

## Chicken Liver dog treats

2 lb chicken liver

1 ½ cup flax seed meal (Oat bran, rice flour, oatmeal all work too... whole wheat flour would work but a lot of dogs have wheat sensitivity... I'd bet instant potatoes would work too. This is a thickening agent.)

Puree the chicken liver using a blender or food processor. Stir in the thickener of your choice.

Line a large cook sheet (what's called a half-sheet by bakers—basically, the sheet should be about 13x17) with aluminum foil, parchment paper, or a Silpat. You could probably get away with just greasing a non-stick cookie sheet but this stuff is really sticky and annoying to clean up.

Spread your thickened mixture on the lined cookie sheet—it should be about ¼" thick, maybe a little more.

Bake at 350 degrees F for about 20 to 25 minutes.

Slide your liner off the cookie sheet and let the sheet of treats cool for five minutes or so. When it's cool enough to handle, use the liner to turn it over onto a cutting board. Peel off the liner slowly, trying to leave your big sheet of treats intact. (For now, leave the oven on and your cookie sheet unwashed.)

Cut the treats into whatever size you like. I find ¾" to 1" squares to be a nice size, easy to handle and break into smaller pieces as I train. If I had smaller dogs I might cut the treats smaller.

Pile the cut-up treats on the cookie sheet and put the cookie sheet back into the oven. Reduce the heat to 200 degrees F and ignore the treats for at least an hour, maybe two. Your goal is to reduce the amount of moisture in the treats even more than baking them did.

Once the treats have dried out, you can let them cool (well out of dog reach) and then store them in the freezer, taking out just what you need for any one day.

(I developed this recipe for my standard poodle Elly, who had many food allergies. If your dog is allergic to chicken, you can use a similar technique with any ground meat. Just mix the meat with a thickener (very few dogs are allergic to white rice, so rice flour is pretty safe) and then spread it out to bake. After it's baked, cut into pieces and then store in the freezer.)

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