

ADD BLUEBERRIES TO HOMEMADE TREATS FOR FIDO

Making treats for your “best friend” is a great idea! When you bake biscuits for your dog, you know the ingredients are all wholesome and nutritious. And a healthy diet is just as important for dogs as it is for humans.

The authors of *Better Food for Dogs*, David Bastin, Jennifer Ashton and veterinarian Dr. Grant Nixon, say, “After years of research, we’ve concluded that a natural, home-prepared diet is one of the best investments you can make in your dog’s health.”

The recipe from the book for “Blueberry Banana Biscotti” includes fruit that is good for your dog. (These treats are not meant for cats.) Make a batch of these very special biscuits to have on hand for an occasional treat that includes flavors your dog will love plus nutritious ingredients that can help keep your pet healthy.

Blueberries are very popular with people, too! Blueberries combine the best that nature has to offer: good nutrients and luscious flavor. A number of scientific studies show that blueberries contain antioxidants as well as vitamins and minerals. Antioxidants help to neutralize free radicals, which are linked to the development of a number of diseases, including cancer, cardiovascular disease and other age-related conditions such as Alzheimer’s. For nutrition information and great recipes, go to www.blueberry.org.

BLUEBERRY BANANA BISCOTTI

4 cups all-purpose flour (1 liter)

1/4 teaspoon baking powder (1 milliliter)

1/4 teaspoon baking soda (1 milliliter)

1 cup chopped peeled banana (250 milliliters)

1 cup blueberries, thawed if frozen (250 milliliters)

2 tablespoon each canola oil and water (25 milliliters)

1 large egg

1 teaspoon vanilla (5 milliliters)

1. Preheat oven to 350° F (180° C). In a large bowl, combine flour, baking powder and baking soda. In a food processor, combine banana, blueberries, oil, water, egg and vanilla. Puree until smooth. Pour over dry ingredients and mix well.
2. In the bowl and using hands, knead until dough holds together. Transfer to lightly floured surface. Divide dough into 2 equal pieces. Shape each piece into a log. Flatten the logs to make about 4 inches (10 cm) wide.
3. With a fork, poke holes all over the surface of the logs. Place about 4 inches (10 cm) apart on baking sheet.
4. Bake in preheated oven for 35 to 40 minutes or until firm. Place pan on a rack and let cool for 30 minutes. Reduce oven temperature to 300° F (150° C).
5. With a sharp knife, cut each log into 1/4-inch/0.5 cm thick slices. Place, cut side down, about 1/2 inch (1 cm) apart on baking sheets. Bake for 30 minutes longer or until hard. Transfer cookies to a rack and let cool completely. Store in a tightly sealed container for up to 30 days.

Makes about 1 pound (500 grams)

Excerpted with permission from *Better Food for Dogs: A complete cookbook and nutrition guide* by David Bastin, Jennifer Ashton and Dr. Grant Nixon D.V.M.

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