Healthy DOG EATS with dr. cos

Pumpkin Biscotti

Ingredients: 40 biscuits

1/3 cup pumpkin (not pie filling)
3/4 cup maple syrup
2 eggs
1 teaspoon almond extract
1/2 cup unsweetened coconut
1 cup almond meal
3 cups of oat flour
1 tablespoon baking powder
2 teaspoons cinnamon

Kong Stuffing:

Cooked oatmeal
Pumpkin (not pie filling)
Diced apples
Carrots

Biscotti Nutrition Facts

Nutrition Facts

Amount per 24 g
1 serving (0.9 oz)

Calories 68
From fat 20

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Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 2.3g	4%	**Total Carbohydrates** 10g	3%
Saturated 0.3g	2%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 4g	
Cholesterol 9mg	3%	**Protein** 2g	4%
Sodium 36mg	2%		
Calcium 5% • **Iron** 3%		**Vitamin A** 7% • **Vitamin C** 0%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Biscotti:
Line a cooking sheet with parchment paper and preheat oven to 375 degrees.
Whisk together pumpkin, eggs, syrup and almond extract. Add cinnamon, baking powder, coconut, almond, and oat flour and combine.
Divide into two sections and form a flat log approximately 10-12 inches long and 3-4 inches wide. Additional flour may be needed to shape. Square of ends so they don't burn. Bake for 20-25 minutes until set and slightly browned. Cool.
Carefully slice with serrated knife and place back on baking sheet. Bake again until brown and flip over and bake till brown again. Approximately 10 min. per side. Cool.
Decorate as desired or leave plain.

Oat - Oats are rich in anti-inflammatory substances, antioxidants and nutrients including manganese, molybdenum, phosphorus, biotin, vitamin B1, magnesium, chromium, zinc and more. Together, these nutrients may promote relaxation and healthy immune function. (1)

Almonds- Almonds can be used for dogs but best in ground form as not to have an obstruction giving to them whole. Almonds are higher in fat at 14 grams for about 23 whole almonds. They are a good source of protein and fiber and dogs that are on special needs diets where they can not tolerate animal protein do well on almond meal and legumes for their protein source. So bottom line on the almonds is..ground and limited. (2)

Egg- Egg yolks are one of the few foods that contain vitamin D, which helps reduce the risks of some cancers as well as heart disease and diabetes. (3) Eggs are a great source of very digestible protein, riboflavin, and selenium. For some dogs that are prone to digestive upset, eggs can give them a little protein boost. Adding eggs to your dog's food is a healthy treat. (4) It is has been stated that egg whites can cause a biotin deficiency however according to Dogs Naturally Magazine, biotin deficiencies are quite rare and it would take an extraordinary amount of eggs to create a deficiency. (5)

Maple Syrup-You may be surprised to learn that maple syrup is considered one of the world's healthiest foods. This tasty syrup comes from the sap of sugar, black or red maple trees, though more exotic syrups, like birch, are also now available.

Maple syrup contains fewer calories than honey and an even higher concentration of minerals. It offers "sweet support for your immune system". Maple syrup is an excellent source of manganese and a good source of zinc. Manganese is an essential co-factor in a number of enzymes critical to energy production and antioxidant defenses. Even superoxide dismutase requires manganese. Zinc and manganese work together to support the immune system, lessening inflammation and acting as an immuno-stimulant.(6) (7)

Pumpkin-Fiber – As with all fruits and vegetables, pumpkin is a good source of fiber. One study shows that those who ate the most dietary fiber had a 11% lower risk of being diagnosed with breast cancer compared to those who ate the least. Beta-carotene – Beta-carotene is converted into the body to Vitamin A, a type of antioxidant. Antioxidants protect the body against free radicals, which can cause cancer. Pumpkin is one of the highest sources of beta-carotene delivering 17mg per 1 cup. (8)

References:

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(3)Readers Digest – https://www.rd.com/health/conditions/10-foods-to-help-prevent-cancer//

(4)Modern Dog Magazine- https://moderndogmagazine.com/articles/10-people-foods-dogs/1896

(5)Dogs Naturally Magazine - https://www.dogsnaturallymagazine.com/feeding-your-dog-raw-eggs-good-or-bad/

(6) Sugar alternatives for Dogs https://animalwellnessmagazine.com/sugar-alternatives/

(7) Maple Syrup Is A Cancer Killer, Study Suggests
http://www.greenmedinfo.com/blog/maple-syrup-cancer-killer-study-suggests

(8) https://www.maurerfoundation.org/anti-cancer-food-spotlight-pumpkin/