

## Carrot and Catnip treats



These nutritious carrot and catnip treats will make your cat feel extra loved. Mix shredded carrot and catnip with egg, oil, and flour, and then flatten the dough for easy cutting with a knife or pizza wheel. Bake for 12 minutes or until they are slightly golden on top and prepare to be your cat's favorite human.

Prep Time: 15 minutes

Cook Time: 12 minutes

Total Time: 27 minutes

### Ingredients

- 2 tablespoons oil (ideally coconut or olive oil)
- 1 1/4 cups flour - plus additional flour for rolling dough.
- 1 tablespoon dried catnip optional
- 3/4 cup finely shredded carrot
- 1 large egg, lightly beaten
- cold water as needed

### Instructions

1. Preheat oven to 375 degrees F.
2. Line a baking sheet with parchment paper.
3. In medium bowl add oil and mix in 1 cup of the flour until mixture looks sandy.
4. Stir in catnip and carrots.
5. Mix in egg. Add a little water if the mixture looks too dry and isn't holding together. Add a little flour if the mixture looks too wet and sticky. (Sometimes the carrots can be more wet or dry.)
6. Sprinkle flat surface with a little additional flour and roll or pat out dough to 1/4 inch thickness. Sprinkle dough with additional flour as needed.
7. Prick dough all over with a fork. Use pizza wheel to cut dough into 1/2 inch squares.
8. Arrange squares on prepared baking sheet.
9. Bake for about 12 minutes or until starting to brown. (Bake longer for drier texture.)
10. Cool on baking sheet.
11. Store in airtight container for several days or freeze for longer storage. (If baked to a softer texture store in refrigerator.)

## Chewy treats



This tried-and-true recipe uses baby food or canned wet cat food as a base and includes parsley, rice and flour, baked for about 10 minutes. Clearly, cats have been passing this one down for generations.

Makes about 50 small treats

### Ingredients

1 large egg

1 4-oz jar chicken and brown rice baby food (or something meaty which may include canned wet cat food)

1/4 cup parsley, coarsely chopped

2 teaspoons olive oil

2 tablespoons water

1 cup brown rice flour

1/2 cup cooked white (or brown) rice

other things you might add- other treats like 1 tablespoon of catnip or a hearty tablespoon of extra wet cat food.

### Instructions

Place a rack in the middle of the oven and preheat oven to 325 degrees F. Line a baking sheet with parchment paper and set aside.

In a medium bowl, whisk together egg, baby food (or wet cat food), parsley, olive oil, and water. Add brown rice flour and cooked rice. Stir to incorporate. The mixture will be thick but spreadable.

Spread mixture onto prepared baking sheet creating a rectangle that is about 1/3 of an inch thick. Bake for 12 to 15 minutes.

Remove from the oven. Let rest until cool enough to handle, then slice soft dough into bite-sized pieces. Return pieces to the oven to bake for another 8 minutes. Remove from the oven. Allow to cool completely. Store in an airtight container in the fridge. I store my treats in the fridge just to be safe.

## Thumbprint Cookies



This four-ingredient recipe whips up fast and easy. The hardest part is cooking the treats for five minutes on each side. But your cat doesn't know that, so just tell him you worked on them all day.

### Ingredients

5.5oz can of cat food  
1/2 cup white cornmeal  
1/2 cup flour  
1/2 cup water

### Directions:

Mix all ingredients together until it forms a ball.

### Instructions

Break off tiny pieces and roll into a small bite size ball and place on baking sheet.  
Flatten ball with a finger– just like you're making thumbprint cookies.  
Bake at 350 degrees for 5 minutes.  
Flip and bake an additional 5 minutes.  
Let cool and have your kitties enjoy!