

Sashas™ Recipes

Sashas Blend™ Ball Treats

If giving a dry food diet, or your dog is a fussy eater, mix the powder with moist food or liquid or roll into a treat eg bread/ham/cheese.

If this fails mix into a paste as follows:

Spoon a weeks worth into a cup and mix into a dry paste with a little olive oil or natural yoghurt. Roll into balls and store in an airtight jar in the fridge. These then can be given directly into the mouth or more easily hidden in food or a treat

Tuna Rolls

Ingredients:

1 Can Chunk Light Tuna
1 tablespoon olive oil
2 Tortilla Wraps

Directions:

Empty tuna can, with juice, into a bowl. Add 1 tablespoon of olive oil and mix into a paste. Spread evenly over 3/4 of the tortilla. Sprinkle Sasha's Blend onto the tuna. Dampen the last quarter with water. Roll tightly.

Cut into desired thickness slices. Feed treats as they are or wrap in foil and place in freezer.

Makes approximately 30 treats.

Salmon Snacks

Ingredients:

1 Can of Pink Salmon
30 Triscuits (or other cracker)

Directions:

Mix or blend the juice from the can and the Salmon into a paste. Add Sasha's Blend. Place a teaspoonful onto one Triscuit. Place the other Triscuit on top and press lightly. Place into an air tight container and store in the freezer.

Makes at least 15.

Peanut Butter Balls

Ingredients

Creamy or chunky peanut butter
rolled oats.

Directions

Mix equal parts peanut butter and rolled oats thoroughly in a bowl. Add Sasha's Blend in. Spoon appropriate

size treats for your dog onto a cookie tray and place in the freezer. When frozen, store in an air tight container.

Makes as many as you desire.

Pooches Peanut Butter shortbread

Ingredients:

1 ½ cups whole wheat flour
½ cup all purpose flour
1 tablespoon baking powder
1 cup all natural peanut butter (smooth or chunky)
¾ cup milk

Directions:

Combine flour and baking powder in large mixing bowl. In a separate bowl whisk together milk and peanut butter. Make a well in the flour and gradually stir in the peanut butter mixture until blended.

Use hands to work dough into 2 pliable balls. Knead the dough on a floured surface for about 2 minutes. On the same floured surface roll out the dough to ¼ to ½ inch thickness.

Cut into shapes with a cookie cutter or into squares and place on a cookie sheet lined with parchment paper.

Bake for 15 minutes @ 400°f

Cool and store in sealed containers in the refrigerator.

Meatball Treats

Ingredients:

¼ lb of lean ground beef
¼ cup of bread crumbs (ideally whole wheat),
1 egg,
1 tablespoon of olive oil

Directions:

Mix the ground beef, bread crumbs and 1 egg yolk together. Roll into small balls. Freeze and serve frozen.
OR

Cook for 4 minutes in preheated olive oil. Let cool. (Optional: Roll in olive oil and then in Sasha's Blend).

Place in air tight container and store in fridge or freezer for longer term use.

Makes approximately 20 treats

Beefy Treats

Ingredients

Beef Steak
olive oil.

Directions

Cut into thin strips. Cook in preheated olive oil for 15 seconds each side. Let cool. Paste with olive oil and dip into Sasha's Blend.

Store in an air tight container in the fridge or freezer.

Make enough treats for one week.

Tuna or Salmon Pops

Ingredients

1 can tuna or salmon
½ cup bread crumbs
½ cup water

Directions

Blend the can of tuna and/or salmon with the bread crumbs and water. Spoon into ice cube trays and freeze.

Make smaller treats for small dogs.

Makes approximately 12 large treats

Mussel or Clam Munchies

Ingredient

1 can of shelled Mussels or Clams

Directions

Drain the can of clams or mussels. Spread them out on a tray and place in the freezer.

Store in an air tight container.

Makes for great little healthy snacks.

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