Healthy DOG EATS with dr. cos

Cream Puffs

Servings: 8 mini puffs

Shells:

1/2 cup water
1/4 cup olive oil
1 teaspoon coconut sugar
1 egg
1 egg yolk

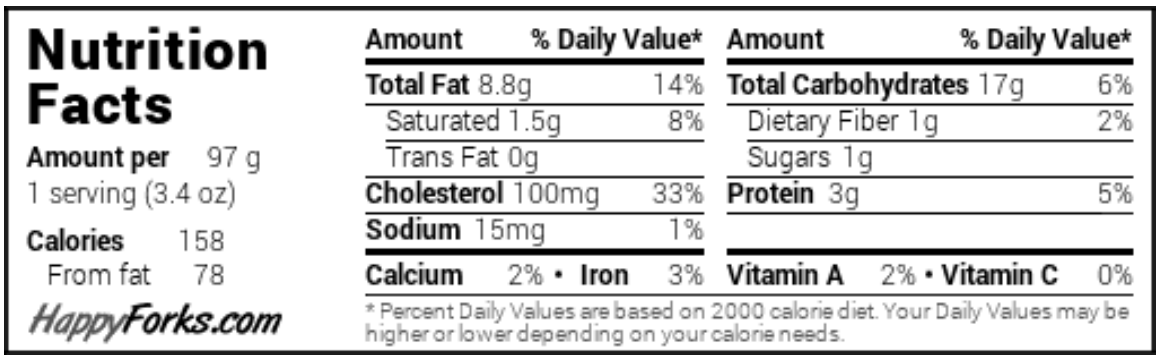
Filling Options:

Base:
Greek Yogurt
Ricotta Cheese
Unsweetened Whipped Cream

Flavors:
Banana Puree
Blueberry Puree
Mango Puree

Cream Puffs:
Preheat oven to 400 degrees.
Combine water, oil and coconut sugar in pan and bring to a rolling boil. Add rice flour and arrowroot to water mixture and stir until combined. Flour will absorb the water very quickly. Transfer to stand mixer. Add egg yolk and beat until blended, add egg and beat again until blended.
Place a heaping tablespoon onto baking sheet lined with parchment paper, allowing room for baking. Bake for 10-12 minutes at 400 degrees and decrease temperature to 375 degrees for an addition 10-12 minutes. Please no all ovens vary along with the humidity may have a factor on puffs staying inflated.

Cream Puff Shells



Nutrition Facts

Amount per 97 g
1 serving (3.4 oz)

Calories 158
From fat 78

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Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 8.8g	14%	**Total Carbohydrates** 17g	6%
Saturated 1.5g	8%	Dietary Fiber 1g	2%
Trans Fat 0g		Sugars 1g	
Cholesterol 100mg	33%	**Protein** 3g	5%
Sodium 15mg	1%		
Calcium 2% • **Iron** 3%		**Vitamin A** 2% • **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.

Olive Oil-

Olive oil for dogs promotes optimal canine health. Rich in monounsaturated fats, olive oil prevents and lessens the effects of cardiovascular disease and diabetes. It contains oleic effective in preventing cancer, which kills a staggering 50 percent of dogs over age 10. Olive oil for dogs defends the immune system. With high levels of antioxidants — including polyphenols, vitamin E, chlorophyll, and carotenoids — olive oil for dogs is effective at arming the body's immune system so it can efficiently fight off disease. That's especially important as we (humans as well as canines) transition from one season to another. Olive oil for dogs prevents free radical cell oxidation (see above), which can lead to premature aging. Olive oil for dogs is a brain food. Olive oil helps prevent the cognitive decline associated with aging in all species, so olive oil for dogs can benefit senior dogs. (1)

Rice Flour-

Rice flour contains choline, which helps transport cholesterol and triglycerides from the liver to where they're needed within the body. Therefore, choline may help you maintain a healthy liver. This gluten-free flour, also know as rice powder, is made from finely milled rice. It can be found in both white rice and brown rice forms, and it's a staple food in Southeast Asia, Japan and southern India.

Rice flour is a great substitute for wheat flour, since most wheat flour contains gluten — a protein that can irritate the digestive system or worse for anyone who is gluten intolerant. Rice flour is a popular thickening agent because it has the ability to prevent liquid separation. It works great in soups, sauces and gravies and is often used to make crackers, cakes and dumplings. (2)

Eggs-

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. 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. (3) 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. (4)

Ricotta Cheese-
Is low in fat and in lactose and has a good ratio of calcium and phosphorus which is great for a dogs health. Ricotta cheese is also high in lysine and both will work well as a component in a holistic diet. Research has shown that lysine buffers the acid found in cancer cells as they grow and metabolize. (5)

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. (6)

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. 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. (7)

Blueberries is an antiangiogenic ingredient. Blueberries also contain a phytochemical com- pound called pterostilbene. Pterostilbene is a powerful antioxidant that has been shown to contain potent cancer- fighting properties in animal studies and is especially toxic to breast cancer cells. (Adams et al., 2011; Pons, 2006). (8)

References-

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