

## Using Turmeric in Homemade Treats for Dogs



Wouldn't you agree that our pets' health is as important as ours?

As it turns out, turmeric can help ease inflammation in both dogs and humans! As a supplement to your dog's health, turmeric has been shown to prevent and treat many chronic diseases. Turmeric contains a bright yellow chemical called curcumin, that makes up about 5 % of the compound. And it is safe for

most dogs and will boost their immunity! If you are interested to know my personal favorite ways to bring this healthy supplement into pet-life, click here to **LEARN MORE!**

### Health benefits of turmeric for dogs may include:

1. Anti-inflammatory effects
2. Antibacterial, antiviral and anti-fungal benefits
3. Promoting heart and liver health
4. Promoting digestive health
5. Antioxidant properties, which may help prevent certain cancers
6. Preventing cataracts
7. Treatment for allergies, epilepsy, and liver disease
8. Pain relief

(<https://www.canidae.com/blog/2017/05/10-health-benefits-of-turmeric-for-dogs/>)

So what is the best way to give your canine companion this supplement? The BEST way to give your dog Turmeric is by making our #1 Recipe!!

**Get it NOW: all 5 recipes for adding Turmeric to your dog's d**

## **Recipe #1 Turmeric Paste**

You can make a turmeric paste by mixing:

1/2 C Turmeric Powder

1 C. filtered water

1 1/2 Tsp ground pepper

1/4 C coconut oil.

Stir together in a pan on the stove (medium heat) until it forms a thick paste. This should take about 7 minute. Allow to cool, place in a jar in the refrigerator.

<https://dope.dog/blogs/dogs/everything-you-need-to-know-about-turmeric-for-dogs>

## **Recipe #2 Turmeric Gravy**

Even your dog loves gravy! (remember the Gravy Train Commercial?) Give your dog a tasty treat by putting one teaspoon of turmeric powder in a cup. Then add boiling water to the cup until it's 1/3 full. Add a Tablespoon of olive oil, and 1Tsp. of black pepper to the mixture. Mix thoroughly and drizzle over dry dog food!

<https://dope.dog/blogs/dogs/everything-you-need-to-know-about-turmeric-for-dogs>

## **Recipe#3 Anti-Inflammatory Dog Biscuit Recipe**

3 cups instant quick oats  
1 tablespoon ground flaxseeds  
1/2 teaspoon turmeric  
Pinch black pepper  
3/4 cup water  
1 large egg

- Preheat oven to 350°F and line a baking sheet with parchment paper. Set aside.
  - Combine all dry ingredients in a bowl and mix together.
  - Add water and egg.
  - Mix ingredients together until thoroughly combined with a spoon. Then, with your hands, knead dough. This dough will feel very wet and sticky. Let it sit on the counter for 15 minutes, allowing the oats to soak up the water and egg.
  - Sandwich doughball in between two pieces of parchment paper. With a rolling pin, roll dough to about 1/4" thick. Stamp with cookie cutters and place biscuits on the baking sheet.
  - Use a cookie cutter to stamp out biscuits and place each treat on a lined baking sheet. \*\* Pierce each cookie (like a pie crust) about 4X so that the heat will go through.
  - Bake at 350°F for about 30 minutes, or until cooked through.
- [\(https://www.prouddogmom.com/anti-inflammatory-dog-biscuit-recipe/\)](https://www.prouddogmom.com/anti-inflammatory-dog-biscuit-recipe/)

#### **#4 Poppy's Peanut Butter & Turmeric Treats**

**YIELD:** A couple weeks of dog treats!

- 1 teaspoon Beef or Chicken Bouillon Powder mixed with 3/4 C of hot water
- 1 1/3 cup flour (You can substitute Rice Flour if your dog is allergic to wheat.)
- 1 1/3 cup Oat Flour
- 1 Tablespoon Brown Sugar
- 1/2 cup ground Flax Seed
- 1 Tablespoon Turmeric

- 1/2 cup Peanut Butter
- 1 Tablespoon Coconut Oil
- 1 Teaspoon Ground Pepper
- 1 Egg

Directions:

Preheat the oven to 350°F. Line a sheet pan with parchment paper.

Dissolve the bouillon in the hot water. Set aside.

Combine the flours, brown sugar, ground flax, and turmeric in a mixer bowl. Mix in hot water mixture, peanut butter and egg. Continue mixing until the dough ball is smooth, occasionally scraping down the sides of the bowl to help everything mix together. REMEMBER: Turmeric will stain hands. I use disposable gloves when handling dough.

Roll out the dough to 1/2" thick. Cut into desired dog cookie shapes OR

Roll into balls, put onto prepared sheets and flatten with criss-cross fork.

Bake for about 40 minutes or until the cookies feel dried and fairly hard (they will harden a bit more after cooling)



## #5 Poppy's Absolute Favorite Sweet Potato-Turmeric Dog-Cookies

Poppy was only 2 when she tore the Cranial Cruciate Ligament in both knees. The surgery went as well as could be expected, but the Dr. told us to expect osteoarthritis to set in. From the time she came home, she has been on Life's Abundance Agility Supplement. (see <http://goo.gl/iBKICm> to see the formula). Poppy is now almost 11 years old, and can run like a deer! So naturally, finding treats that can offer anti inflammatory measures as well as an antioxidant are always welcome.

Preheat oven to 350°F and line 2 baking sheets with parchment paper.

Ingredients:

2 cups rice or oat flour

(If you know your dog is NOT allergic to wheat flour, you can use that)

1/3 cup flaxseed meal

3 teaspoons ground turmeric (in spice aisle)

3/4 teaspoon of ground pepper

1 teaspoon cinnamon

1/2 teaspoon ginger

1 egg

1 cup of mashed sweet potatoes. (I buy canned, then rinse and drain)

1/2 cup coconut oil (Melt in microwave)

Whisk together egg, sweet potato, and coconut oil until it has a smooth consistency. In a large bowl, mix the dry ingredients. Add the wet to the dry ingredients and mix well.

Knead a few times until you have a dough ball. Add some water if dough is too dry. Use a cookie cutter to cut out desired shapes.

**OR ...**

Shape into balls and press with a fork as you would for “peanut butter cookies”. Dip fork in flour if dough is too sticky. **\*\* Pierce each cookie (like a pie crust) about 4X so that the heat will go through.** This is important for the cookies to bake thoroughly to a crunch. Bake in preheated oven for about 40 minutes. Turn the cookies over and continue to bake at 170°F for about 2 hours for extra crunchiness. Let cool and store in an airtight container.

**Video: Poppy Chooses! Which one will she take?**



Wholesome Hearts <https://bit.ly/2DQfV25>