



Puppy Pumpkin Pie Treats



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons t brown sugar dark
- ☐ 1 large eggs
- ☐ 1 large egg yolk with 1 teaspoon water lightly beaten
- ☐ 0.3 cup flaxseeds
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup peanut butter
- ☐ 1 cup pumpkin puree

- ☐ 0.5 cup water
- ☐ 0.3 cup wheat germ toasted
- ☐ 2.5 cups flour whole wheat

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ cookie cutter
- ☐ spatula

Directions

- ☐ Preheat the oven to 350F. Line 2 large shallow baking sheets with parchment paper.
- ☐ Combine the flour, flax seed, wheat germ and cinnamon in a medium bowl.
- ☐ Whisk together the pumpkin, peanut butter, egg, sugar, water and oil in a separate bowl.
- ☐ Pour the wet ingredients into the dry and stir with a spoon or rubber spatula until a very rough dough forms. Knead the dough in the bowl until the dough comes together; it should be very slightly moist.
- ☐ Turn the dough out onto a lightly floured work surface and roll out to a 1/4-inch thickness. With a 3-inch dog bone or cat shaped cookie cutter, cut out treats and transfer to the prepared baking sheet. Press all the scraps together, kneading once or twice, then roll out to 1/4-inch thickness and cut out more treats; repeat if necessary.
- ☐ Brush the top of each treat with the egg yolk.
- ☐ Bake treats until lightly browned and fairly hard, rotating the pans from top to bottom once, about 35–40 minutes.
- ☐ Remove from the oven and cool completely; biscuits will harden as they cool. Store in an airtight container.

Nutrition Facts



 PROTEIN **13.99%**  FAT **35.49%**  CARBS **50.52%**

Properties

Glycemic Index:2.13, Glycemic Load:0.1, Inflammation Score:-8, Nutrition Score:7.4943477511406%

Nutrients (% of daily need)

Calories: 95.34kcal (4.77%), Fat: 4g (6.15%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 10.34g (3.76%), Sugar: 1.77g (1.97%), Cholesterol: 15.4mg (5.13%), Sodium: 20.63mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.09%), Manganese: 0.79mg (39.39%), Vitamin A: 1611.44IU (32.23%), Selenium: 10.36µg (14.79%), Fiber: 2.46g (9.85%), Magnesium: 35.7mg (8.93%), Phosphorus: 88.62mg (8.86%), Vitamin B1: 0.12mg (8.23%), Vitamin B3: 1.27mg (6.36%), Copper: 0.11mg (5.58%), Vitamin B6: 0.1mg (5.14%), Iron: 0.9mg (4.98%), Zinc: 0.7mg (4.68%), Vitamin E: 0.67mg (4.48%), Folate: 16.72µg (4.18%), Potassium: 116.68mg (3.33%), Vitamin B2: 0.06mg (3.24%), Vitamin B5: 0.25mg (2.53%), Vitamin K: 2.4µg (2.28%), Calcium: 17.07mg (1.71%)