Healthy DOG EATS with dr. cos

Cheesecake

12 servings

Ingredients:

Crust:

3/4 cup gluten free oats

1/4 cup unsweetened coconut

1/4 cup sliced almonds or walnuts

3 tablespoons liquid coconut oil

2 tablespoons maple syrup

Filling:

4 ounces softened cream cheese

1/4 cup pure maple syrup

1 cup greek yogurt

1 large egg

1 teaspoon vanilla extract

Toppings:

Frozen fruit of choice

Cheesecake Nutrition Facts

Nutrition Facts

Amount per 56 g
1 serving (2 oz)

Calories 149
From fat 77

HappyForks.com

Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 8.9g	14%	**Total Carbohydrates** 15g	5%
Saturated 5.9g	30%	Dietary Fiber 1g	5%
Trans Fat 0g		Sugars 7g	
Cholesterol 28mg	9%	**Protein** 3g	6%
Sodium 46mg	2%		
Calcium 5% • **Iron** 3%		**Vitamin A** 3% • **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.

Preheat your oven to 350°F. Line a standard-sized muffin pan with 12 muffin liners. In a bowl, combine the oats, nuts, coconut, liquid coconut oil and maple syrup. Stir until completely combined. Divide mixture into each liner and press the bottoms using your fingers or a spoon. Bake for 10 minutes and cool completely. In a large bowl or stand mixer, beat the cream cheese until smooth. Add the Greek yogurt, maple syrup, egg and vanilla extract. Beat for a few minutes until completely smooth.Divide the filling evenly between the muffin liners. Bake in the oven for 25 or so minutes, until centers are set. Allow to cool and then place in the refrigerator to chill. Top with berries before serving. Store leftovers in the refrigerator.

Oats- 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. (2)

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.(3) (4)

Coconut-Coconuts are also the best sold green, as they are fresher and their benefits are more potent than brown coconuts found in local grocery stores. Often you can find these at Asian markets. The meat of the coconut helps various joint inflammation for our pets.

Greek Yogurt- Greek yogurt is better and safer for dogs than other types of yogurt. It contains more concentrated levels of probiotics (live cultures of bacteria), which do good things for a dog's gut. Greek yogurt is particularly helpful for dogs taking antibiotics, which kill off some of the good bacteria in a dog's gut. The probiotics in

Greek yogurt also fight yeast infections, which can help dogs with recurring ear or skin infections. (5)

Cream Cheese: While cream cheese doesn't offer any huge benefits to our pups, it is fine to give them for a treat or special occasion every now and then. Just be sure that your dog is not lactose intolerant.

References:

(1) 5 Reasons to Love Oatmeal By Rachael Bieschke
http://www.cancerfightersthrive.com/5-reasons-to-love-oatmeal/

(2) https://www.petmd.com/dogs/can-dogs-eat-almonds

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

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

(5) https://www.rover.com/blog/can-dog-eat-greek-yogurt/