

PETROPOLITAN

LIFE & STYLE FOR THE METROPOLITAN PET

COMPLIMENTARY COPY

FALL 2003



HOW THE INTERNET SAVED THE ANIMALS

Put the Treats in "Trick or Treat!"

By Lisa Miller

Kids aren't the only ones who enjoy Halloween treats; this year, include your pets in the festivities with these special goodies. For Halloween gifts, put these treats in trick-or-treat bags and give to humane organizations, family, friends and colleagues who have pets.



roll dough 1/4 inch thick, cut out treats with cookie cutters. Use small, shaped cookie cutters for bite-size kitty treats. Gather scraps, re-roll dough and cut out more shapes. (Halloween-shaped cookie cutters would be fun to use.)

Bake kitty cheese biscuits approximately 17 minutes, turning once until lightly golden.

Put biscuits in brown paper bags that you have rubber-stamped with Halloween-theme designs. Line paper bags with orange tissue paper.

If you have birds – or have friends who do – here's a great healthy recipe for them:

Halloween Oatmeal Arf! Arf! Bites

1 banana
1/4 cup peanut butter
1 apple, peeled and sliced
1 tablespoon canola oil
4 cups rolled oats
1 cup rice flour
1 egg
cinnamon to sprinkle
1/3 cup water



Preheat oven to 350 degrees. In a blender, blend banana, peanut butter, apple, canola oil and egg. In a mixing bowl, combine oats and flour. Gradually add dry mixture to wet; drop by spoonfuls on baking sheet sprayed with nonstick cooking spray. Bake approximately 40 minutes. Sprinkle cinnamon on each bite before baking.

Cool and store in an airtight container.

Cake Crumble

1 package corn muffin mix
1 egg (as indicated on muffin package), including shell
1/4 cup spinach, chopped (fresh or frozen)
1/4 cup fresh carrots, grated
1/4 cup beans, any type, sprouted or from a can (not dry)
1/4 cup mixed dried fruit
1/4 cup small bird pellets, organic
2 teaspoons calcium powder (optional)



Mix the corn muffin mix according to the package; if it uses an egg, include the shell (crushed). If it doesn't require an egg, add a hardboiled egg, including the shell. Add the other ingredient and stir well. Bake in a greased cake pan as per directions, although the extra ingredients may double the cooking time.

When a knife comes out of the center clean, cool the cake on a wire rack. Crumble it into large chunks and freeze. Thaw a portion each day for your feathered friends.

Lisa Miller is the author of the books *Pet Lovers Old West Doggie Travel Guide*, *Pet Lovers Creme de la Creme of Pet Living*, *Pet Lovers Canine Cookbook* and *Pet Lovers Feline Cookbook*. She lives in Denton and can be found online at www.biscuitsnbones.com 🐾

Halloween Kitty Cheese Biscuits

1/2 cup each grated cheddar and Parmesan cheese
3 tablespoons vegetable oil
1 cup (un-sifted) whole-wheat flour
1/2 cup (un-sifted) all-purpose flour
1/4 cup nonfat dry milk powder
1 1/2 teaspoons garlic salt
1/2 cup water
Cooking spray



In large bowl, mix cheeses with oil. Stir in flours, milk powder and garlic salt until blended. Add water, knead in bowl until stiff yet pliable dough forms.

Preheat oven to 350 degrees. Lightly grease baking sheets with non-stick cooking spray. On lightly floured surface,