



# *Traveling*

Gypsy Corgis



Recipes!



These are just a few recipes to get you started. We recommend you opt for homemade when you can (it's WAY cheaper, healthier, and super easy).

The recipe below is a base recipe. Greek yogurt (no sugar added or natural) is an excellent base for dozens of healthy, easy recipes.

Combine it with any of the items below for a super quick, easy treat that is super healthy for your pup!

## Easy Pupsicles!



1/2 Cup No Sugar Added Greek Yogurt

1/2 Cup berries, Pure pumpkin, or Smashed banana

1 tbs Coconut Oil

2 tbs Water

Blend until smooth. Pour into small pup molds. Makes 2 small trays.  
Freeze for at least 20 minutes.



# No Bake Peanut Butter Flax Seed Treats

- Prep Time: 10 minutes
- Total Time: 40 minutes
- Yield: 24 Balls 1x
- Category: Treat
- Cuisine: Snack Attack

SCALE 1x2x3x

## Ingredients

- 1 cup peanut butter
- 1/2 cup rolled oats
- 2 tbsp flaxseed
- water as needed



**IMPORTANT!** Make sure your peanut butter does not contain xylitol

## Instructions

1. Grind flaxseed to a powder consistency using a food processor or coffee grinder.
2. Combine the flaxseed, oats, and peanut butter, adding just enough water to create a malleable dough.
3. Roll dough into 24 balls, oiling your hands if necessary to avoid dough sticking to you.
4. Place in a sealed container on baking paper in the fridge for at least 30 minutes prior to feeding.

# No Bake Pumpkin Dog Treats

Makes 2 small paw molds

- ¾ Cup Coconut Oil
- 1 Cup 100% Pumpkin Puree
- 2 Tablespoons Ground Ginger



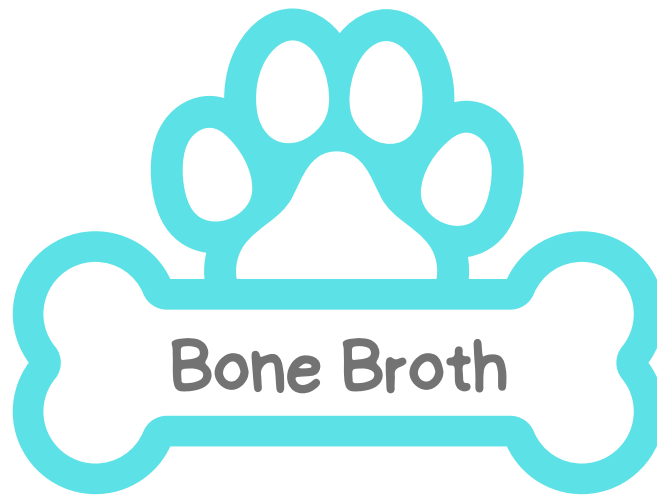
## Directions:

Place the coconut oil and pumpkin in a saucepan and heat on low until the coconut oil is fully melted. Stir the pumpkin mixture well so that the oil takes on an orangish tint and absorbs some of the pumpkin flavors. Place your paw silicone mold on a flat surface

Put a pinch of ginger in each paw of the mold before spooning in some of the heated pumpkins. Spoon the pumpkin into each cavity, then proceed to gently spoon in the rest of the oil to fill the cavities almost to the brim.

Place in the freezer for an hour.





Making bone broth is actually quite easy and is an excellent vitamin source for your pup. Instead of paying \$8-\$12 for a carton, make it, freeze it and add to food as a softener or use it for frozen treats and add chopped yams, sweet potatoes, broccoli, or berries for a superfood treat.

- Save the bones from your roasted chicken (including legs and wings that may have been on the serving platter), and add to a large pot or Dutch oven.
- Top with filtered water until generously covered (about 12 cups / 2880 ml).
- Add 1-2 Tbsp (15-30ml) apple cider vinegar, which is added primarily as the acidity breaks down the collagen and makes it more abundant in the broth. You can also sub lemon juice, but we prefer apple cider vinegar.
- Bring to a boil, then reduce to a simmer and cover. Cook for at least 10-12 hours, or until reduced by 1/3 or 1/2, leaving you with 6-8 cups of bone broth. The more it reduces, the more intense the flavor becomes and the more collagen is extracted. We find 12 hours to be the perfect cook time.
- Strain and use or store.



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