



Healthy Homemade Dog Treats Good for Deworming, Urinary Tract Issues & Itchy, Dry Skin



by

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When you are cooking for yourself, and your pets, you are taking responsibility for your health, your life and that of your furry friends.

These homemade dog treats, apart from being simple to make and affordable, offer these benefits:

For Dog Owners

- feel peace of mind knowing that your dog is eating whole foods that are full of healing nutrients like oregano and nettle, flax and cinnamon
- support your pup in having happier digestion
- feel pride and relief in your dog having better skin, a healthier coat, eyes, and organs
- relish in having treats that even finicky dogs love
- enjoy the training advantage of using highly desirable treats

For Pet Business Owners

- help open conversations about your business in a fun & inviting way
- no-brainer, cost-saving client gifts that are nutritious & memorable
- leverage your position as a mentor and educator of good canine health

To get more tips and information, click www.orgasmickitchen.com/inspiremenow

Lita's Love My Liver Orgasmic Dog Treats



Cost per batch: approx. \$12

Yields per batch: approx. 300 1" pieces

Assembly time: 30-40 minutes

Baking time: 1 hour 30 minutes

Enjoyment time: Infinite

Time-saving & Energy-Giving Tips:

Embrace the Economy of Scale - Easiest made with a food processor, make a large batch at once (2-3x) and freeze it into smaller "ziplock bag" batches to cook off later.

Find Your Flow - Discover the pleasure in the act of cooking

Feel the Freedom- Be willing to experiment to make recipes your own

Ideal Equipment

Food Processor

Small concave spatula

Sharp 5-8"chef knife

Quart size Ziplock bags

Ingredients

Use organic, pesticide-free produce & free-range meats as available. Simply put: use the best quality ingredients that you can afford and source with ease. Consuming fewer chemicals does make a difference in our health. See Dirty Dozen below**

Seaweed and herbs can be found at health food stores and on the internet.

Ingredients

- 1 cup cabbage, red or green
- 1 cup yam or sweet potato
- 1 cup winter squash (acorn, festival, butternut)
- 1 cup green beans
- 1 small apple
- 1/2 pound chicken or beef liver
- 1/2 cup pumpkin seeds
- 1 Tbsp ground dulse or other seaweed

Healthy Binding agents

- 2 Tbsp Dry Egg Replacer * (see recipe below to make enough for future use)
- 2 Tbsp flax meal, more if the mixture is too wet

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Healing Herbs & Spices (use any or all of the below)

- 2 Tbsp nettle
- 1 tsp cinnamon
- 1 tsp thyme
- 1 tsp oregano
- 1 tsp turmeric



* Recipe for Egg Replacer

- 2½ cups potato starch (a substitute is arrowroot or chickpea flour)
- 1½ cups tapioca starch
- ⅔ cup aluminum-free baking powder
- ⅓ cup baking soda

Mix dry ingredients and store in air tight container for use as needed. Place a notecard and 1/2 Tbsp in the jar for ease of use with the following written, "1/2 Tablespoon Egg Replacer + 1 Tbsp water = 1 egg"

Directions

1. Rough cut vegetables (one type of vegetable at a time) to approximately 1-2 inch pieces, keeping skin on if organic
2. Starting with cabbage, since it's the most bulky, put in food processor and hit pulse button repeatedly to chop vegetable
3. Repeat with other vegetables, not overstuffing the machine
4. Empty chopped vegetables into a large bowl
5. In empty food processor, blend chicken (or beef) liver until smooth
6. Add turmeric, (if whole fresh) and pulse
7. Add egg replacer, flax, pumpkin seeds and herbs & spices of choice
8. Pulse until mixed
9. Add 4 cups of chopped vegetable mixture
10. Pulse until lightly mixed to a chunky moist "cookie dough" consistency
11. If batter is sticky and very wet, add additional flax meal or egg replacer & pulse
12. Pre-heat oven to 250 degrees

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13. Empty batter into a piping bag or quart-size ziplock bag (fill no more than 3/4 full)
14. If using a ziploc, cut 1/4 inch triangle off of the bottom corner of the bag
15. Place parchment paper on cookie sheets
16. Squeeze (or "Pipe") cookie batter into small dollops onto the parchment paper
17. For 1" diameter cookies, make small nickel size dollops
18. For 2" diameter cookies, make quarter size dollops
19. Lay out an additional piece of parchment paper over the dollops, lightly tap the paper, pressing firmly in order to spread out the dollops into flat pancakes
20. Slowly peel off the top parchment paper
21. Put into oven for 1 hr, or until dark brown and dry to touch
22. Using backside of a thin metal spatula, release cookies from parchment paper
23. Flip the cookies over and cook another 30 minutes or until dry and chewy
24. Transfer when finished to cooling racks or a cool platter (The finished product should be firm like a "fruit-roll")
- 25. Enjoy with all of the dogs in the neighborhood!**



My vision for you is that you find healthy home-cooking increasingly enjoyable, especially as you begin to witness your dogs' energy, digestion, skin and coat increase in shine when feeding them homemade food from whole food ingredients.

Here are some of the benefits from my top 4 favorite ingredients:

Pumpkin seeds

helpful for deworming, full of protein and minerals, great for kidneys and urinary tract

Flax Meal

high in fiber and omega-3
lowers cholesterol
great for healthy bowels

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Oregano

natural anti-biotic
boosts immunity
reduces danger of bacteria and viruses
helpful for skin problems, including insect bites
improves coat health



Nettle

rich in protein, vitamins and minerals
herbal tonic for anemia, weakness and lethargy
soothes allergies
clears chronic skin conditions
cleanses and stimulates the blood

Your dogs will thank you for investing time in preparing these treats. It is my mission to help all beings eat healthy and live a full life. That is why I founded Orgasmic Kitchen, in order to help people connect nutrition to pleasure.

If you are enjoying what you have learned so far, and are ready for more inspiration for yourself and your pups, click on this link now:

www.orgasmickitchen.com/inspiremenow

This section is for those who watched the video and are curious about the Dirty Dozen/Clean 15 List.

Organic vs. Non-Organic Produce?

OMG - It can be confusing and difficult to decide! Here is some information that may help you choose. And yes, I'm a little biased to organic. That said, when money has been tight, the Dirty Dozen/Clean 15 List has been helpful for me in balancing my health priorities with my financial priorities.

Eating fresh produce is the best way to obtain the nutrients that support optimum health, but the pesticides used on many crops remain a major health concern.

By choosing organic foods, you can reap the health benefits of fruits and vegetables without exposing yourself and your family to potentially harmful chemicals. Pesticides present real health risks, particularly to children and those with health concerns. The toxicity most commonly associated with pesticides in animal studies include disruptions in the normal functioning of the nervous and endocrine system, and increased risks of cancer.

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Unfortunately, most ready-made, prepared foods, even that sold at reputed health food markets and juice shops, is made from non-organic ingredients. The produce departments sell organic, but the ready-made foods, sold in packages, at the deli, salad and juice bars, use conventional produce, since it is more profitable.



Whether you are on a budget and need to prioritize your organic purchases, or you would simply like to know which type of non-organic produce has the highest pesticide residues—and which do not—the following list from the *Environmental Working Group* will help.

12 Most Contaminated - Dirty Dozen

1. Strawberries
2. Apples
3. Nectarines
4. Peaches
5. Celery
6. Grapes
7. Cherries
8. Spinach
9. Tomatoes
10. Sweet Bell Peppers
11. Cherry Tomatoes
12. Cucumbers

Plus: leafy greens, such as kale & collards AND potatoes

15 Least Contaminated - Clean Fifteen

1. Avocado
2. Sweet Corn (some crops = Genetically Engineered seeds)
3. Pineapples
4. Cabbage
5. Sweet Peas (Frozen)
6. Onions

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7. Asparagus
8. Mangos
9. Papayas (some crops = Genetically Engineered seeds)
10. Kiwi
11. Honeydew Melon
12. Grapefruit
13. Cantaloupe
14. Cauliflower
15. Mushrooms



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**To More Wags & Good Health,
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