



Human-Friendly Dog Cookies

 Vegetarian  Dairy Free

READY IN



65 min.

SERVINGS



15

CALORIES



137 kcal

DESSERT

Ingredients

- 0.3 cup carob chips
- 0.5 cup cornmeal
- 3 large eggs
- 1 teaspoon ground cinnamon
- 0.3 cup honey
- 2 tablespoons water as needed
- 0.5 cup wheat germ
- 2 cups flour whole-wheat plus more for rolling

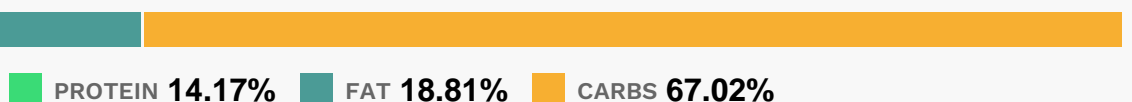
Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- wire rack
- plastic wrap
- cookie cutter

Directions

- Heat the oven to 350 degrees F. Line a baking sheet with parchment paper or silicone baking sheets.
- Put the flour, cornmeal, wheat germ, and cinnamon into a large bowl and whisk to combine.
- Add the eggs, carob chips, honey, and 1 tablespoon water. Use your hands to mix the ingredients together and form a smooth dough. If it feels too dry, add more water. Wrap the dough in plastic wrap and let it rest 10 minutes. (Can be made ahead and refrigerated, just let it warm up a bit before rolling.)
- Dust your counter with some flour and roll the dough out until it is 1/4-inch thick using more flour as needed so it doesn't stick.
- Cut into shapes using a dog bone shaped cookie cutter, or use a knife to make the same shape. You can re-roll the scraps and cut out more cookies.
- Place on the prepared baking sheets and bake for 30 to 35 minutes or until the cookies are well browned.
- Remove them to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:4.73, Inflammation Score:-2, Nutrition Score:8.5439131102808%

Nutrients (% of daily need)

Calories: 136.56kcal (6.83%), Fat: 2.98g (4.58%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 23.89g (7.96%), Net Carbohydrates: 20.98g (7.63%), Sugar: 5.85g (6.5%), Cholesterol: 37.23mg (12.41%), Sodium: 18.74mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Manganese: 1.23mg (61.47%), Selenium: 16.52µg (23.6%), Phosphorus: 125.21mg (12.52%), Vitamin B1: 0.18mg (11.69%), Fiber: 2.91g (11.65%), Magnesium: 39.25mg (9.81%), Zinc: 1.3mg (8.68%), Vitamin B6: 0.17mg (8.43%), Iron: 1.22mg (6.79%), Folate: 25.06µg (6.27%), Copper: 0.12mg (6.22%), Vitamin B3: 1.23mg (6.16%), Vitamin B2: 0.1mg (6.1%), Potassium: 145.64mg (4.16%), Vitamin B5: 0.39mg (3.95%), Calcium: 23.68mg (2.37%), Vitamin E: 0.29mg (1.92%), Vitamin B12: 0.1µg (1.62%), Vitamin D: 0.2µg (1.33%), Vitamin A: 56.13IU (1.12%)