

Sustainable Sustenance

Buddy's Buddies

Food waste in the US is a huge issue, a 219-pound-per-person sized issue. There are many steps we can all take to curb our food waste and one way is to use leftovers! This recipe for dog treats uses pumpkin and bacon grease, two of the leftovers that are in my refrigerator today.

Dog treats are just like cookies for people and not something that your dog should have a lot of every day. These treats freeze well (just like people cookies do) and the recipe is very forgiving: if you don't have bacon grease you can use peanut butter or another fat. If you don't have whole wheat flour you can use all-purpose flour.

½ to 1 cup canned pumpkin
2 tbsp. to ¼ cup bacon grease, peanut butter, or other fat
2 eggs
1 tsp. baking soda
2½ cups whole wheat or all-purpose flour or a mix
1 cup oats
Parsley (optional)
½ tsp. cinnamon (optional)
1 egg + 1 tbsp water



Mix all your ingredients together. Your dough should be stiff; these are dog treats and you want them to be crunchy! If your dough is too stiff for your mixer, you can always use your hands (kids would love that!). Once your dough comes together, turn it out on a lightly floured surface and roll out until ½ inch thick and cut into small pieces. The size of your treats should be in keeping with the size of your pooch!

Preheat your oven to 350 degrees. Place treats on a cookie sheet lined with parchment paper. Mix the egg with 1 tbsp. water or milk and brush on top of the treats. Wait 10 minutes and brush more egg wash on the treats.

Bake for 30-40 minutes. Remember these should be crunchy!