Healthy DOG EATS with dr. cos

Granola Parfait

Ingredients:

Granola:
l l/4 cup oats
l/2 cup unsweetened coconut flakes
l/2 cup sliced almonds
l/2 cup dried blueberries
l tablespoon coconut sugar
l/4 cup coconut oil
l/3 cup pure maple syrup
l teaspoon vanilla

Sauce:
l cup blueberries
l small peach diced
l/4 cup water
l tablespoon pure maple syrup

Ricotta Cheese:
4 cups whole milk
3 tablespoons white vinegar

Plain Greek Yogurt

Granola Nutrition Facts

Nutrition Facts

Amount per 57 g
1 serving (2 oz)

Calories 173
From fat 81

HappyForks.com

Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 9.4g	15%	**Total Carbohydrates** 26g	9%
Saturated 7.5g	37%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 14g	
Cholesterol 0mg	0%	**Protein** 3g	6%
Sodium 18mg	1%		
Calcium 2% • **Iron** 5%		**Vitamin A** 0% • **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.

Blueberry Peach Sauce Nutrition Facts

Nutrition Facts

Amount per 51 g
1 serving (1.8 oz)

Calories 41
From fat 1

HappyForks.com

Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 0.2g	0%	**Total Carbohydrates** 10g	3%
Saturated 0g	0%	Dietary Fiber 1g	3%
Trans Fat		Sugars 9g	
Cholesterol 0mg	0%	**Protein** 0g	1%
Sodium 1mg	0%		
Calcium 1% • **Iron** 1%		**Vitamin A** 1% • **Vitamin C** 2%	

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

Ricotta Cheese Nutrition Facts

Nutrition Facts

Amount per 255 g
1 serving (9 oz)

Calories 151
From fat 72

HappyForks.com

Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 8g	12%	**Total Carbohydrates** 12g	4%
Saturated 4.6g	23%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 12g	
Cholesterol 24mg	8%	**Protein** 8g	15%
Sodium 105mg	4%		
Calcium 28% • **Iron** 1%		**Vitamin A** 8% • **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.

Granola:
Combine oats, almonds, coconut and coconut sugar in a medium size bowl. In a small saucepan combine oil, maple syrup, and vanilla just until bubbly and oil combines. Stir into oat mixture until coated. Add the blueberries and give a last stir, be careful not to smash blueberries. Spread on parchment lined baking sheet and bake at 400 degrees for 15-20 minutes until browned. Do not stir while baking.

Syrup:
Combine approximately 1 1/2 cups of your favorite fruit in a saucepan. Add 1/4 cup of water and let let the fruit become soft and flavors blend. Add 1 tablespoon of maple syrup and let simmer for 5 minutes. Cool before assembly.

Ricotta Cheese:
Rinse saucepan with cold water to prevent scalding of milk. Place 4 cups of milk in pan and heat until it reaches 180-185 degrees. Add vinegar and stir twice. Remove from heat and cover with a dishtowel and let stand for 5 minutes. Pour through a cheesecloth lined sieve to drain.

This recipe drains quickly. Adjust your time as the longer it drains the drier the cheese.

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. So bottom line on the almonds is..ground and limited. (2)

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). (3)

Peaches- Three peaches a day can prevent cancer, in fact, it induces metastatic breast cancer cell death, says food science researcher Giuliana Noratto at Washington State University. Professor Giuliana Noratto in concert with researchers at Texas A & M said that when exposed to polyphenol chemicals in peaches, cell signals become activated to "drive them to commit suicide". This is really good anticancer news for everyone. Beyond breast cancer, researchers found in further animal studies that the polyphenols prevented other cancers from continuing to grow, making them a practical anti-cancer food therapy. Never underestimate the healing power of natural foods.(4)

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.(5) (6)

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.

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. (7)

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. (8)

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(4) Peaches make cancer cells commit suicide
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(7) Broccoli, Spinanch and Apples The Best Foods For Your Dog
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(8) https://www.rover.com/blog/can-dog-eat-greek-yogurt/