



## Vegetarian Dog Food Recipes

Distributed by:

**Asians for Humans, Animals & Nature** ( <http://www.ahan.org> )

The following recipe was created by a Chinese nun. She is also an animal rescuer. She helped many rescued dogs with health problems and when she switched all of the dogs to her recipe they all completely recuperated or their health greatly improved.

We would like to share the recipe with all the families that have dogs. If you use this recipe, we hope to receive feedback from you so we can share information on how to improve the health of our pets. If your dog shows improved health and vitality, please spread the word and donate to AHAN so we can continue our rescue work.

We have improved the recipe by adding some ground flax seeds.

### **Vegetarian Dog Food Recipe** ( One days' meal for a small dog )

- 1 cup Quick Cooking Oats
- ¼ cup Soy flour or soy milk powder ( Can substitute with smashed, cooked pinto beans )
- ¼ cup Wheat Bran
- 1 tbs. Soy Lecithin
- 1 tbs. Yeast ( optional )
- 1 tbs. Wheat Germ
- 1 tbs. Ground Sunflower Seeds
- 1/6 tbs. Molasses
- 1 tsp. ground flax seed
- ½ tbs. Oil ( organic, un-processed oil ) optional for healthy dog, not cooked

Mix all together and soak in hot water for about 20 minutes and then it will be ready to serve.

You can put all ingredients in a small plastic jar or prepare multiple jars at the same time and place all of them in the freezer. Take each jar out when you are ready and add hot water.

### **For medium and large dogs, double the recipe above!**

At night for snacks:

- Mix cooked soy flour with water, add a little sugar. In the winter time add toasted bread.
- Add cooked pinto beans
- Add water. Blend in a blender.

### **Vegetarian Dog Cookies** ( can be for humans too, just add more brown sugar and pinto beans )

- 4 cups Quick Rolled Oats
- 1 cup Wheat Bran
- 1 cup 100% Soy Power
- 1/3 cup Soy Lecithin
- 1/3 cup Yeast
- ½-¾ cup Vegetable Oil
- ¾-1 cup Brown Sugar
- 1/5 cup Molasses
- 1 cup cooked beans
- 1 cup Sunflower Seeds ( Ground )
- 1/3-1/2 cup Walnuts ( only add this for people NOT dogs )
- 1-2 Apples ( blended )

Mix all ingredients together. If too soft, add more flour. Shape mixture into cookie shapes and bake at 300 degrees for about 25 to 30 minutes.