

Salad Treats with Yogurt Glaze

Source: DogTreatKitchen.com

Ingredients:

1 cup fresh baby spinach (lightly packed)

¾ cup California mix vegetables (broccoli, cauliflower, carrots)

1 tsp. minced garlic (optional)

¼ cup plain yogurt, low fat or fat-free

½ cup applesauce, unsweetened

2 ½ cups whole wheat flour

½ tsp. baking powder

Yogurt Glaze:

½ tsp. plain yogurt, low fat or fat-free

2 tsp. water

Directions:

1. Preheat the oven to 350 degrees.
2. Finely dice the spinach and California mix vegetables.
3. Put the diced-spinach-and-vegetable mix into a large bowl.
4. If using the garlic, use a garlic press and mix into the vegetables.
5. Stir the yogurt and applesauce into the veggie mixture.
6. In a medium bowl, whisk together the flour and baking powder.
7. Add the flour into the vegetable mixture about 1/3 at a time. Stir after each addition.
8. Knead the dough in the bowl until a firm ball is achieved.
9. Fold out onto a floured surface and roll out to 1/2-inch thick.
10. Cut treats into shapes with a cookie cutter.
11. Spray a baking sheet with nonstick cooking spray.
12. Place the cut-out treats on the baking sheet.
13. In a small bowl, combine the yogurt and water.
14. Using a pastry brush, lightly brush the cut-outs with the yogurt and water.
15. Bake for 20 minutes.
16. Cool completely on a wire rack.