

BONE APPETREAT

Healthful recipes for your furry friend

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Bone Appetreat, a new cookbook that has gone to the dogs

Full-colour, 52-page book features healthy, homemade dog treats

Grimsby, Ontario – Author Laurie Southall brings her joy of cooking for canines to Bone Appetreat, a new cookbook that shows dog owners how to whip up nutritious treats for their furry friends. The book's dog treat recipes are easy-to-make and use healthful, whole ingredients to create everything from hard biscuits to a full-course meal.

All recipes are wheat-free and there are vegetarian options as well as dairy, soy, corn and egg free alternatives. A Registered Holistic Nutritionist and Allergist, Laurie was moved to create homemade treat recipes for her own dog Stanley after he suffered a painful reaction to wheat.

“The recipes in Bone Appetreat provide healthy alternatives for dog owners who would prefer for whatever reason - even if just for fun - to make their own treats,” says Southall. “They are not only nourishing but as my dog Stanley and our other enthusiastic canine testers can vouch - tasty too.”

The cookbook is divided into five sections. Readers can tempt their dog's taste buds with “Healthy Essentials” like Doggy Ketchup or give them something to chew on such as Chicken Paw-Migana from “Biscuits”. “Soft Treats” include Ruffogies where sweet potatoes are the key ingredient and “Main Meals” which includes appropriately enough - a Doggy Bag. And on the menu for “Special Occasions”: Sammy's Upside-Down Cake.

All recipes are laid out step-by-step and the majority of ingredients available at standard grocery stores. Remaining items can be found at specialty grocery or health food stores. Many of the hard biscuit recipes produce between 180 to 250 canine treats that can be refrigerated or frozen. Each recipe details the best way to store the results.

Other Bone Appetreat favourites include Barko's Beef Biscuit, a recipe that yields 200 hard biscuits; Orange “Ruffy”, which uses white fish; Peanut Butter & Banana Biscuit, a vegetarian option; Itail-a-Wagging Meatballs, a soft treat; and Hoggin' Dogz, a baked mixture shaped into sausages.

Bone Appetreat is \$14.99 plus tax and shipping. To order or for more information visit www.boneappetreat.ca, call 905-309-1243 or email info@boneappetreat.ca.

About Laurie Southall and Designing Your Health

Laurie's own health setbacks inspired her to pursue a career helping people, dogs and other small animals in healing for a better quality of life. She is a Registered Holistic Nutritionist and Allergist, Registered Orthomolecular Health Practitioner and Certified Cancer Coach. Laurie runs a consulting practice in Grimsby, Ontario called Designing Your Health.

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To set up a media interview, secure high-resolution photos or obtain a copy of Bone Appetreat for review contact:

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