



BAKING SARDINE TREATS FOR DOGS

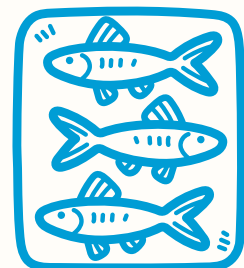
WHAT YOU NEED?

- 2 cans of sardines
- 1/3 cup of flour
- 1/3 cup of oats
- 2 eggs
- [Pyramid silicone mold](#) or [Paw & Bone silicone molds](#)
- spoon or fork to mash it up
- [not sharp knives](#) or spatulas to spread it out
- [pastry brush](#) (optional)
- [nonstick spray](#) or vegetable oil (or butter)
- [baking sheet](#)
- kitchen or [paper towels](#) for kids to wipe their hands
- container for treats

TIME:

25

MINUTES



FEW TIPS:

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- Decide whether you want to roll up sleeves, put on aprons or just partially undress your kids since they will get dirty.
 - The younger the child, the more explaining or monitoring needed. If your child likes sardines, they may try to eat the batter.
 - You can use canned tuna, add more flour and skip the oats, use a blender or use cookie cutter instead of a mold.
 - Have a container ready for the treats, this way your kids won't feed your dog all the treats at once.

KIDS TAKE OVER!

HOW TO / STEP BY STEP

1. Ask an adult to preheat the oven to 350F/180C.
2. Put the silicone mold onto a baking sheet. There are special silicon molds for dog treats. I turn upside down a pyramid silicone mold for low fat cooking and use the side with small cavities.
3. Measure the ingredients. Let an adult open the cans for you. Pour the sardines and the water or oil into a bowl. Ask a grown up to remove the empty cans.
4. Mash the sardines thoroughly with a fork. Crack the eggs and pour them into the bowl.
5. Add the flour and the oats and mix the ingredients with a spoon.
6. Grab a pastry brush to spread nonstick spray or oil into the details of the mold. Or spray directly. Spread the batter evenly across the mold using a kid friendly knife or a spatula.
7. Ask an adult to put the tray into the oven.
8. Bake for 20-25 mins or until the treats are dry and crunchy.
9. Time to clean the surface before the dog licks the batter off the table.
10. Once the silicone mold is cold, dump it out onto the baking sheet and crumble into single pyramids.
11. Since the cookies contain no preservatives, it's best to store them in a fridge or freezer.
12. Celebrate with your dog, your kids and cookies!

