

DOGGIE KARMA'S

Doggie Cookbook

Delicious dishes to nourish your besties.



11 RECIPES TO DELIGHT YOUR DOGS



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Disclaimer: This book is intended for informational and entertainment purposes only. Please consult your veterinarian before undertaking any changes to your dog's diet. The publisher and author of this cookbook are in no way liable or responsible for any adverse effects that may arise (directly or indirectly) as a result of the information provided in this cookbook.

HOW TO USE THIS BOOK

At Doggie Karma, your dog’s health and well-being comes first. Our dogs give us so much love and joy, we want to look after them and make sure they live a long and happy life.

But just like we don’t enjoy going on a bland and boring diet, our dogs also hate that. That’s why Doggie Karma is committed to creating chews and treats that not only taste delicious, but also boost their existing diets with nutrients that they may be lacking in.

And we’ve created this cookbook to further that mission... to allow you to cook foods that you know will be safe for your dogs to eat but that they’ll also love. In fact, all the recipes are human-grade, gluten-free, and can be modified for you to enjoy too!

These recipes should not replace your dog’s regular diet and you should not overfeed them with these foods. Please use the feeding chart as a guide.

Some common ingredients in human foods can also be toxic or harmful to your dogs, so when buying pre-packaged ingredients, always check the labels carefully and avoid feeding your dog table scraps. Check our Doggie Ingredients List for what to make sure to avoid!

DO NOT FEED YOUR DOGS

Alcohol⁽¹⁾, Avocado⁽²⁾, Cherries⁽³⁾, Chocolate⁽⁴⁾, Cinnamon and Nutmeg⁽⁵⁾, Garlic⁽⁶⁾, Grapes and Raisins⁽⁷⁾, Caffeine⁽⁸⁾, Macadamia Nuts⁽⁹⁾, Onions⁽¹⁰⁾, Plums⁽¹¹⁾, Small and Cooked Bones⁽¹²⁾, Wild Mushrooms⁽¹³⁾, Xylitol⁽¹⁴⁾

FEED IN MODERATION

Apples⁽¹⁵⁾, Bananas⁽¹⁶⁾, Blueberries⁽¹⁷⁾, Cantaloupe⁽¹⁸⁾, Cashews⁽¹⁹⁾, Dairy products⁽²⁰⁾, Honey⁽²¹⁾, Oatmeal⁽²²⁾, Peanut Butter⁽²³⁾, Rice⁽²⁴⁾, Spinach⁽²⁵⁾

RECOMMENDED DAILY FEEDING

Dog weight	Calories
3 lbs	139 calories
6 lbs	233 calories
10 lbs	342 calories
15 lbs	464 calories
20 lbs	576 calories
30 lbs	781 calories
40 lbs	969 calories
50 lbs	1145 calories
60 lbs	1313 calories
70 lbs	1474 calories
80 lbs	1629 calories
90 lbs	1779 calories
100 lbs	1926 calories

<https://www.akc.org/expert-advice/vets-corner/is-alcohol-dangerous-for-dogs/>⁽¹⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-avocado/>⁽²⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-have-cherries/>⁽³⁾, <https://www.vets-now.com/pet-care-advice/dog-eaten-chocolate/>⁽⁴⁾, <https://www.petpoisonhelpline.com/pet-safety-tips/nutmeg-cinnamon-toxicity/>⁽⁵⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-garlic/>⁽⁶⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-grapes/>⁽⁷⁾, <https://www.akc.org/expert-advice/health/can-my-dog-drink-coffee-what-to-do-if-your-dog-drinks-coffee/>⁽⁸⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-macadamia-nuts/>⁽⁹⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-onions/>⁽¹⁰⁾, <https://wagwalking.com/condition/plum-poisoning>⁽¹¹⁾, <https://www.akc.org/expert-advice/nutrition/exercise-caution-when-giving-your-dog-a-bone/>⁽¹²⁾, <https://www.akc.org/expert-advice/health/dangers-of-xylitol/>⁽¹³⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-apples/>⁽¹⁴⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-bananas/>⁽¹⁵⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-blueberries/>⁽¹⁶⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-cantaloupe/>⁽¹⁷⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-cashews/>⁽¹⁸⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-drink-milk/>⁽¹⁹⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-honey/>⁽²⁰⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-oatmeal/>⁽²¹⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-peanut-butter/>⁽²²⁾, <https://www.akc.org/expert-advice/nutrition/can-dogs-eat-rice/>⁽²³⁾, <https://www.akc.org/expert-advice/nutrition/can-my-dog-eat-spinach/>⁽²⁴⁾, <https://www.akc.org/expert-advice/nutrition/can-my-dog-eat-spinach/>⁽²⁵⁾



SWEET POTATO BEEF BISCUITS

Prep Time: 15 min

Cook Time: 1 hour

INGREDIENTS

- 1lb ground beef
- 1 egg, whisked
- 1 (14 oz) can sweet potato (no added ingredients); or boil one sweet potato, then peel and mash
- 1/4 cup rolled oats

INSTRUCTIONS

1. Mix all the ingredients together in a bowl.
2. Line a baking tray with parchment paper.
3. Get a tablespoon of the mixture and press into a very flat round biscuit on the parchment paper.
4. Repeat for the rest of the mixture.
5. Bake for 1 hour until cooked.



PARSLEY DOG BISCUITS

Prep Time: 15 min

Cook Time: 40 min

INGREDIENTS

- 1 cup coconut flour
- 1/4 cup parsley
- 2 eggs
- 1/4 cup avocado oil

INSTRUCTIONS

1. Preheat oven to 325F (163C).
2. Combine all the ingredients together in a bowl to form a dough. If necessary, add a few tablespoons of water to get the dough consistency.
3. Roll the dough flat (1/4-inch thick) and then use a cookie cutter to cut out the cookie shapes.
4. Bake for 30-40 minutes. Store in airtight containers.



PUMPKIN BANANA PUPSICLES

Prep Time: 5 min

Cook Time: 0 min

INGREDIENTS

- 1 banana
- 2 cups chicken bone broth
- 1/4 cup pumpkin puree

INSTRUCTIONS

1. Blend all ingredients until smooth.
2. Pour into silicone molds and freeze.



COLORFUL BEEF & SPINACH BOWL

Prep Time: 10 min

Cook Time: 10 min

INGREDIENTS

- 2 tablespoons of avocado oil
- 1 lb ground beef
- 2 eggs
- 1/2 small carrot
- 1/2 cup of spinach
- 1/4 cup of parsley

INSTRUCTIONS

1. Add avocado oil to a frying pan and cook the ground beef on medium heat.
2. Drain out excess water and fats.
3. Hard boil the eggs and then dice.
4. Place the carrots, spinach, and parsley into a food processor and pulse until finely chopped.
5. Combine all ingredients together.



3-MINUTE INSTANT POT SALMON

Prep Time: 5 min

Cook Time: 3 min

INGREDIENTS

- 1 salmon filet, skin removed (defrosted, if frozen)
- 1 cup broccoli, broken into florets
- 1/2 cup butternut squash, cubed

INSTRUCTIONS

1. Add 1 cup of cold water to the instant pot.
2. Arrange your metal trivet (or more ideally, your steaming basket) so that the salmon and vegetables can be placed on top without falling off.
3. Secure the lid and cook on high pressure for 3 minutes.
4. Carefully release the pressure using the vent.
5. Let cool completely before serving.



GRAIN-FREE BANANA PEANUT BUTTER MUFFINS

Prep Time: 10 min

Cook Time: 20 min

INGREDIENTS

- 1/2 coconut flour
- 2 tablespoons organic peanut butter
- 1 egg
- 1 banana, peeled and mashed

INSTRUCTIONS

1. Preheat the oven to 350F (175C).
2. Mix all the ingredients together into a soft dough.
3. Press into mini non-stick muffin tins.
4. Bake for 20 minutes.
5. Let cool and serve.



BLUEBERRY OATMEAL

Prep Time: 5 min

Cook Time: 10 min

INGREDIENTS

- 1/4 cup old-fashioned oats
- 1/2 cup chicken bone broth
- Small handful of blueberries
- 1 egg, whisked

INSTRUCTIONS

1. In a saucepan on medium heat, heat the bone broth and oats.
2. Cover with a lid and cook until the oats are soft and cooked (approx 5-8 minutes).
Make sure to stir often to prevent burning. Add a dash of water if it starts to get too dry.
3. Slowly stir in the whisked egg and keep stirring to make sure the egg doesn't congeal.
4. Let cool, pour into bowl and top with a few blueberries.



GRAIN-FREE CHICKEN AND BUTTERNUT SQUASH STEW

Prep Time: 10 min

Cook Time: 25 min

INGREDIENTS

- 1/2 cup chicken bone broth
- 1 skinless chicken breast, diced
- 1/2 cup butternut squash, diced
- 1 small carrot, diced
- 1 tablespoon avocado oil, to cook with
- 2 tablespoons of parsley, finely chopped

INSTRUCTIONS

1. Add avocado oil to a large pot on medium heat and cook the chicken breast gently for 3-5 minutes.
2. Add in the chicken broth, butternut squash, and carrot and place a lid on the pot.
3. Let simmer for 20 minutes, stirring occasionally.
4. Let cool. Garnish with chopped parsley and serve.



CHICKEN AND BUTTERNUT SQUASH PATTIES

Prep Time: 15 min

Cook Time: 20 min

INGREDIENTS

- 1 medium chicken breast
- 1 cup butternut squash
- 1 egg

INSTRUCTIONS

1. Preheat the oven to 350F (175C).
2. Food process all the ingredients together.
3. Form small, flat patties with your hands and place onto a parchment lined baking sheet.
4. Bake for 20 minutes.
5. Let cool completely before serving.



3 INGREDIENT GRAIN-FREE DOG BISCUITS

Prep Time: 15 min

Cook Time: 30 min

INGREDIENTS

- 1 cup of oat flour (or use 1.25 cups of old fashioned oats and process into a flour)
- 1 ripe banana, peeled and mashed
- 1/2 cup peanut butter (unsweetened and unsalted)

INSTRUCTIONS

1. Preheat the oven to 325F.
2. Mix all the ingredients together.
3. Roll the dough so that it's 1/8 thick. Use a cookie cutter to cut out the cookies.
4. Line a baking sheet with parchment paper and place the cookies on the paper.
5. Bake for 30 minutes until the cookies are crisp.
6. Let cool and serve.



SALMON AND PUMPKIN PIE

Prep Time: 10 min

Cook Time: 30 min

INGREDIENTS

- 1 fillet of salmon
- 1 (14oz) can of pumpkin puree
- 1 zucchini, diced
- 1 egg, whisked
- 2 tablespoons parsley, finely chopped, divided

INSTRUCTIONS

1. Preheat the oven to 350F(175C).
2. Mix the egg, salmon, zucchini and 1 tablespoon parsley.
3. Pack into a small ramekin. Top with pumpkin puree.
4. Let cool fully.
5. Garnish with the rest of the parsley and serve.