Healthy biscuits for dogs (and humans!)

Ingredients:

- 1 ½ cups of oats
- 1 tablespoon of chia seeds mixed with 3 tablespoons of water, leave to go gelatinous
- 1 medium apple grated
- 1 medium carrot grated
- 1 large ripe banana mashed
- 2 tablespoons of vegetable oil or melted coconut oil
- Rolling pin
- 2 sheets of greaseproof paper (or plain flour for rolling out dough)
- Cookie cutter in the shape of your choice
- Baking tray(s)

Method:

1) Preheat the oven to 180 C
2) Mix all ingredients together in a bowl until it forms a dough, if it's a little wet, add a small amount of oats, if it's a bit too crumbly add a tablespoon of water until its just right.
3) Taste test your dough, if you're just making it for humans and you'd like it to be a bit sweeter you can add 1-2 tablespoons of sugar / honey / maple syrup or alternative (if you add liquid sweetener you might need to add a few more oats to make the dough less sticky).
4) Roll the dough out between 2 sheets of grease proof paper, or on a floured surface, to around ½ cm thickness
5) Cut out your biscuits
6) Gently place biscuits onto a greased or lined baking tray
7) Bake for 15-20 minutes until golden.
8) Enjoy! (if giving to your dog, only give 1-2 per day depending on their size)



Mixing



Rolling & cutting



Placing on baking tray with fork



Baked!





Pip enjoying his biscuits!