Healthy DOG EATS with dr. cos

Gingerbread Cookies

2 dozen medium cookies

Ingredients:

DOUGH

2 1/2 cups sifted oat flour
1 teaspoon ginger
1 teaspoon cinnamon
1/2 teaspoon arrowroot
1/2 teaspoon baking soda
1/4 teaspoon baking powder
1/4 cup maple syrup
1/4 cup canola oil
1/4 cup molasses
1 large eggs

FROSTING

3 tablespoons greek yogurt
1 Tablespoon maple syrup
2 tablespoons tapioca flour

Cookie Nutrition Facts

Nutrition Facts

Amount per 25 g
1 serving (0.9 oz)

Calories 91
From fat 31

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Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 3.5g	5%	**Total Carbohydrates** 13g	4%
Saturated 0.4g	2%	Dietary Fiber 1g	3%
Trans Fat 0g		Sugars 5g	
Cholesterol 8mg	3%	**Protein** 2g	4%
Sodium 37mg	2%		
Calcium 3% • **Iron** 4%		**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.

Preheat oven to 350 degrees F. Line cookie sheet with unbleached parchment paper.
Sift together oat flour, cinnamon, ginger, arrowroot, baking powder and baking soda and set aside.

In a large mixing bowl, mix maple syrup and canola oil until combined. Add egg and molasses and beat until all incorporated and thickens slightly. Add flour mixture. Dough will be sticky and lose. Place on parchment paper or plastic wrap and refrigerate for one hour up to overnight.

Place another piece of parchment(or plastic wrap) on top of dough and roll to an even thickness. Using various shapes cutouts make cookies and place on prepared baking tray. Brush tops with maple syrup and bake for 12 minutes, remove from the oven and let cool completely.

Frosting:
Combine yogurt and maple syrup. Add tapioca flour one tablespoon at a time until desired consistency. Frost cookies and let air dry until frosting is set. 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)

Ginger-Ginger helps many items for our fur babies. Nausea , bloat, arthritis, cancer and even heartworms. Ginger is anti-inflammatory so if your dogs joints are sore this will help. Studies showed that ginger killed lymphosarcoma cells in a test tube, so can that maybe help our dogs? Ginger comes in a variety of forms, from powder, to capsules, teas and the raw root. Check with your veterinarian about dosage for your dog.

Canola Oil-Canola oil's unique ratio of almost 2-to-1 Omega-6 to Omega-3 makes it the richest vegetable oil source of essential fatty acids. (In comparison, corn oil is approximately 55-to-1 Omega-6 to Omega-3.) By giving canola oil to your canines, you can help to increase their circulation, reduce joint tenderness, and maintain their healthy immune system.

References:

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

(2)Modern Dog Magazine- https://moderndogmagazine.com/articles/10-people-foods-dogs/1896

(3)Dogs Naturally Magazine - https://www.dogsnaturallymagazine.com/feeding-your-dog-raw-eggs-good-or-bad/

(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) https://www.dogsnaturallymagazine.com/how-to-give-your-dog-ginger/

(7) http://www.threedogstl.com/about-our-ingredients/canola-oil/