

Belle's Birthday Bash Challenge

Bella Bark Board (Charcutier board)

Contents of Bark Board: (recipes attached for all baked items)

1. Fresh Cucumber
2. Dehydrated Banana Chips
3. Dehydrated Apple peelings
4. Carrot and Peanut Butter on the Cob
5. Parsnip and Strawberry Bones
6. Fresh Strawberries
7. Low-Fat Mozzarella (Bella's Name)
8. Pumpkin Donuts with Frosting and Rosemary
9. Oat and Apple Pretzels for Dogs
10. Dehydrated Sweet Potato Chips
11. Bone Broth with cooked chicken livers.

Recipes for Dehydrated Foods:

Banana Chips:

Slice Bananas into ¼ inch slices and place on dehydrator racks. Dehydrate at 145 degrees for 4-5 hours.

Apple Peels:

Peel apples with an apple, peel, corer and take the peels and lay them on dehydrator rack. Dehydrate at 145 degrees for 2-3 hours. Checking after 1.5 hours and lifting them from rack.

Pumpkin Donuts with Frosting

INGREDIENTS

- whole wheat flour
- 2 cooked carrots
- 3 tablespoons pumpkin puree
- 1 egg
- 2 medium sprigs fresh rosemary
- 1/4 cup + 2 tablespoons water
- 1/4 cup cream cheese

INSTRUCTIONS

- Preheat the oven to 350 degrees Fahrenheit. Strip the rosemary from its stems.
- In a medium mixing bowl or food processor, combine the flour, egg, and half of the rosemary. Mix well. Add enough wheat flour to make a solid dough ball that comes clean from the sides of the bowl.
- Roll out dough in clean area (with flour on surface). Cut into doughnuts with cutter or glass. Bake for 13 minutes. Let cool completely on cooling rack.
- Place the cream cheese in a small bowl and microwave for 20 seconds then stir well. Add the 2 tablespoons of water and stir until combined. Dip the top of your donuts in the cream cheese and sprinkle with the leftover rosemary. Store in a sealed container in the fridge for up to a week.

Bone Broth

1. Roast the bones- this is only necessary if you are using raw beef bones, and really improves the flavor of beef bone broth. Chicken carcasses have likely already been roasted by the time you remove the meat.

- roast at 425°F for 30 minutes, turning bones over halfway

2. Prepare veggies- coarsely chop carrots, celery and onions. Slice a head of garlic in half. Grab any fresh herbs you might have (don't worry if you don't have them though!)

3. Combine all ingredients and I used my Instapot to cook them.

4. Cook!

- Instant Pot- 2 hours on high pressure with a full natural pressure release (takes around 4 hours total time)

5. Remove solids- I use tongs to get the heavy stuff, and strain the rest through a sieve.

6. Portion out - I store my broth in 1 pint jars because it's a handy size to freeze. You can also store in 1 quart jars, or freeze in ice cube trays.

7. Optional- skim the fat. Beef broth is FATTY. I don't find this appealing to drink, so here's what I do:

- refrigerate beef bone broth overnight
- when fat has solidified, remove from the top of the broth using a spoon and transfer to a clean jar for later

Keep it in the refrigerator for no longer than 5 days. You can freeze it for up to a year.

Oat and Apple Pretzels for Dogs

Ingredients

- 1 egg
- 1 cup unsweetened applesauce
- 2 cups Oat Flour
- $\frac{3}{4}$ cup old fashioned oats

Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside.

1. Using a hand whisk, beat the egg and set it aside.
2. Combine the applesauce, oat flour, and rolled oats in a large bowl. Pour all but 1 tablespoon of the egg over the mixture and set aside the remaining 1 tablespoon of egg.
3. Using a wooden spoon, stir the mixture until a dough forms. The dough should be tacky but not overly sticky. Add a bit more or less flour if necessary.
4. Take a 2-tablespoon-sized piece of dough (approximate) and roll it into a tube. It should be about 10 inches long and about the width of a pencil.
5. Take each tube and make into a U shape, then twist the ends together and fold back to the top. This makes the pretzel shape. Pinch the ends in to make sure they're secure.
6. Place the pretzels onto the baking tray. Brush the top of each pretzel with the remaining egg.
7. Bake for approximately 25-30 minutes, until they're slightly browned and become crispy. The pretzels should be pretty hard, just like pups love them!
8. Remove from the oven and allow to cool before serving.
9. Store in an airtight container for up to 2 weeks.

Carrot and Peanut Butter on the Cob Treats

2 cooked carrots

1 egg

3 tablespoons of peanut butter

Whole wheat flour

Combine the cooked carrots with the egg and puree. Add in the peanut butter and blend well. Begin adding in the whole wheat flour until mixture become a clean ball of dough and there is no dough on the sides of the bowl.

Using cyclone corn cob molds, press the dough evenly into the molds and filling them completely. Lay the molds on a backing pan and bake at 350 degrees for 12-15 minutes. Remove and let cool completely and remove from molds and let your dog enjoy an earful of treats. Store in a sealed container for 3-4 days or freeze.

Parsnip and Strawberry Bones

Ingredients:

2 cooked parsnips (medium to larger size)

1-2 fresh strawberries hulled, sliced and chopped

1 egg

Whole wheat flour

Directions:

In a food processor, combine 2 cooked parsnips and 1 egg and puree together. Add in wheat flour until the mixture forms a solid dough ball and the sides of the bowl come clean. Carefully add in the chopped strawberry mixing with hands to try not break up the strawberry pieces.

Put flour on a clean surface and roll out the dough so that is it about ¼ inch thick. Cut out dog bone treats with cookie cutter. Bake at 350 degrees for 8-10 minutes or until cooked thru. Let cool completely and surprise your fur baby with something sweet and new.

DEHYDRATED SWEET POTATO CHIPS

1. Wash the sweet potato and slice the sweet potatoes $\frac{1}{2}$ cm thick.
2. Place the slices on the food dehydrator racks.
3. Set the dehydrator to 135° F.
4. Dry for 6-7 hours, depending on how crunchy you prefer the treats to be.
5. Store in an airtight container in the refrigerator.