Healthy DOG EATS with dr. cos

Cinnamon Rolls

8-10 servings

Ingredients:

DOUGH

1/2 cup coconut oil

1/2 cup water

2 cups oat flour (divided)

2 Tablespoons maple syrup

2 large eggs

FILLING

1/2 cup unsweetened coconut

1/2 cup chopped nuts

1 Tablespoon maple syrup

1 Tablespoon water

1 teaspoon cinnamon

FROSTING

3 ounces cream cheese

1 Tablespoon maple syrup

1 teaspoon ground cinnamon

2 Tablespoons coconut milk

Cinnamon Roll Nutrition Facts

Nutrition Facts

Amount per 86 g
1 serving (3 oz)

Calories 246
From fat 156

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Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 18g	28%	**Total Carbohydrates** 18g	6%
Saturated 11.8g	59%	Dietary Fiber 2g	9%
Trans Fat 0g		Sugars 6g	
Cholesterol 45mg	15%	**Protein** 5g	11%
Sodium 67mg	3%		
Calcium 5% • **Iron** 7%		**Vitamin A** 3% • **Vitamin C** 1%	

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

Dough:
Place the coconut oil, water, and maple syrup in a small pan and bring to a boil. Let boil for 30 seconds. Add 1 cup of the oat flour flour in to the pan and mix with a spoon until you have a sticky dough. Transfer to stand mixer and add one egg. Incorporate and then add 1/2 cup of oat flour and incorporate. Add another egg, mix, then add another 1/2 cup of flour. Place dough between parchment paper and roll into a rectangle approximately 1/4" thick.
Filling:
For the filling combine coconut, nuts, maple cinnamon, maple syrup, and water until

combined. Remove top parchment paper and lightly coat dough with flour. Replace parchment paper and flip dough over. Spoon this mixture evenly over the dough leaving a 1/2" board from the sides. Now roll the dough into log and lightly press to pinch the seam. Using either a cold knife or one sprayed with pan spray slice into 1" pieces. Place the slices and ends flat side down on to a piece of parchment paper and bake at 350 for 25-30 minutes or until browned. For the frosting mix cream cheese, maple syrup, and cinnamon with hand mixer. Add coconut milk to thin consistency for icing. Remove the cinnamon rolls from the oven and let cool for 3 - 5 minutes. Frost with the frosting and enjoy!!

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. (1)

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. 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. (2) 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. (3)

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.(4) (5)

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.
and limited. (8)

Cinnamon-
Cinnamon for dogs may help improve brain function

In one study, sniffing cinnamon was shown to result in improved brain function — test subjects performed better at memory and attention after a whiff of this spectacular spice. So if you're working with your dog on learning new tricks, definitely offer him or her a sniff of cinnamon before you begin your training session

Recent studies have shown that just half a teaspoon of cinnamon a day helps to regulate blood sugar and raise insulin resistance; it actually boosts the body's ability to use insulin to improve blood glucose levels. This is vital for anyone at risk for diabetes — and that includes senior and overweight dogs.

Cinnamon for dogs helps stave off yeast infections

Other studies reveal that cinnamon is anti fungal; it works to combat Candida albicans, the fungus that causes yeast infections. These infections often resist medication, but not cinnamon. (Dogs who have allergies are susceptible to yeast infections).

Cinnamon is also antibacterial, and slows down the spoilage of food. Researchers at Kansas State University found that cinnamon even prevents the growth of E. Coli bacteria in unpasteurized juices! So for safety's sake, be sure to add some cinnamon to your raw apple cider.

An anti-inflammatory, cinnamon is great for senior dogs struggling with arthritis. Yet more studies show that cinnamon can lower blood pressure and LDL cholesterol, and slow the growth of leukemia and lymphomacancer cells.

Words of caution about cinnamon and dogs—

Cassia cinnamon (the darker, more common type) contains a compound called coumarin, which can damage the liver at high levels. One more reason to use Ceylon cinnamon instead! But Cassia cinnamon is safe as long as you don't overdo it; a teaspoon or so every day with food will still be beneficial in all the ways described above, but won't give your dog nearly as high a dose as the higher concentration

found in, say, a cinnamon supplement capsule (which would contain a substantially higher amount of coumarin).

Cinnamon has a mild anti-clotting effect on the blood, so too much can cause bleeding problems if a person is on blood-thinning medication such as aspirin. And pregnant women (or dogs) should not take too much cinnamon, as it may have a stimulating effect on the uterus. But in small amounts — half a teaspoon at every meal — cinnamon obviously does a lot more good than harm. (6)

Walnuts- A diet rich in walnuts and other nuts has been shown to play a role in supporting heart health, mainly due to the amino acid l-arginine. Approximately 90 percent of the phenols — including flavonoids, phenolic acids and tannins — found in walnuts reside in its skin. Eating a handful of walnuts daily is said to reduce blood pressure and lower your risk of cardiovascular disease. Walnuts have also been shown to slow tumor growth in animals.(7)(8)

References:

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

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

(6) The Benefits of Cinnamon for Dogs https://www.dogster.com/lifestyle/an-essential-spice-for-dogs-and-humans-to-share

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(8) https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3952627/