon for large dogs. Gradually increase the amount every few days. If your dog seems tired or uncomfortable or has diarrhea, reduce the amount temporarily.

No one has tested coconut oil's effect on dogs in clinical trials, but the anecdotal evidence is impressive. Reports published on Internet forums describe how overweight dogs become lean and energetic soon after they begin eating coconut oil, or their shabby-looking coats become sleek and glossy, and dogs with arthritis or ligament problems grow stronger and more lively. Even some serious diseases have responded. In one case, a Doberman Pinscher with severe Wobblers made a dramatic recovery in less than a week while taking coconut oil.

Other reports involve itchy skin, cuts, wounds, and ear problems. Dogs with flea allergies, contact dermatitis, or other allergic reactions typically stop scratching soon after coconut oil is added to their food, and dogs treated topically for bites, stings, ear mites, ear infections, cuts, or wounds recover quickly. One dog was stung by a bee, causing her mouth to swell. An hour after her owner applied coconut oil to the sting and gave her a tablespoon to swallow, the swelling disappeared and the dog was herself again.

The most enthusiastic reports describe coconut oil's deodorizing effects.*

- CJ Puotinen, *The Whole Dog Journal*, October 2005

* available at Molbeck's