

# Recipes

## Carrot & Apple Munchies

### INGREDIENTS:

1 cup Kibble flour

1 cup whole wheat flour  
3/4 cup buckwheat flour  
1/2 cup oatmeal (Quick Oats)  
3 tbsp wheat germ  
2 cups carrots, grated  
1 cup apples, grated  
1/2 cup dried apples, chopped  
1/2 cup applesauce  
1/4 cup molasses  
1/2 cup chicken broth, low salt  
3 tbsp safflower oil  
1 tbsp baking powder

PRE-HEAT: Oven to 350 degrees F.

SPRAY: Cookie sheet with a non-stick spray.

MIX: In a blender or food processor put the carrots, apples, molasses, applesauce, chicken broth, safflower oil & □Kibble□ flour. Blend until smooth. In a separate bowl, mix together the whole wheat flour, buckwheat flour, oatmeal, wheat germ and baking powder. In al large mixing bowl: mix together your blended ingredients and your dry ingredients. Mix until you can form a dough ball. (If your mixture is a bit too moist, you can add more whole wheat flour, a few tablespoons at a time to thicken it up.)

PLACE: Dough on a lightly floured board. I take a short cut here. I roll my dough into 4-5 hot dog shaped logs, and then I place them in the refrigerator for 1 hour. After 1 hour, take the logs out, slice them and bake.

BAKE: 8-10 minutes then turn once and bake another 8-10 minutes. I prefer to turn off the oven leaving the cookies in it while they cool. This helps preserve freshness, makes them extra crunchy as well as intensifying the flavor.

STORE: In an air-tight container in the refrigerator. I also like to freeze them.



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