

RECIPES and TIPS

BOURN'S BOW-WOW BIKKIES

1. Into a large bowl MIX -
 - 2 cups WM SR Flour
 - 1/2 cup Polenta) or one cup of either of these
 - 1/2 cup crushed linseeds)
 - 1/4 cup quick-cooking rolled oats
2. Stir together –
 - 1/4 cup Molasses
 - 1/4 cup Olive Oil
 - 2 eggs
 - 1/2 cup of milk
3. Combine with the flour mixture.
4. Mix into firm dough and knead till smooth.
(If too dry add more milk: too soft, add more flour.)
5. Roll out to 1 cm thickness and cut into circles (or squares).
6. Bake in oven 170 c approx 30 - 40 mins. Open door and leave to harden as cools.

Makes about 4 dozen small biscuits. Dogs LOVE these healthy treats.

Every time I leave the house I give my dogs one of these biscuits each. It doesn't take long for them to actually look forward to my departure! So far I have never had a dog suffer separation anxiety.

Training Treats

In a Vitamiser, mix up one lambs fry, 2 eggs, 2 tblspns molasses, 1 cup cornflour or fine polenta until it looks like runny chocolate. Pour into oiled tray and bake at 180 for 20 mins till it looks like a sponge cake and comes away from the sides. Cool on rack and then cut into 1 cm cubes. Put back into oven to dry out. Keeps in a sealed container for ages and freezes well.

DOG BISCUITS DELUX* 'a la Andrea B'

2 cups wholemeal flour

1/4 cup cornmeal (coarse polenta)

1/2 cup soy flour
1/4 cup sunflower/pumpkin seeds
2 tablespoons veg oil
1/4 cup black strap molasses
2 eggs mixed with 1/4-1/2 cup milk

Mix dry ingredients and seeds together.

Add oil, molasses and all but a little of the egg/milk mixture.

Add more milk if needed to make a firm dough.

Knead a few minutes, let rest.

(depending on size of your dogs)

Cut into shapes and brush with the rest of the egg/milk mixture.

Sprinkle with sesame seeds if desired.

Bake on cookie sheets at 200C for 30 minutes or until well done.

To make biscuits harder, leave them in the oven with the heat turned off for an hour or more.

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