Healthy DOG EATS with dr. cos

Cheese & Herb Crackers and Veggie Hummus

Fennel & Turmeric Crackers

1 cup oat flour
1 teaspoon fennel seeds
1 teaspoon turmeric
1/4 teaspoon sea salt
1/4 teaspoon black pepper
1/4 cup of water
1 Tablespoon olive oil

Butternut Squash & Cheddar Cheese Crackers

1/2 cup butternut squash puree
1/2 cup sharp cheddar cheese
1 cup oat flour

Veggie Hummus

1 15 ounce can garbanzo beans
2 tablespoons cream cheese
1/4 cup olive oil
1 cup cooled seasoned roasted vegetables of choice

Fennel & Turmeric Cracker Nutrition Facts

Nutrition Facts

Amount per 31 g
1 serving (1.1 oz)

Calories 93
From fat 35

HappyForks.com

Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 3.9g	6%	**Total Carbohydrates** 12g	4%
Saturated 0.6g	3%	Dietary Fiber 1g	6%
Trans Fat 0g		Sugars 0g	
Cholesterol 0mg	0%	**Protein** 3g	5%
Sodium 101mg	4%		
Calcium 2% • **Iron** 6%		**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.

Butternut Squash & Cheese Cracker Nutrition Facts

Nutrition Facts

Amount per 24 g
1 serving (0.8 oz)

Calories 72
From fat 29

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Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 3.2g	5%	**Total Carbohydrates** 8g	3%
Saturated 1.4g	7%	Dietary Fiber 1g	3%
Trans Fat 0.1g		Sugars 0g	
Cholesterol 7mg	2%	**Protein** 3g	6%
Sodium 45mg	2%		
Calcium 5% • **Iron** 3%		**Vitamin A** 16% • **Vitamin C** 3%	

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

Veggie Hummus Nutrition Facts

Nutrition Facts

Amount per 44 g
1 serving (1.6 oz)

Calories 105
From fat 71

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Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 8.1g	12%	**Total Carbohydrates** 7g	2%
Saturated 1.3g	7%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 1g	
Cholesterol 2mg	1%	**Protein** 2g	4%
Sodium 76mg	3%		
Calcium 2% • **Iron** 2%		**Vitamin A** 7% • **Vitamin C** 6%	

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

Nutrition Facts

Amount per 84 g
1 serving (3 oz)

Calories 92
From fat 33

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Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 3.7g	6%	**Total Carbohydrates** 7g	2%
Saturated 1g	5%	Dietary Fiber 1g	6%
Trans Fat 0g		Sugars 4g	
Cholesterol 24mg	8%	**Protein** 8g	17%
Sodium 27mg	1%		
Calcium 3% • **Iron** 4%		**Vitamin A** 9% • **Vitamin C** 11%	

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

Butternut Squash & Cheddar Cheese Crackers:

Cook squash and cool slightly. Puree in food processor. Combine squash and cheese then add flour. Flatten to disc, place in plastic wrap and refrigerate for 30 minutes.

Roll out dough and slice or use cookie cutters for desired cracker shape and size. Bake at 400 for 15-20 minutes until lightly browned. The thinner the crackers are rolled out the crispier they will be. Store in an airtight container, or they will soften.

Fennel & Turmeric Crackers:

Mix oat flour, fennel, turmeric, salt and pepper. Add water and oil and combine dough. Add additional water or flour as needed to make a non-sticky dough. Flatten to disc, place in plastic wrap and refrigerate for 30 minutes.

Roll out dough and slice into desired cracker shape and size. Bake at 400 for 15-20 minutes until lightly browned. The thinner the crackers are rolled out the crispier they will be. Store in an airtight container, or they will soften.

Veggie Hummus:
Chop approximately 1 1/2 cups of various vegetables. (We used carrots, artichokes, apple, bell pepper, celery) Combine with olive oil, oregano, basil, sea salt, garlic powder (or any spices you desire). Roast at 400 degrees until soft. Cool.

Place garbanzo beans and cream cheese in food processor and add a tablespoon or so of olive oil. Process until creamy adding additional olive oil as needed. You also can add a little water instead of oil. Remove and mix with cooled roasted vegetables. Decorate with balsamic glaze if desired.

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)

Butternut Squash-Butternut squash is low in fat and has a nice amount of dietary fiber and foliate content, making this another heart-healthy treat for dogs, cats, and you! This fruit is filled with potassium, which is good for bone health, and vitamin B6, an essential vitamin for the nervous and immune system. high in antioxidant beta carotene, which may assist in preventing cancer and heart disease. Butternut squash is also packed with phytonutrients. Phytochemicals, or "Phyto," are plant-based nutrients that have been shown to provide health benefits, particularly with our cell function, organs, immune system, and detoxification.
response rate. (2)

Fennel- Fennel is calmative to expel gas, stomach cramping and intestinal colic. It is also mildly calming to coughs and colds causing amenorrhea. It will increase lactation in nursing mothers. While the root is eaten as a vegetable, it is the seeds which are used medicinally. Fennel has anti-inflammatory and diuretic effects.

Fennel seed is among the first herbs to reach for in cases of flatulence or colic. Fennel is high in vitamin C, A, calcium, iron, and potassium, and varying amounts of

linoleic acid. It is an especially good nutritional assistant for dogs with chronic indigestion which cannot be attributed to a specific disease entity. Fennel also helps increase appetite, while freshens the breath by minimizing belching and through its antibacterial activity in the mouth. The leaf tea is said to be an effective skin and coat rinse, for repelling fleas. (3)

Turmeric- Health problems that many dogs face such as digestive issues, kidney disease, cancer, and allergies are all caused by chronic inflammation. Turmeric is an anti-inflammatory supplement shown to be more effective than ibuprofen when taken for arthritis pain. Since turmeric doesn't absorb well on its own in the body, you should mix it with a healthy fat or black pepper. You can add these ingredients to a paste, give it to your pet directly, or add it to their food. (4)

Apple- Apples are an antiangiogenic food, meaning it prevents the formation of new blood vessels from existing blood vessels. This is important in fighting cancer because it stops blood vessel formation in tumors, which starves the tumors and prevents them from growing. In tests on dogs, antiangiogenic foods starved tumors with a 60% response rate. (5)

Celery- Celery contains compounds that help repel cancer cells! You read that right… eating celery is a natural cancer preventative! Celery compounds that kill cancer cells contains apigenin and luteolin. These specific compounds are bioactive flavonoids that fight cancer cells. Flavonoids are naturally occurring plant pigments that work as antioxidants and have the capacity to combat free radicals in the body.(6)

Bell Pepper- Bell peppers have to the miracle vegetable, because they literally do help everything! Bell peppers contain folic acid, lycopene, luteolin, and alpha carotene, all of which help guard against different types of cancer. Luteolin has been found to induce cell death, as well as inhibit angiogenesis, metastasis, and cell proliferation, all of which are contributors of cancer cell growth. In addition, luteolin was discovered to sensitize cancer cells to cytotoxicity, inhibiting their growth and proliferation (3). Bell peppers are also important cancer management foods due to their high concentration of vitamin C. This vitamin has been shown to improve the survival rates of patients already suffering from terminal cancer. (7)

Look at all the science has discovered bell peppers can benefit!

1. Helps you sleep better.
2. Improves your immunity.
3. Can aid in weight loss.
4. Keeps your heart healthy.
5. Helps to prevent cancer
6. Balance your moods.
7. They are good for your skin.
8. Helps relieve chronic pain.

9. Boosts eye health.
10. Regulates blood pressure.
11. Benefits gut health.
12. Eradicates iron deficiencies.
13. Prevents birth defects in unborn children.
14. Has many anti-inflammatory and antioxidant properties.

Carrots: Carrots contain a banquet of essential and beneficial nutrients that include vitamins A, C, K, folate, and choline and the minerals calcium, magnesium, phosphorous, potassium, and sodium. Carrots also harbor carotenoids and polyphenols that, along with the abundant vitamins and minerals, provide antioxidant, anti-cancer, and immune enhancing properties. Such characteristics are a true testimony to the fact that food really can serve as medicine. (8)

Cheddar cheese- While it is high in fat, cheddar has practically no lactose and can be eaten just fine by the lactose intolerant. It also contains calcium, vitamin D and potassium and is good for bone health and preventing diabetes. (9)

Artichokes: Artichokes are extremely high in antioxidants. Antioxidants can have powerful protective effects for humans and for dogs because they are thought to destroy dangerous particles called free radicals. They are also great sources of foliate, dietary fiber, niacin, and potassium, all of which may reduce inflammation, boost immunity, and increase your dog's lifespan.

The artichoke's high fiber content especially, in conjunction with its low calorie and fat content, can have all sorts of health benefits for your canine companion. Since neither dogs nor humans can digest it, dietary fiber adds a lot of bulk to foods without adding any calories. This means that your dog is able to fill up a lot faster (and stay full a lot longer) while consuming fewer calories—which can be important in a time when over half of our dogs are overweight or obese. High-fiber foods can be a great way to keep Fido's belly full while they are trying to reduce their overall caloric intake. (10)

Chickpeas (garbanzo beans):Chic peas provide essential nutrients such as potassium, magnesium and foliate that all go towards keeping the cells in our and our dog's bodies healthy. What's more Garbanzo beans contain vitamins A, B, and C that help support eye health and aid in the regulation of blood sugar. But perhaps the best-known benefit of all types of beans is the amount of fiber they contain. Although there can be embarrassing side effects of eating a lot of fiber, it is essential for our and our dog's digestive health. Not only that fiber can help us feel full for longer. So if you have a dog that needs to go on a diet legumes can assist in providing low-calorie filler so that your dog isn't constantly hungry. (11)

References:

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