

Happy holidays from our family to yours!

December 2024



Cinnamon Sweet Potato Festive Dog Treats

Who can resist the smell of the warm sweet potato puree mixed with peanut butter and cinnamon?

The flavours of the holidays come alive in these cookies!

Ingredients

- 2 cups fresh sweet potato puree
- 1 egg
- 1/2 cup oats
- 3 cups whole wheat flour
- 3 tbsp of all-natural peanut butter
- 1/2 tsp cinnamon
- 1/2 salt optional,



Instructions

1. Preheat oven to 350 degrees F.
2. Peel and cube two medium sweet potatoes and bring to a boil in pot of water. Reduce to low and simmer approximately 15-20 minutes or until soft. Drain cooked potatoes and puree using blender or food processor.
3. In small bowl, stir together the flour, oats, and cinnamon.
4. In a separate large bowl, whisk together the egg, sweet potato and peanut butter until combined. Stir wet ingredients into dry.
5. Pour onto a floured surface and roll dough out to 1/4 - 3/8 inch thick. Cut out using Christmas cookie cutter. The dough will be a little sticky, dust your hands and the rolling pin with a little flour to help!
6. Bake for 30 to 35 minutes until golden brown.
7. Place on cooling racks and let cool thoroughly. They will harden as they cool.

Notes

The salt can be added to help extend the shelf life of these treats but is not necessary. Do not use a pumpkin spice blend or anything that may contain nutmeg as it is toxic to dogs, even small amounts.

Recipe adapted from My Baking Addiction



Holiday Tips: things to be mindful of with pets

Mind the Decorations

Keep tinsel, ornaments, and string lights out of reach—pets may find these irresistible but dangerous.

Festive plants

Poinsettias, holly, mistletoe and amaryllis can cause stomach upset, drooling and vomiting if ingested.

Holiday tree preservatives and water

Tree preservatives can cause gastrointestinal upset, while tree water can be contaminated with harmful bacteria or pesticides.

Watch the treats

Chocolate, xylitol, grapes, and other holiday goodies can be toxic to pets. Stick to pet-safe snacks! Dogs have great noses and can smell chocolate even when wrapped in a present.

Create a Quiet Space

With all the hustle and bustle, ensure your dog has a cozy retreat for some stress-free downtime.

Plan for Visitors

Let guests know your pet's boundaries to avoid overwhelming them.

Cold Weather Precautions:

Limit outdoors during extreme weather. Wipe paws after walks to remove salt and ice-melting chemicals.



Christmas Puns for Cards

Santa Paws

- Happy Pawlidays
- Have a very furry Christmas
- Dachshund through the snow
- Merry Christmutts
- Have a pawsome new year
- We woof you a Merry Christmas
- Deck the paws
- Merry Woofmas
- The best way to spread Christmas cheer is barking loud for all to hear!





You can have Golden Paste too!



Here is how:

1. Heat 1 cup of almond milk on low heat.
2. Mix in 1-2 teaspoons of golden paste
3. A pinch of ground or fresh ginger,
4. Stir and serve.

Variations:

Feel free to add in regular coffee or a shot of espresso.

For extra flavor, mix in a few cardamom pods or a pinch of cayenne. 1 teaspoon of honey will do the trick if you have a sweet tooth.

Golden Paste

Golden paste, also known as turmeric paste, is super healthy for both humans and dogs. There are so many benefits to adding turmeric paste to your dog's diet. Some benefits include:

- Natural detox
- Contains cancer fighting agents
- Anti-inflammatory
- Helps with allergies
- Has healthy benefits for the heart, liver, and digestive tract
- Fights bacteria
- Targets inflammation, pain, and skin irritations

The best part is that it's super easy to make. 10 minutes of prep time and 5 minutes of cooking time!

Ingredients

- 1 cup of water
- 1/2 cup of turmeric powder
- 4 tablespoons of organic coconut oil
- 2 teaspoons of ground black pepper
- 1 tablespoon of cinnamon

Instructions

1. Mix the water and turmeric on low to medium heat. Keep stirring until it forms a nice paste.
2. Add in the coconut oil, black pepper, and cinnamon. Keep stirring until all ingredients are mixed well.
3. Let cool. Transfer paste to a glass mason jar and store in the refrigerator.

Notes

Turmeric stains! Make sure you're wearing old clothes when cooking and be careful not to spill. It can last in the refrigerator for 2-3 weeks, and longer in the freezer.

How much to give a dog?

The rule of thumb is to give half a teaspoon of golden paste per 10kg of dog per day directly in their food. If your dog is new to golden paste, start with a small dose and gradually increase.

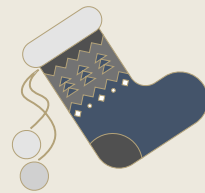




It was raining cats and dogs at Christmas...



But at least it didn't reindeer!



What did the dog put in their letter to Santa?



Nothing... dogs can't write!

Thank you for being such an important part of our mission. We wish you and your family a warm, safe and magical holiday season filled with love, laughter, and wagging tails!

