

## **Cheesy Flax Squares are Heart Healthy Dog Treats**



### **Ingredients:**

1 cup ground flax (see below)  
1/3 cup Parmesan cheese, grated  
1/2 cup water

### **Instructions:**

1. Preheat oven to 400° F
2. Whisk the flax and cheese together in a medium bowl.
3. Stir the water into the flax mixture.
4. Cover a baking sheet with parchment paper. Lightly spray the parchment paper with non-stick cooking spray.
5. Pile the mixture into the middle of the prepared baking sheet.
6. Cover with another piece of parchment paper and roll out (see note below). It should be no more than 1/2" thick, 1/4" is best.
7. Bake for 15 minutes, or until the center is no longer soft or spongy.

**Storing** - This heart healthy, like other recipes for dog treats will stay fresh in your refrigerator for about 2 weeks. Keep them in the freezer for 6 months.

**Yield** - Using a pizza cutter or knife, you will get about 24 2 inch squares with a few irregular squares of various sizes to nibble. I cut mine much smaller to use as training treats.

### **Tips & Techniques**

- **Flax Seeds** - Whether it's called ground flax, milled flax seed, or flax meal, they will all work for this dog treat recipe. For the freshest taste you can grind your own flax seeds at home with a flax seed grinder. Or, a multi-purpose kitchen tool you could use is a spice grinder. Either way, it's better not to use whole seeds, because your dog's body will not be able to break them down and she will not get the needed nutritional value. Milled flax seed, whether fresh or pre-ground, needs to be stored in the refrigerator (or freezer), in an air tight container for no more than four months to keep it from going rancid.
- **Roll Out Dough** - To roll out the flax dough on the baking sheet you can use a rolling pin. But I found that the flat edge of a ruler worked great to get a consistent thickness. Don't let the dog treat dough get too thin around the edges or it will burn. Once rolled out, lightly push any thin edges in to avoid it from burning.