

Spoil your pet *without* spoiling her diet this holiday

Let your pet indulge with special treats and simple snacks.

We all know what it's like around the holiday season—it's why our pants always seem to have shrunk a bit by January. The same goes for our pets. Biscuits, bacon, pizza and pastries top the list of pet diet busters as stockings

are often stashed with delights as tasty gifts. But this year, give them something better. Not just special, delicious treats made just for them, but healthy morsels to keep them from bulging out of their holiday sweaters.

SWEET PS

Sweet potatoes are truly one of nature's super foods. Sweet potatoes are a rich source of vitamins A, C, and B6 and offer an almost-perfect blend of fibers. These wholesome holiday cookies are packed full of nutritional goodness and brimming with good taste your dog (and maybe cat!) will love.

- 1 large cooked sweet potato, mashed
- 1 banana, mashed
- 1½ teaspoons vegetable oil
- ½ cup quinoa flour*

Preheat oven to 350° F. In a medium bowl, mix the sweet potato, banana, and vegetable oil until well blended. Stir in the quinoa flour, and drop the resulting dough by teaspoonful onto a nonstick baking sheet or a baking sheet lined with parchment paper. Use your fingers to lightly flatten the dough, and bake at 350°F for 30 minutes.

Makes: About four dozen cookies
Calories per treat: 14.4

SALMON ROLLOVERS

These tasty treats are a low-cal, high-nutrition favorite of both dogs and cats. These are so doggone delicious and healthy, they're good enough to offer your holiday party guests too!

- 7 ounces canned salmon
- ½ cup oat flour*
- 1 tablespoon minced parsley

Preheat oven to 350° F. In a medium bowl, mix all ingredients until well blended. Roll the mixture into 1-inch balls, and place on a nonstick baking sheet or a baking sheet lined with parchment paper. Bake at 350° F for 12 to 15 minutes.

Makes: About 18 rollovers
Calories per treat: 23

No time for recipes?

If you're too busy roasting a turkey or are domestically challenged, grab your pet a crunchy vegetable snack instead. Most dogs love baby carrots, broccoli, celery, cucumbers and asparagus, to name a few. Cats might crave small flakes of fish, such as tuna, salmon, anchovies and sardines, or chicken or turkey.

Choose wholesome, real foods as functional treats whenever possible. In addition to containing fewer calories, real foods are often ripe with vital nutrients that may be lacking in some commercial pet treats.



*You can purchase oat flour or quinoa flour at most grocery stores.