Healthy DOG EATS with dr. cos

Almond Pancakes
with Blueberry Syrup

Ingredients 4 servings

1 egg
1 tablespoon maple syrup
2 tablespoons almond butter
1/2 cup coconut or almond milk
1 teaspoon vanilla
3/4 cup oat flour
1/4 cup unsweetened coconut
1 teaspoon of cinnamon
1 teaspoon baking powder
1/2 teaspoon baking soda
pinch of salt

Blueberry Syrup:
1 cup fresh blueberries
1/4 cup water
1 tablespoon maple syrup
1 teaspoon almond butter

Almond butter:
2 cups almonds
1/4 cup maple syrup
4 teaspoons coconut oil divided
1 teaspoon cinnamon
1 teaspoon vanilla
1/2 teaspoon salt

Pancake Nutrition Facts

Nutrition Facts

Amount per 101 g
1 serving (3.6 oz)

Calories 157
From fat 17

HappyForks.com

Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 1.9g	3%	**Total Carbohydrates** 33g	11%
Saturated 0.3g	2%	Dietary Fiber 3g	10%
Trans Fat 0g		Sugars 18g	
Cholesterol 0mg	0%	**Protein** 3g	6%
Sodium 208mg	9%		
Calcium 4% • **Iron** 5%		**Vitamin A** 2% • **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.

Blueberry Syrup Nutrition Facts

Nutrition Facts

Amount per 58 g
1 serving (2 oz)

Calories 43
From fat 9

HappyForks.com

Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 1.1g	2%	**Total Carbohydrates** 9g	3%
Saturated 0.6g	3%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 7g	
Cholesterol 3mg	1%	**Protein** 0g	1%
Sodium 9mg	0%		
Calcium 1% • **Iron** 1%		**Vitamin A** 1% • **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.

Homemade Almond Butter:
Preheat oven to 300 degrees F. Place almonds on a baking sheet and toss with maple syrup and 2 teaspoons of coconut oil. Roast for about 25-30 minutes, stirring half way through. Let cool for 10 minutes.

Place roasted almonds into food processor and process until smooth. You'll need to stop and scrape down the sides. This should take about 5 minutes.Once creamy, add in vanilla, cinnamon, salt, and another 2 teaspoon of coconut oil and process until well combined.

Pancakes:
Melt 2 tablespoons almond butter in microwave until liquid. Whisk until combined, egg, almond butter, vanilla. In another bowl, whisk until combined, oat flour, coconut, baking powder, baking soda, cinnamon, and salt. Add dry ingredients to wet and stir. Add milk and whisk until batter is smooth. Let stand for a few minutes.

Heat griddle for pancakes, and flip over when tops begin to slightly bubble. Serve warm with syrup.

Blueberry syrup:

Combine blueberries and water in saucepan and bring to a boil. Lower heat and simmer until blueberries burst. Stir in maple syrup and almond butter. Let cool before giving any to your dog.

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)

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). (2)

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. (3) 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. (4) 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. (5)

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.(6) (7)

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. (8)

Macadamia Nuts- Toxic to dogs do not ever give! Even a few can cause your dog to become very ill. So watch the white chocolate macadamia nut cookies in the house! If you dog does eat some don't panic, as they have found that it is non-fatal however your dog will experience vomiting, weakness, hyperthermia and it usually hits about 12 hours after ingestion. (9)

Pecans & Pistachios- A few pecans aren't going to hurt your dog, but anything outside of that can be dangerous for them. Many people don't know that tree nuts like pecans and pistachios are poisoned with something called Aflatoxin. Aflatoxin is a natural byproduct of a type of mold called Aspergillus. Before you freak out and toss all of your tree nuts into the fire, these levels are very low and humans aren't affected by them. Dogs, however, are very sensitive to the poison and even small amounts are dangerous. (10)

Walnuts- There are a few different kinds of walnuts, black walnuts, English walnuts and Japanese walnuts. The problem with walnuts is similar to pecans and pistachios in that it can be laced with a mold. It is really the mold that causes the issues for dogs and can even cause neurological disorders. So if you dog grabs that walnut you dropped baking cookies, don't freak out, he will be okay. But make sure if you have a walnut tree in your yard, that your dog is not out there eating them! (11)

Peanuts-A peanut is not a nut! It is actually a legume. Nuts grow on trees and peanuts grow in the ground. Peanuts grow in pods like legumes. A person can be allergic to nuts, but not peanuts, and vice a versa. Dogs however can have peanuts. The key is in moderation. They are high in fat, and depending upon the size and health of your dog, it could give them an upset stomach. So always start out slow with new foods as we have discussed. Peanut butter is a great way to share the values of the peanut with your dog. Peanuts are loaded with protein, vitamin B-6, vitamin E, niacin, and healthy fats. This means that peanuts and peanut butter offer your dogs a protein-rich snack that they can't get enough of. (12)

Peanut Butter- Be cautious of what you buy! Here is the link to the list of peanut butter that contains xylilitol And last - aflatoxins are a concern, but they are much more likely, ironically, to grow on bulk peanut butter you get from the "healthfood" stores. So avoid those altogether. I think if you do a cost/benefit analysis here, getting the pills in is worth the little bit of less-than-species-appropriate food. Providing she doesn't have pancreatitis! I think you are good to go, but keep up your search for other things to use.
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Reference
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