

Healthy Whole Wheat Dog Snacks

Chef John Hughes

COOK with JOHN

Internet Address: www.cookwithjohn.com

Servings: 16

Yield: 48 Each

1/4 Pound Low-fat Cream
Cheese

1/2 Cup All-natural Apple
Sauce, No-sugar Added

1/2 Cup Grapeseed Oil

2 Teaspoons Pure Vanilla
Extract

2 Cups Whole Wheat Flour

In a food processor, combine the cream cheese, apple sauce, oil and vanilla and mix well. Slowly add the whole wheat flour, pulsing until firm dough ball forms and pulls away from the sides.

Scrape onto lightly floured work surface and let rest for 5 minutes.

Split into 4 equal size balls and working with one ball at a time, roll out dough to about 1/2" thick using a lightly floured rolling pin. Using cookie cutters they do sell dog bone shapes), cut out and place onto ungreased cookie sheet. Continue with remaining dough balls.

Place cookie sheets in preheated 350 degree oven and bake for 20 minutes, or until snacks are just toasted on top. Turn off oven, turn the snacks over and then place back in oven for 2 hours to allow the snacks to harden.

Store in airtight container...your pups will love em.

Per Serving (excluding unknown items): 132 Calories; 8g Fat (55.2% calories from fat); 3g Protein; 12g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 50mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

You can substitute a good quality vegetable oil if you don't have the grapeseed oil.

Copyright: COOK with JOHN, LLC