

BONE APPETREAT

Healthful recipes for your furry friend

Peanut Butter & Banana Biscuit*

In food processor, process until smooth:

- 1 medium ripe banana
- 1 egg
- 1/2 cup (120 ml) peanut butter or almond butter
- 1/2 cup (4 fl. oz./120 ml) water or Mineral Broth**

Combine dry ingredients in mixing bowl:

- 1 cup (240 ml) wheat germ or 1/2 cup (120 ml) oats, ground into flour
- 1 cup (240 ml) all purpose spelt flour
- 1 cup (240 ml) barley flour
- 1/4 tsp. (1.25 ml) sea salt

Set aside:

- 2 cups (474 ml) all purpose spelt flour or barley flour for rolling

- **Add** the processed ingredients to the dry ingredients and mix well. Note – this can be done in the food processor.
- **Divide** into 3-4 equal parts. On a generously floured surface, **roll** one portion of the dough mixture until it is 1/8 inch (3 mm) to 1/4 inch (6 mm) thick. Dust with flour often to prevent sticking.
- **Cut** the dough into one inch (2.5 cm) by one inch (2.5 cm) squares (or to your desired size or shape). With a fork, **poke** holes into each biscuit. This will keep them from “puffing up” in the oven.
- **Place** the biscuits onto a baking sheet covered with parchment paper.
- **Bark** them in a 350°F (175°C) oven. Bake for a tail-wagging 7 minutes. **Roll** them over and bake for an additional tail-wagging 7 minutes.
- **Refrigerate** in a container for up to two weeks or freeze until ready to be devoured.

Yield: 200 biscuits.

*This Peanut Butter & Banana Biscuit recipe is taken from page 24 of *Bone Appetreat* by Laurie Southall.

**Mineral Broth is another recipe from Bone Appetreat. It is posted separately for download.

