



Peanut Butter Banana treats

The parsley in these treats makes them a secret breath freshener for your pooch; substitute dried mint for half of the parsley, if you like. Don't hesitate to adjust the size of the treats to accommodate very small or very large dogs, baking them a few minutes less or a few minutes more, as needed. If your dog has challenges chewing, grind the rolled oats in a food processor before adding them to the mixture. Ingredients:

1 banana

1 cup oat flour

2/3 cup rolled oats

1/2 cup dried parsley

3 tablespoons peanut butter

1 egg, beaten

Method: Preheat the oven to 300°F. Put banana in a large bowl and use a spoon or potato masher to mash it thoroughly. Add oat flour, oats, parsley, peanut butter and egg and stir well to combine. Set aside for 5 minutes.

Roll mixture into 24 balls, using about 1 tablespoon dough for each; transfer to a large parchment paper-lined baking sheet as done. Use the back of a spoon or the heel of your hand to press each ball into a (1 1/2- to 2-inch) coin. Bake until firm and deep golden brown on the bottom, 40 to 45 minutes. Set aside to let cool completely.

Storage note: It's best to store these in an airtight container in the refrigerator. Or, freeze them to give to your pal later; just be sure to thaw the treats before handing them out.

Nutritional Info: Per Serving:
Serving size: 1 each, 45 calories (15 from fat), 1.5g total fat, 10mg cholesterol, 10mg sodium, 6g carbohydrates, (1 g dietary fiber, 1g sugar), 2g protein. [PRINT RECIPE](#)