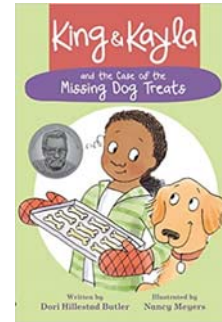




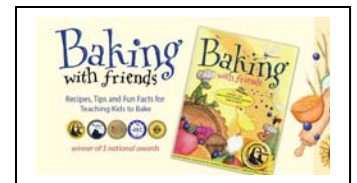
Pets and People Love Whole Grains

A HomeBaking.org Book and Bake

A great lesson in whole grain ...good for pets, good for you!



- Leader and participants bring a favorite dry pet food label to explore and discuss the whole grain ingredients.
- Prepare the dough together – it can be mixed in a sturdy plastic food bag, two to four persons per recipe.
- Explore whole grains and gluten free grains and Whole Grain Baking 101.
- Dough may be made one day, refrigerated and Day 2, warmed at room temp, rolled, cut and baked.
- Follow Baking Food Safety – wash surfaces & hands before AND after you mix and roll pet treats.
- View how to make Pet Treats: <https://youtu.be/BlwA2r2VDv8>
- While they bake? Read a great pet treat story, tell yours or create a pet story “mad lib!”
- Plus find more Baking with Friends and Book and Bake lessons
- EXTRA!! Best of Breed Peanut Butter Dog Treats.



Pet Treats

Bake a special treat for your pet!

Ingredients:

- 2½ cups whole wheat flour
- ½ cup non-fat dry milk powder
- 1 teaspoon salt
- 1 teaspoon brown sugar
- 6 tablespoons cold butter or margarine
- 1 egg
- ½ cup cold water

Preparation Time: 15 minutes
Baking Time: 30 minutes
Makes: 10 large or 20 medium pet biscuits

FOR DOGS BIG
AND SMALL

Directions:

1. Preheat oven to 350 °F.
2. Combine whole wheat flour, dry milk powder, salt and brown sugar in medium mixing bowl. Cut butter into flour mixture using a pastry blender, fork or two knives until mixture resembles coarse crumbs.
3. Combine egg and cold water in small mixing bowl.
4. Stir the egg mixture into the dry mixture to form a dough ball. Sprinkle with small amounts of water or flour to make a dough that can be kneaded. Knead for about 3 minutes.
5. Roll dough to ½-inch thickness. Cut into bone shapes, using cookie cutter or knife. Cut into kibble snacks by rolling the dough into a long thin log, and cut ½-inch pieces. Place on baking sheet. Place the same size on each baking sheet for even browning.
6. Bake for about 30 minutes (depending on the size of the pieces) or until browned and crunchy.

Family Activity:

Make pet treats and donate them to the local animal shelter or include as a specialty gourmet pet treat at a fundraiser bake sale.

Fun Fact:

Did you know pets can have food allergies? Substitute a blend of non-gluten flours (sorghum, soy, corn) or meal (corn, or flax) for pets with wheat allergies.

Vocabulary:

Staple:
a major product or part of daily life.