



# Yummy Yummy For My Tummy!

Make healthy treats for your pup - try these simple recipes they're sure to love!

## Fat-Free Apple Biscuits



### Ingredients:

4 cups whole wheat flour  
1/3 cup cornmeal  
1/2 cup white flour  
2/3 cup applesauce  
4 Tbs. grated apple  
1 1/3 to 1 1/2 cups water

### Directions:

Preheat oven to 350 degrees.  
Mix dry ingredient, then add remaining ingredient. Roll-out dough to 1/4 to 1/3 inch thick. Cut with a bone-shaped cookie cutter. Place 1/2 inch apart on greased cookie sheets. Bake for 30 minutes, let cool and enjoy!



## Breakfast Biscuits

### Ingredients:

3 cups whole wheat flour  
1 cup small shredded wheat or shredded oats cereal  
1/3 cup oil  
1 egg  
1 cup milk

### Directions:

Preheat oven to 350 degrees.  
Put cereal in a plastic bag and crush with a rolling pin. Mix with flour in a large bowl. Add oil, egg and milk. Roll-out dough to 1/2 inch thick, adding flour if too sticky. Cut with a bone-shaped cookie cutter, place 1-inch apart on greased cookie sheets and bake for 25-30 minutes.