



20
Vegetarian
Dog Treat
Recipes

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Introduction

Hello, and thank you for downloading our Vegetarian dog treats book! Over the next 20 pages, you'll discover some delicious and easy meat-free treats to make for your faithful canine companion. Before we get started, I just want to preemptively answer some frequently asked questions about the ingredients in these recipes. These are the questions our DogVills.com readers ask most often.

Are these recipes all hypoallergenic?

It depends on what your dog is allergic to! We do have a couple that have so few ingredients that they qualify as hypoallergenic for pretty much all dogs (unless your pup has severe allergies to everything, of course). For the recipes that aren't, it's fine to swap out the allergy-causing ingredients for something your dog can tolerate. For example, you can almost always use coconut flour in place of any other flour listed.

I heard peanut butter is deadly for dogs, is that true?

Peanut butter in general is fine for dogs. The problems arise when people use "Sugar-Free" or specialty peanut butters with xylitol in them. If you're just buying plain old JIF or Skippy from your grocery store, you're fine. If you're buying the specialty stuff, make sure you check the labels. As of now, there are only about four brands that use xylitol, and I would have to go to a health food store to find them.

Some of these recipes call for vegetable broth. Is it okay to use chicken instead?

Yes, of course, unless your dog is allergic to it! You can swap out all of the broths with whatever you think your dog would prefer. Just try to stick to low-sodium varieties.

How should I store the leftover treats?

Unless the recipe says otherwise, we recommend storing them in an airtight container for up to about a week. Obviously, if it's a frozen treat, you'll want to keep it in the freezer! I also find that the no-bake treats (like the PB Pumpkin treats) last longer when stored in the fridge. If you have a cold house, they may be okay in a container, but honestly, they get a little goopy in a warm house. I put mine in a container that was actually made for carrying deviled eggs to parties!

If you have any other questions, feel free to contact us at info@dogvills.com! Now, let's get on to those recipes!

Low Fat Veggie Treats

Ingredients:

- 1 cup cooked vegetables (winter squash, zucchini or sweet potatoes)
- 1 tsp dried parsley
- 7 tbsp low sodium, low-fat vegetable broth
- 1/2 cup cold water
- 2 1/2 cups rice flour or brown rice flour



Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, whisk together all of the dry ingredients.
3. Gently combine the dry ingredients with the wet ingredients.
4. Knead with your hands until you have a smooth ball of dough.
5. Take a rolling pin and flatten out the dough. Use a cookie cutter to cut out fun shapes.
6. Make sure you are using a non-stick baking sheet, or spray it with oil.
7. Bake for 25 minutes or until golden.

Note: If you're having a hard time rolling out the dough, try sticking it in the fridge for about 30 minutes.

Gingerbread Man Dog Treats



Ingredients:

- 3/4 Cup Peanut Butter
- 1 Cup Flour
- 1 ½ Tablespoons Ground Ginger
- 1 ½ Teaspoons Cinnamon
- ¼ Cup Water

Directions:

1. Combine all ingredients in a large bowl and mix until ingredients begin to form a doughy substance. You may need to add more water if your ingredients will not form together into a ball.
2. Use your hands to mold ingredients into a ball.
3. Place on wax paper and roll out dough with a rolling pin.
4. Once rolled out to about ½ inch thick, use a gingerbread man cookie cutter to cut out the treats.
5. Place on a greased pan and cook for about 45 minutes, flipping the treats over halfway through.
6. While treats are cooling, place a bit of heated peanut butter in a squirt bottle and use it to draw the eyes, mouth, and buttons, if desired. Make sure to not make the peanut butter too runny.

Tasty Vegetarian Dog Treats

Ingredients:

- 2½ cups flour of your choice
- ¾ cup dry milk
- ½ cup vegetable oil
- 2 tbs. brown sugar
- 2 vegetable bouillon cubes
- ¾ cup boiling hot water
- ½ cup carrots
- 1 egg



Directions:

1. Preheat oven to 300 degrees.
2. Dissolve the bouillon cubes in the boiling hot water.
3. Combine all of the ingredients in a large bowl.
4. Roll the dough out onto a floured surface, about ¼" thick.
5. Cut into the shapes you want, either with a cookie cutter or a knife.
We opted to make strips that look kind of like little bread sticks when they're done, but you can go with any shape you want.
6. Bake for 30 minutes.
7. Remove and cool before serving. Store in an airtight container.

Homemade Carrot Dog Treats



Ingredients:

- 3 cups fresh minced parsley
- ¼ cup finely shredded or chopped carrots
- ¼ cup shredded mozzarella cheese
- 2 tablespoons olive oil
- 2¾ cups whole wheat flour
- 2 tablespoons bran
- 2 teaspoons baking powder
- ½ to 1 cup of water

Directions:

1. Preheat oven to 350 degrees and place the rack in the middle of the oven.
2. Add the parsley, carrots, oil and cheese to a large bowl, stir until combined.
3. Add the flour, bran and baking powder, stirring until combined.
4. Slowly add the water, starting with ½ cup and mixing. You want your dough to be moist but not soggy and wet.
5. Knead your dough for about a minute.
6. Roll out the dough on a floured surface until it is about ½ inch thick. Cut into squares and place them on a lightly greased baking sheet.
7. Bake for about 20-30 minutes, just until the treats turn brown and get slightly hard. You don't want them overdone because they will harden up a bit more as they cool.
8. Let cool completely, then store in an airtight container.

Soft Banana Dog Treats for Senior Dogs

Ingredients:

- 1 egg
- 1cup instant oats
- ½ ripe banana
- ⅓ cup of milk
- ½ cup of flour (your choice as to what kind)
- ⅛ cup of instant rice



Directions:

1. Mash the banana in a bowl. One by one, add in all the other ingredients, mixing until well blended.
2. Spread out the mix on a microwave-safe plate.
3. Heat the mix in the microwave for about 3.5 minutes.
4. Let cool.
5. Cut into pieces, then serve. Store leftovers in an air-tight container.

Homemade Soft Pretzel Dog Treats



Ingredients:

- 1 teaspoon brown sugar
- 2 teaspoons active dry yeast
- $\frac{2}{3}$ cup broth (any will do)
- $\frac{3}{4}$ cup whole wheat flour
- 3 tablespoons soy flour
- $\frac{1}{4}$ cup nonfat dry milk
- $\frac{3}{4}$ teaspoon salt substitute.
- 1 beaten egg (set half aside)
- 2 tablespoons olive oil
- 3 tablespoons wheat germ (optional)

Directions:

1. Preheat oven to 375 degrees.
2. In a small bowl, combine the yeast and sugar. Add a little bit of warm water to dissolve it.
3. Mix the dry ingredients together. Add half of your beaten egg, the yeast mixture, the oil and the broth, and combine well.
4. Add flour to a flat surface and knead the mixture until it forms a nice dough. Place the dough in a bowl coated with oil, cover it and let it rise until it's about twice the original size.
5. Take a bit in your hand, roll it out on your floured surface, then shape it into a pretzel.
6. Place your pretzels on a greased cookie sheet and bake for 15 minutes.
7. While they're still warm, brush them with the rest of your beaten egg, then sprinkle with the wheat germ if desired. You can skip this step if you want. You can also sprinkle them with a little garlic powder or dried parsley.

No-Bake Honey Oat Peanut Butter Dog Treat

Ingredients:

- 1 cup of oats
- ½ cup of peanut butter
- ⅓ cup of honey
- ⅓ cup of peanuts



Directions:

1. Stir in all the ingredients together in a large bowl.
2. Chill the mixture for about half an hour
3. Using your hands or a spoon, scoop out a bit of the mixture and roll into a 1-inch ball. Repeat until all mix is used.
4. Serve immediately or store in an airtight container in your fridge for up to one week.

Note: If the mixture is too sticky to roll, gradually add in more oats.

Frozen Yogurt 3-Ingredient Pup Pops



Ingredients:

- 16 ounces of plain yogurt (we used nonfat yogurt)
- $\frac{3}{4}$ cup warm water
- 1 vegetable bouillon cube

Directions:

1. Dissolve the bouillon cube in warm water.
2. Mix the yogurt and the bouillon water together in a blender. Mix thoroughly.
3. Carefully pour the mixture into silicon ice-cube trays or small containers. If you want, you can use regular ice cube trays, but I find that it's easier to get the treats out of silicon trays.
4. Cover and freeze until set. You can make them the night before and freeze overnight, or wait a few hours and test them.
5. Pop them out and serve on a hot day! Obviously, keep the remainder in the freezer until you're ready to use.

Frozen Pumpkin Banana Pup Pops

Ingredients:

- 1 cup plain non-fat yogurt
- 1 (15 oz) can of pumpkin puree (NOT pumpkin pie mix)
- 1 teaspoon honey
- 1 ripe banana



Directions:

1. Add the banana and pumpkin puree to your blender and mix until it's nice and smooth. If you don't have a blender, you can mix by hand using a fork, especially if you use a nice ripe banana.
2. Combine the yogurt and mashed banana/pumpkin mix in a large bowl. Add the honey. Stir until all ingredients are well combined.
3. Spoon the mixture into silicone candy molds or ice cube trays.
4. Freeze overnight, then pop out to serve.

No Bake Hypoallergenic Coconut Dog Treat



Ingredients:

- ⅓ Cup Coconut Oil
- 2-3 Tablespoons Peanut Butter
- 2½ Cups Rolled Oats
- ⅓ Cup Finely Shredded Coconut

Directions:

1. Add Coconut Oil, Peanut Butter and Rolled Oats to food processor and mix until well combined.
2. Scoop out bite sized pieces with a spoon and roll into little balls.
3. Toss each ball gently in the finely shredded coconut until well coated.
4. Place on a flat tray lined with baking paper, refrigerate for 30 minutes and serve.

Zucchini Vegetarian Hypoallergenic Dog Treats

Ingredients:

- 2½ cups rice flour
- 1 cup cooked zucchini
- 1 tsp dried parsley
- 6 tbsp low sodium, low fat broth
- ½ cups cold water



Directions:

1. Preheat Oven to 350 degrees.
2. Combine the rice flour and the dried parsley together in a large bowl.
3. In another bowl, combine the zucchini, broth and water. You want the zucchini well combined and squished in there, but not too mushy, if that makes sense. If you look at the pictures, you'll notice that there are still some chunks. It adds nice texture. The best way to do this: mush up half the zucchini into the mix and chop the other half into very small pieces, then combine.
4. Gently mix the dry and wet ingredients.
5. Knead the mix with your hands until it forms a dough.
6. Using your hand or a spoon, scoop out balls of mix, roll into treats, then flatten with your hand.
7. Place them on a non-stick baking sheet or round cake pan.
8. Bake for about 25 minutes.
9. Store in an airtight container, and freeze any treats that your dog won't consume within a week.

Fresh Breath Dog Treats



Ingredients:

- 3 cups old-fashioned oats (gluten-free)
- 1 cup fresh parsley, loosely packed and finely chopped
- 1 medium carrot, peeled and grated
- 1 ripe banana, peeled
- 1 large egg, beaten
- 1 tablespoon coconut oil, melted

Directions:

1. Preheat oven to 325°F.
2. In a blender, pulse the oat until it becomes like flour. Set aside.
3. Mash the banana in a bowl. Add the beaten egg and coconut oil. Mix well.
4. In another bowl, mix the carrots and parsley. Add the oats and the banana. Mix slowly, so it evenly distributes.
5. Knead until moistened.
6. Dust flour on a clean surface or large cutting board.
7. Put the dough on the surface. Knead it for few minutes until you form a soft ball.
8. With your hands, pull away small pieces and roll them into ball.
9. Flatten slightly with your hand.
10. Place each ball on cookie sheet lined with parchment.
11. Bake for 30 minutes or until they are just a nice golden brown color.
12. Store the treats in an airtight container after they cool.

No-Bake Peanut Butter Pumpkin Dog Treats

Ingredients:

- 1 cup pumpkin puree (remember, NOT pumpkin pie mix, just the plain puree)
- ¼ cup peanut butter
- ¼ cup milk (any type is fine, we used 1%)
- 3 cups old fashioned oats, (divided as below)



Directions:

1. Beat the pumpkin puree, peanut butter and milk on medium-high in the bowl of an electric mixer . If you don't have one, you can also use a plain old bowl and spatula; you'll just have to work a little harder.
2. Gradually add 2⅓ cups old fashioned oats. Make sure it is well mixed
3. Using a small scoop or spoon, roll the mixture into small balls. Roll the balls in the rest of oats.
4. Cover and place in the refrigerator for about an hour, or until they're nice and firm.

Note: If the mixture is too sticky to roll, gradually add in more oats.

Minty Breath Biscuits



Ingredients:

- 1 cup pumpkin puree (not pie mix!)
- 2 eggs (medium to large)
- 1.5 cups whole wheat flour
- 1.5 cups of regular flour
- ½ cup chopped mint leaves (fresh is best, but if you don't have any, you can use dried)
- ¼ cup chopped fresh parsley leaves

Directions:

1. Preheat your oven to 350 degrees F.
2. Blend the pumpkin puree and eggs in one bowl until combined.
3. In a separate bowl, combine flours. Fold into your wet mixture a little at a time, stirring or beating on low until it forms a nice dough.
4. Mix in the herbs gently, so they're evenly distributed but not ground into the dough.
5. Lightly flour a work surface. Roll your dough out onto the surface until it's about ¼ inch thick.
6. Cut the dough into shapes with your cookie cutter. We recommend a cute bone-shape, but you can use whatever you have on hand. Your dog won't mind! If you don't have a cookie cutter on hand, you can cut into strips too.
7. Place your biscuits onto a wax-lined or lightly greased baking sheet. Bake around 22 minutes or until they're a rich golden brown.

Frozen Peanut Butter Banana Pup-Pops

Ingredients:

- 32 oz. vanilla yogurt
- 1 medium ripe mashed banana
- 2 Tbs. peanut butter
- 2 Tbs honey



Directions:

1. Put all the ingredients into a blender, then blend until smooth!
2. Pour the mixture into an ice-cube tray and freeze.
3. You can also pour it into those little Dixie cups, then cut away the cup before serving,

Note: With this (and all recipes that use yogurt), please make sure you're not using sugar-free varieties, as they may contain xylitol, which is deadly to dogs. Check the labels before using. Same goes for the peanut butter.

Limited Ingredient Hypoallergenic Treat



Ingredients:

1 $\frac{1}{4}$ C Rice Flour
3 TBSP Coconut Oil
 $\frac{1}{2}$ tsp Salt
 $\frac{1}{3}$ C Water

Directions:

1. Preheat oven to 325 degrees. Line a cookie sheet with parchment paper.
2. Stir all ingredients in a bowl, should look and feel like play dough. If not then you need to add 1-2 tablespoons of water to get that consistency.
3. With your hands knead the dough until smooth.
4. Toss a little bit of rice flour on a cutting board.
5. Roll out the dough on the floured surface until it is $\frac{1}{4}$ inch.
6. With the dog bone, cookie cutter cut out the doggie treats.
7. Put on the lined cookie sheet.
8. Bake at 325 degrees for 15-20 minutes until slightly brown on the bottoms.
9. Allow to cool slightly while on the cookie sheet.
10. Transfer to a wire rack to cool completely.
11. Store in an airtight container.

Pumpkin Doggy “Donut” Holes

Ingredients:

- 1 Cup of Flour
- 1 Large Egg
- 2/3 Cup Pumpkin Puree
- ½ Teaspoon Baking Soda
- ¼ Salt



Directions:

1. Preheat oven to 350
2. In a medium bowl, beat egg and pumpkin until smooth. You can whisk by hand or use an electric mixer
3. Fold (by hand) in the flour, baking soda and salt
4. Mix well until fully combined and a soft dough forms
5. Refrigerate for about 10 minutes or until dough can easily be rolled into balls
6. Roll into desired sized balls and place on a cookie sheet
7. Bake for about 15 minutes or until golden brown

Spot's Favorite Almond Oatmeal Hypoallergenic Dog Treat



Ingredients:

- 1 Cup Rice Flour
- ½ Cup Oatmeal
- ½ Cup Almond Butter
- 2 Eggs
- 2 Tbsp. Water

Directions:

1. In a bowl combine all ingredients except the water and mix until thoroughly combined.
2. Add water a teaspoon at a time until a dough comes together.
3. Roll the dough out to ¼ inch thickness on a floured surface and cut into desired shapes.
4. Place on a lightly greased cookie sheet
5. Bake at 350° until slightly browned on the bottoms, about 12 minutes

Banana Oatmeal Hypoallergenic Dog Treat

Ingredients:

- 1 Ripe Banana
- 2 Tbsp. Coconut Oil
- 1 Cup Oatmeal (we used the quick 1-minute oats type)



Directions:

1. In a bowl mix ingredients until thoroughly combined. Set aside and let sit 10 minutes.
2. Preheat your oven to 350°.
3. Take 1 tablespoon of the mixture and form it into a ball. Place on a lightly greased cookie sheet and flatten slightly. Don't mush it down too much!
4. Bake at 350° until browned on the bottoms, about 15 minutes, remove and let cool.

Heart-Shaped Cinnamon Pumpkin Dog Treat



Ingredients:

- 1 cup pumpkin puree (not pumpkin pie blend)
- 2 eggs, lightly beaten
- 1/4 cup packed brown sugar
- 1 1/2 cup whole wheat flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 3 cups rolled oats

Directions:

1. Preheat oven to 350° F
2. Lightly spray baking sheet with cooking spray with flour.
3. In a small bowl combine the pumpkin and eggs.
4. In a large bowl, whisk together the brown sugar, flour, baking soda, and cinnamon
5. Next, stir in the rolled oats.
6. Make a well in the center of the oat mixture. Pour in the pumpkin mixture.
7. Thoroughly stir together until combined.