Healthy DOG EATS with dr. cos

Ingredients 4 servings

Pizza crust:
1- 12ounce bag of riced cauliflower
4 ounces pecorino romano cheese grated
1/4 cup oat flour
1 large egg
1/2 teaspoon oregano
1/2 teaspoon basil
1/2 teaspoon garlic powder

Suggested toppings:
Shitake mushrooms, San Marziano Tomatoes, Spinach

Ice cream:
12 ounces watermelon frozen
5 ounces banana frozen

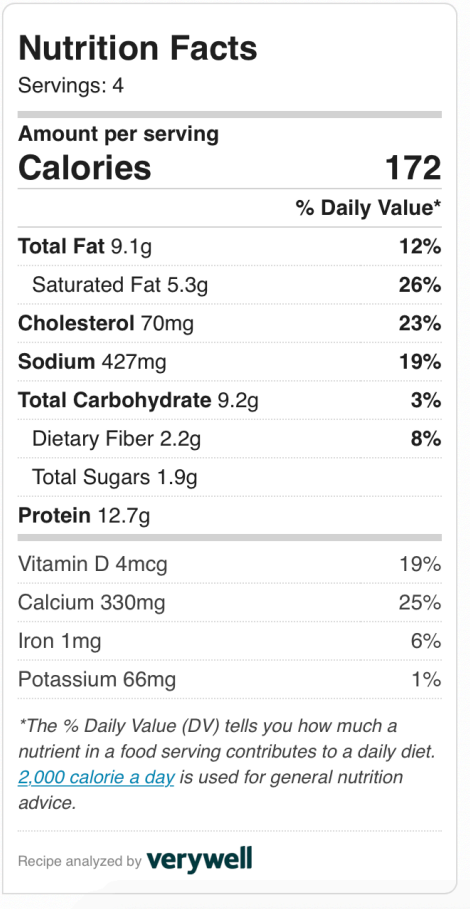
Instructions:

Place cauliflower in skillet and lightly sprinkle with sea salt (1/4-1/2 teaspoon) this will help draw out the moisture. Let stand for 20 minutes. Lightly sauté in pan stirring so that it does not burn. Continue for 8-10 minutes to steam out as much water as possible. Cool to touch and transfer to mixing bowl. Add cheese, egg, oat flour and spices. Mix with hands, as dough will be crumbly. Divide into four equal parts and place on pizza screen with parchment paper and form into circle. Bake at 425 for 12-15 minutes until done. Cool slightly. Remove parchment, place crusts back on screen and add desired topping. Place under broiler until cheese is melted.

Instructions:

Cut watermelon and banana into equal size cubes and place in ziplock bag and freeze for several hours. Once frozen remove and let stand for approximately 15-20 minutes. Place fruit in food processor or heavy duty blender. Process until smooth and soft consistency. Place back in freezer to set. Best served soft with fruit and whipped toppings! If left in freezer for longer times, the more it turns into ice crystals. Simply put it back in the food processor to soften. Enjoy!

Pizza Crust Nutritional Information



Nutrition Facts

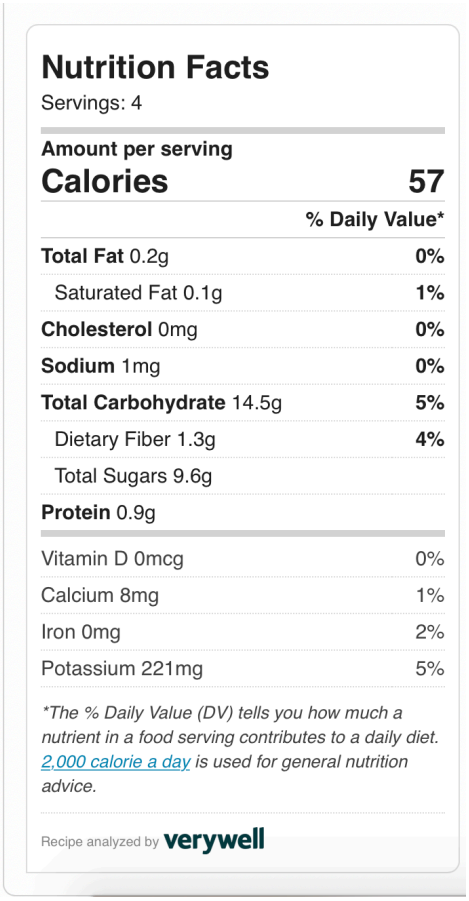
Servings: 4

Amount per serving	
Calories	**172**
	% Daily Value*
Total Fat 9.1g	**12%**
Saturated Fat 5.3g	**26%**
Cholesterol 70mg	**23%**
Sodium 427mg	**19%**
Total Carbohydrate 9.2g	**3%**
Dietary Fiber 2.2g	**8%**
Total Sugars 1.9g	
Protein 12.7g	
Vitamin D 4mcg	19%
Calcium 330mg	25%
Iron 1mg	6%
Potassium 66mg	1%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by verywell

Watermelon & Banana Ice Cream
4-½ cup servings



Nutrition Facts

Servings: 4

Amount per serving	
Calories	**57**
	% Daily Value*
Total Fat 0.2g	**0%**
Saturated Fat 0.1g	**1%**
Cholesterol 0mg	**0%**
Sodium 1mg	**0%**
Total Carbohydrate 14.5g	**5%**
Dietary Fiber 1.3g	**4%**
Total Sugars 9.6g	
Protein 0.9g	
Vitamin D 0mcg	0%
Calcium 8mg	1%
Iron 0mg	2%
Potassium 221mg	5%

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Recipe analyzed by verywell

Banana – Fresh fruits are an obvious healthy choice, but did you know that bananas contain cancer fighters? They are called catechins and delphinidin, and studies have shown diets rich in bananas and other fruits can reduce the risk of breast cancer. (1) The anticancer activities of bananas do not appear to be primarily due to antioxidant components since bananas have among the lowest levels of antioxidant activity of any fruit as measured by traditional methods. However, it is evident that bananas do not promote cancer and could have anti-cancer properties. One 2009 study of Chinese women found that banana consumption was associated with lower risk of breast cancer. A large 2016 U.S. prospective study reported that adolescents with high banana intake had reduced risk of breast cancer in adulthood. Bananas

are a good dietary source of manganese, vitamin B6 and fiber. Bananas have anti-inflammatory, antimicrobial, neuroprotective and antioxidant activities. Bananas also have been shown to reduce blood pressure and the risk of coronary heart disease. Bananas appear to protect the stomach lining against acid and ulcers. Bananas also contain modest amounts of several compounds with known anti-cancer activities, including alpha-carotene, beta-carotene, melatonin, and dopamine. Components of bananas have been shown to inhibit proliferation of leukemia and liver cancer cells in the laboratory.

Watermelon- Rich in vitamin A, lycopene and also contains potassium. Lycopene is linked to lower the risks of some types of digestive cancers. Lycopene appears to reduce cancer risk by lowering insulin-like growth factor (IGF), a protein involved in cell division. High IGF levels are linked to cancer (4).Other vitamins and minerals in watermelon are also good for your heart. These include vitamins A, B6, C, magnesium and potassium.

Cauliflower- Cauliflower contains sulforaphane, a sulfur compound that has also been shown to kill cancer stem cells, thereby slowing tumor growth. Some researchers believe eliminating cancer stem cells may be key to controlling cancer. Cauliflower also boosts heart and brain health. It is anti-inflammatory and also can help with detoxification. It is a good source of vitamins and minerals from vitamin K, protein, thiamin, riboflavin, niacin, magnesium, phosphorus, fiber, vitamin B6, folate, pantothenic acid, potassium, and manganese.(2,3)

Oat Flour- 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. (4)

Pecorino Romano Cheese – There are two reasons we go for this cheese instead of the traditional parmasean cheese. First is pecorino is a sheeps milk cheese, and many dogs are lactose intolerant. The second was a study by Professor Sebastiano Banni and colleagues conducted in Sardinia, Italy from 2003 to 2009 at the Universities of Sassari and Cagliari found that pecorino cheese contains higher amounts of conjugated linoleic acid, or CLA, than other cheeses. CLA is an omega-6 polyunsaturated fatty acid that has been studied for its ability to fight cancer and help prevent coronary artery disease, diabetes and obesity. The study showed that human subjects fed approximately 3 oz. daily of pecorino cheese enriched with CLA for three weeks decreased their plasma LDL cholesterol levels as well as reducing their body mass index. (5)

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. (6) 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. (7) 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. (8)

Tomato - Research confirms that the antioxidant lycopene, which is in tomatoes, may be more powerful than beta-carotene, alpha-carotene, and vitamin E. Lycopene is a cancer-fighting food associated with protection against certain cancers such as prostate and lung cancer. Be sure to cook the tomatoes, as this method releases the lycopene and makes it available to your body. (9)

Spinach- is rich in lutein and zeaxanthin, carotenoids that remove unstable molecules called free radicals from your body before they damage it. They're found in spinach and other dark green leafy vegetables, and some studies show they could protect against cancer of the mouth, esophagus, and stomach
Some people worry the oxalates in spinach can cause kidney problems, but a dog would have to consume nearly his weight in spinach to be affected.
This leafy green vegetable is loaded with nutritional benefits for humans and dogs. Spinach contains vitamins A, B, C, and K, as well as calcium, iron, fiber, manganese, folate, and potassium. It boosts the immune system, energy levels, and vitality. It's also known to benefit the heart and help prevent cancer. (10)

Shitake Mushrooms- A rich source of protein, zinc, copper, thiamin, folate, selenium, iron, riboflavin, magnesium, potassium, manganese, pantothenic acid, niacin and dietary fiber. The Shiitake mushrooms are one of the world's healthiest, and it is a symbol of longevity to people in Asia. You can buy Shiitake mushrooms from a store, but you can also grow them using a log. (11)

Anchovies
The Benefits:
1. Improves the quality and condition of the coat
2. Moisturizes skin to relieve dryness, itching, and flakiness
3. Relieves pain and swelling associated with arthritis
4. Alleviates the effects of allergies and overactive immune system
5. Helps to stabilize blood pressure and blood cholesterol levels
6. May slow the development of yeast infections
7. Protects against various forms of cardiovascular disease
8. Supports healthy development of the retina
9. May slow the spread or prevent the development of certain cancers
10. Boosts cognitive performance and improves behavior (12)

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