



Healthful recipes for your furry friend

Sit up and speak - a glossary of terms

The recipes in Bone Appetreat feature natural ingredients combined to make nutritious, tasty treats for dogs.

Here are definitions for 10 top terms used in Bone Appetreat:

Alfalfa – Contains many minerals (calcium, magnesium, phosphorus and potassium) that have a neutralizing effect on your blood. Since arthritis is often caused by too much acid, some say that alfalfa can help reverse or prevent that condition. Also has a general detoxifying effect.

Barley Flour – Mild, sweet flavour! Soothing to the digestive tract! A good source of fiber, selenium, copper, magnesium, and phosphorus; it contains more than four times as much magnesium as calcium. Barley can replace wheat in all recipes, cup for cup.

Dulse – A sea vegetable rich in minerals that are absorbed from seawater.

Flax Oil – A rich source of omega-3 fatty acid. These have been shown to have health benefits when added to the diet in moderate amounts.

Liquid Hickory Smoke – Liquid smoke is a real product and not synthetic in nature. Wet hickory wood is burned and the concentrated moisture is then bottled.

Oat Bran – The outer layer of the grain that resides under the hull. Oat bran adds fiber to any recipe.

Quinoa (keen-wah) – Mild flavour, fluffy texture! It is a high-energy food, a complete protein, and very easy to digest. Quinoa provides a rich and balanced source of vital nutrients.

Sucanat – A non-refined cane sugar. Sucanat retains its molasses, vitamins, and minerals; it is essentially pure dried sugar cane juice.

Tamari – Naturally brewed soy sauce; does not contain sugar or preservatives. It has a gentle, less salty flavour. It can be purchased “wheat free.” Look for it on the label.

Wheat Germ – The germ is the “heart” of the cereal kernel, the embryo of the seed. Wheat germ is a concentrated source of several essential nutrients including Vitamin E, foliate (folic acid), phosphorus, thiamin, zinc and magnesium, as well as essential fatty acids and fatty alcohols. It is a good source of fiber.

And one more...**Woof Woof** – Translated as: “I’ve been sitting here patiently and I am about to Ruff.”

