# Healthy DOG EATS with dr. cos

## Pizzelles

16 cookies

Ingredients:

- 2 ounces softened cream cheese
- 1/2 cup pure maple syrup
- 2 large eggs
- 1 teaspoon almond extract
- 1 teaspoon butter extract
- 3/4 cup oat flour
- 1 teaspoon baking powder

Nutrition Facts Pizzelle (2 per serving)

**Nutrition Facts**

**Amount per** 51 g
1 serving (1.8 oz)

**Calories** 133
From fat 37

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| Amount | % Daily Value* | Amount | % Daily Value* |
|---|---|---|---|
| **Total Fat** 4.1g | 6% | **Total Carbohydrates** 20g | 7% |
| Saturated 1.8g | 9% | Dietary Fiber 1g | 2% |
| Trans Fat 0g | | Sugars 12g | |
| **Cholesterol** 53mg | 18% | **Protein** 4g | 7% |
| **Sodium** 98mg | 4% | | |
| **Calcium** 8% • **Iron** 4% | | **Vitamin A** 3% • **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.

Mix softened cream cheese and maple syrup. Beat in eggs. Add almond and butter extracts. Stir in oat flour and baking powder. Let batter sit for a few minutes to activate baking powder. Heat press per manufacturers directions. Grease with pan spray if needed. Pour a few tablespoons of batter into each section of the press. Close the lid and cook until just becoming golden brown. They usually take less than a minute. Remove from press and place in a single layer on a cooling rack. When cool place in foil to keep crisp. If cookies do not crisp completely (due to humidity in air) they can be placed on oven rack at 400 degrees for approximately 5 minutes. Cool and store in foil or airtight container.

**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. (2) 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. (3) 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. (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)

References:

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

(2)Readers Digest – https://www.rd.com/health/conditions/10-foods-to-help-prevent-cancer//

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

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

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

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