

PupShelf

50 Micro-Treats & Toppers

**For the Dachshund whose
back carries every extra ounce**



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The budget nobody told you about

Here is the number this whole book is built on.

A miniature dachshund in adult condition weighs somewhere around 9 to 11 lb (4 to 5 kg). Depending on her age, her activity and whether she is spayed, she eats roughly 250 to 400 calories a day. The veterinary rule for treats – we will do the arithmetic properly in a moment – is ten percent of that.

Which leaves you about 30 to 40 calories. For the entire day.

Not per session. Per day, for everything that is not her actual meal: training rewards, the bit of cheese at the vet, the thing you hand over because she looked at you.

The budget nobody told you about

What that buys at the shop

A medium dog biscuit off the shelf commonly carries around 40 calories – the figure is printed on the box, and it is worth turning yours over tonight.

One biscuit. That is the whole day, gone in about four seconds, on a treat designed for a dog four times her size.

This is not a moral failure on your part. Nobody told you. Treat packaging is sized for the average dog, and yours is a dog with the appetite of a hound and the calorie budget of a cat.

What this book does instead

It does not make her less hungry. Nothing does, and any book promising it is selling you something.

What it does is change the unit. Every recipe in here is built at the size of a pea – about 0.4 inch (1 cm) across

The budget nobody told you about

– and every one tells you how many pieces fit inside a 30 to 40 calorie day. Not “a few treats.” A number you can count out onto the counter before you start.

The difference is not small. Spend your 35 calories on one biscuit and she gets one moment. Spend the same 35 calories on pea-sized pieces of cooked chicken and she gets around twenty. On cucumber, considerably more than a hundred.

Same budget. Same “yes” from you. A completely different day for her.

How to use it

Read the next five chapters first. They take about ten minutes, and they are the part that keeps her safe – the back chapter, the red list, the peanut butter warning, the kitchen rules.

The budget nobody told you about

Then work through the recipes in whatever order suits your week. They are grouped by effort, not by ingredient: no-cook, frozen and slow, toppers for the bowl, baked in batches, and training micro-treats.

Every recipe carries a calorie figure, how many pieces the daily budget holds, a storage window, and a note on who should skip it.

This guide is educational and is not a substitute for veterinary care. Calorie targets for a specific dog – particularly one on a prescription diet, a weight plan, or treatment for any medical condition – belong to that dog's veterinarian.

Weight, the back, and what the research actually says

Somebody has probably told you that extra weight breaks a dachshund's back.

It is said kindly, usually at the vet's or in a comment thread, and it is the reason a lot of owners feel guilty every time they open the treat jar. It is also, as a piece of cause and effect, wrong. Getting it right matters – partly because you deserve accurate information, and partly because the true version is more useful than the myth.

What the research shows

Intervertebral disc disease is the defining health problem of this breed. Dachshunds carry a relative risk on the order of ten to twelve times that of other breeds, and estimates suggest that somewhere between 19 and 24 percent of dachshunds

Weight, the back, and what the research actually says

show clinical signs of it during their lives.

The reason is built in. Dachshunds are chondrodystrophic: the same genetics that produce the short legs and the long body also change how the discs between the vertebrae develop. Those discs mineralize and lose their cushioning early, often before the dog is two, in a dog who has done nothing wrong and eaten nothing wrong.

The largest owner survey on the subject – DachsLife 2015, which gathered data on 2,031 dachshunds – looked hard for lifestyle factors. **Body weight on its own did not turn out to change the risk of disc degeneration.** A lean dachshund and a heavy dachshund appear to arrive at degenerated discs by the same genetic road.

Weight, the back, and what the research actually says

So the sentence “her weight is destroying her spine” is not supported. Say it out loud once, and let go of it.

What weight does do

Here is the part that is supported, and it is not a small part.

Body condition tracks strongly with **recovery**. Work looking at body condition score against disc disease grade and recovery time found that heavier dogs took longer to get their mobility back after an episode. A dachshund who comes into a disc episode lean has a better road out of it than one who does not.

There is also a mechanical argument that most veterinary sources accept: extra mass on a long, unsupported thoracolumbar span increases the load that already-compromised discs have to handle, which

Weight, the back, and what the research actually says

plausibly raises the risk of a disc actually extruding – as distinct from degenerating in the first place.

The same survey found that dogs whose owners considered them active, and who exercised more than an hour a day, had lower odds of disc disease. That is an association from a questionnaire, not proof of cause, and it deserves to be read as a hint rather than a prescription.

The honest sentence

Being lean does not spare your dachshund from disc disease. It changes how she comes through it.

That is why the treat budget in this book is worth the trouble. Not because 30 calories a day is standing between your dog and paralysis – it is not – but

Weight, the back, and what the research actually says

because body condition is one of the few things on that list you get to influence, quietly, every single day, with a knife and a cutting board.

None of which is a weight-loss plan. Assessing your dog's body condition, and deciding whether she needs to lose anything at all, is a conversation with your vet, who can put hands on her ribs.

This guide is educational and is not a substitute for veterinary care. Any dog showing sudden back pain, yelping when touched or lifted, reluctance to move, wobbliness or weakness in the back legs, dragging or knuckling a paw, or loss of bladder or bowel control needs emergency veterinary attention immediately, not home management.

Why size beats everything: the pea rule

Your dog cannot count calories. She counts events.

She does not experience 35 calories. She experiences the number of separate times something good happened, and roughly how long each one lasted. That is the only currency she recognizes – and it means the size of the piece in your hand matters more than almost anything else you could change.

The rule

One treat is a pea. About 0.4 inch (1 cm) across, or smaller.

Not a pea-sized biscuit broken off a bigger one when you remember. A pea, every time, as the default unit of this entire book.

A cube that size weighs roughly a gram, which is the reason the arithmetic below works out so well. It is also,

Why size beats everything: the pea rule

incidentally, the size that professional trainers use for large breeds – a pea does not slow a dog down, does not crumble on the floor, and does not fill her up halfway through a session.

What one gram actually costs

Working from USDA reference values, rounded. The last column assumes a 35-calorie day, which is the middle of a miniature dachshund’s budget.

ONE PEA-SIZED PIECE	ABOUT	PIECES IN A 35 KCAL DAY
Cucumber, skin on	0.15 kcal	more than 200
Celery	0.14 kcal	around 250
Green bean, raw or steamed	0.3 kcal	around 110
Canned plain pumpkin, dab	0.35 kcal	around 100
Carrot	0.4 kcal	around 85

Why size beats everything: the pea rule

ONE PEA-SIZED PIECE	ABOUT	PIECES IN A 35 KCAL DAY
Plain apple, no seeds	0.5 kcal	around 65
Plain Greek yogurt, dab	0.6 kcal	around 55, varies with fat content
Baked sweet potato	0.9 kcal	around 38
Cooked chicken breast	1.7 kcal	around 20
Peanut butter, dab	6 kcal	5 or 6, and that is the day gone
Medium shop biscuit	40 kcal	none – it is already over

Read the first and last lines together. That is the whole argument of this book in two rows.

Ten small yeses beat one big one

Say you are teaching her to come away from the front door. That takes repetitions – ten, twenty, thirty over a week.

Why size beats everything: the pea rule

With biscuits you cannot afford the training. One reward is the day's entire allowance, so you either skip the session or you go over budget, and most owners quietly do the second.

With pea-sized cooked chicken you get twenty repetitions, and you still have room left over. The training gets done. The dog eats less. Nothing about the day felt like deprivation to her, because the thing she was counting went up, not down.

This is also why cutting smaller never reads as meanness. Halve the thickness of a carrot coin and you have halved the calories and changed nothing at all about the moment. It is the cheapest improvement in this book, and it costs you thirty seconds with a knife.

Why size beats everything: the pea rule

Two dachshund-specific cautions

Keep everything at floor level. No treat in this book is worth a dog rearing up on her hind legs, jumping for it, or twisting to take it from above. Puzzle toys, lick mats and scatter games all go on the floor, and rewards are delivered low, at her nose height, where she is standing on four legs.

Cut to a size she cannot inhale. Small dogs bolt small food. If she swallows without chewing, favor soft pieces over hard raw vegetable chunks, and stay in the room while she eats.

This guide is educational and is not a substitute for veterinary care. Calorie figures are rounded USDA reference values for planning, not laboratory measurements of your particular carrot.

The red list: never, in any amount

Photograph this page and keep it on your phone.

Nothing below belongs in a recipe, a topper, or a “she only had a crumb” moment. No safe quantity is implied for any of it. And because your dog is small, the quantities that matter are correspondingly small – a dose that a Labrador would shrug off can put a 10 lb (4.5 kg) dachshund in a clinic. Where a threshold is known, it is given at her size.

The thirteen

1 • Xylitol, also labeled birch sugar or wood sugar. A sweetener in sugar-free gum, “keto” baking, some toothpastes and a handful of peanut butters. It crashes a dog’s blood sugar within 10 to 60 minutes and it survives baking. The next chapter is about nothing else.

The red list: never, in any amount

2 • Chocolate, cocoa powder and baking chocolate.

Poison control works from about 20 mg/kg of methylxanthines for mild signs and 60 mg/kg for seizures. For a 10 lb (4.5 kg) dachshund that is roughly 90 mg – around 2 oz (57 g) of milk chocolate, or about ¼ oz (7 g) of baking chocolate, which is a single square.

3 • Grapes and raisins. There is no established safe dose at any body weight. Dogs have gone into kidney failure on four or five grapes. The suspected agent, tartaric acid, varies from 0.35% to 2% between bunches, so the same handful is not the same risk twice.

4 • Onion, garlic, leek and shallot – the entire Allium family. Raw, cooked, dried or powdered, all equally. Onion becomes a problem around 5 g/kg and garlic is three to five times more potent at about 1 g/kg – for your dog, that is roughly a quarter of a small onion, or one clove of garlic.

The red list: never, in any amount

Signs are often delayed one to five days.

5 • Macadamia nuts. Weakness, classically in the back legs, with vomiting and tremor, usually within 3 to 24 hours. Signs have been reported from about 0.7 g/kg, which at this size is a nut or two. Dogs generally recover in a day or so, but hind-leg weakness in a dachshund is exactly the sign you never want to have to interpret.

6 • Alcohol in any form, including what ferments inside a rising dough. Staggering, low body temperature and disorientation appear within 30 to 60 minutes.

7 • Caffeine. Coffee, tea, energy drinks and used grounds, which are more concentrated than the brewed drink. Roughly one cup's worth of coffee puts a 10 lb (4.5 kg) dog into mild-signs territory.

8 • Raw yeast dough that is still rising. The dough keeps expanding in a warm stomach and the fermentation feeds alcohol into the blood. Never leave

The red list: never, in any amount

dough proving where she can reach it, which in this breed means anywhere at counter edge or below.

9 • Black walnuts, and any moldy nut of any kind.

One or two moldy nuts can bring on tremors or seizures within 15 minutes to a few hours, and roasting does not destroy the toxin.

10 • Nutmeg. Sources disagree on the threshold, which is reason enough to keep it out of dog baking altogether.

11 • Stone fruit pits – cherry, apricot, plum, peach – chewed or crushed, and apple seeds in quantity. The pit is also a blockage risk in a narrow gut. Pitted flesh is fine.

12 • Tomato leaves, stems and unripe green tomatoes. A ripe red tomato in a small amount is a different matter; the green parts of the plant are not.

The red list: never, in any amount

13 • Cinnamon essential oil. Concentrated oil causes chemical burns to the mouth and throat. Ordinary ground cinnamon in a pinch is a separate question and is not on this list.

If you think she has eaten one of these

Do not wait for symptoms and do not go looking for reassurance online. Call.

United States and Canada – ASPCA Animal Poison Control **888-426-4435** • Pet Poison Helpline **855-764-7661**

United Kingdom – Animal PoisonLine **01202 509 000**

Australia – Animal Poisons Helpline **1300 869 738** •

New Zealand – **0800 869 738**

All are staffed around the clock. Most charge a consultation fee; the Australian and New Zealand line is

The red list: never, in any amount

free. Have her weight ready, what she ate, roughly how much, and when.

These are independent animal poison services with no connection to us or to where you bought this book. Save the one for your country in your phone now, under her name.

This guide is educational and is not a substitute for veterinary care. Thresholds are published guidance figures, not safety margins – a dose below one of them is not a dose that is safe to give.

The peanut butter problem

Peanut butter appears in more homemade dog treats than any other ingredient, and it is the single most likely way something in this book could kill your dog. Not the peanuts. What some manufacturers put in beside them.

What xylitol does

Xylitol is a sugar alcohol used to sweeten food without sugar. In people it barely moves insulin. In a dog the pancreas reads it as a large sugar load and floods the bloodstream with insulin, and blood glucose falls away underneath her.

The North Carolina State College of Veterinary Medicine puts the window at **10 to 60 minutes** from eating to hypoglycemia – faster than most owners notice anything is wrong. She goes wobbly and weak, then disoriented; then vomiting, collapse, seizures.

The peanut butter problem

Why her size makes this worse

The published thresholds are given per kilogram, which is exactly why a small dog is in more danger than her owner expects.

Above roughly **100 mg per kg** is the level associated with low blood sugar. For a 10 lb (4.5 kg) miniature dachshund that is about **450 mg – under half a gram**. Above roughly **500 mg per kg**, around 2 g at her weight, there is a risk of liver failure within 12 to 24 hours.

Half a gram is not a spoonful. It is a smear. It is the amount you would use for a pea-sized training reward, or to hide a tablet, or to line a lick mat – the exact quantities this book asks you to work in.

There is a rarer problem as well: severe liver injury appearing a day or two later, which does not track with dose. Reports put it at something like one case in a

The peanut butter problem

thousand, and note that most dogs it happens to do not recover. Nobody can give you a cleaner number than that, and this book will not invent one.

The label is the only defense

Three things make this hazard different from everything on the red list.

It hides under other names. A jar may say *birch sugar* or *wood sugar*. Same compound.

Baking does not touch it. Heat destroys nothing. A biscuit baked at 350°F (175°C) is as dangerous as the jar.

Recipes change without announcement. Several protein-boosted and low-sugar brands have used xylitol at one point or another; some dropped it, others added it. This book deliberately prints no list of safe

The peanut butter problem

brands – such a list is wrong the moment a manufacturer reformulates.

So: read the ingredients panel every single time you open a new jar, including a brand you have bought for years. Not the front of the label, not the word “natural” – the panel. You want to see peanuts, and possibly salt. Anything sugar-free, keto or protein-fortified goes back on the shelf.

The peanut butter problem

Every recipe here that uses peanut butter repeats this instruction. That is not an editing oversight.

If you think she has eaten xylitol, do not wait for symptoms. Call poison control – **888-426-4435** in the US and Canada; the other numbers are in the red-list chapter.

This guide is educational and is not a substitute for veterinary care. Suspected xylitol ingestion is an emergency at any dose, and belongs on the phone to a

vet or a poison control line rather than in a search engine.

Kitchen rules: heat, storage, mold

Homemade treats have one disadvantage against the bag from the shop: nothing in them holds back bacteria or mold. No preservatives, no sealed packaging, no shelf-life testing. What stands in for all of that is you – a thermometer, a date on the lid, and a willingness to throw things out.

There is a wrinkle here that belongs specifically to small dogs. At 30 to 40 calories a day, a batch that would feed a big dog for three days will feed your dachshund for three weeks. **Storage windows bite far harder in this book than in most.** The answer is not a bigger jar; it is smaller batches, and the freezer.

1. Cook meat all the way through

Every meat ingredient in this book is fully cooked. The USDA minimums were written for human food, but the bacteria are the same

Kitchen rules: heat, storage, mold

and your hands are on the same counter.

WHAT YOU ARE COOKING	MINIMUM INTERNAL TEMPERATURE
Chicken and turkey – whole, pieces or ground	165°F (74°C)
Beef and pork – steaks, chops, roasts	145°F (63°C), then rest 3 minutes
Ground beef and ground pork	160°F (71°C)
Eggs	cooked firm, no runny white

Ground meat gets a higher number because grinding spreads whatever was on the surface right through the batch. Take the reading in the thickest part, away from the pan – color is not doneness.

The AVMA does not recommend feeding dogs raw or undercooked meat, poultry, fish or eggs. There are no raw-meat recipes here, and that is deliberate.

Keep the fat down while you are at it. Dachshunds sit on the list of breeds seen more often with pancreatitis, and rich food is the classic trigger. No bacon, no butter,

Kitchen rules: heat, storage, mold

no chicken skin, no fatty mince – in this book or outside it.

2. Label the batch, respect the window

The window depends on what is in the treat, not on how it looks.

WHAT IS IN IT	HOW LONG IT KEEPS
Anything with meat, egg or dairy	fridge 3-4 days · freezer up to 3 months
Dry baked treats, no meat or dairy	airtight at room temperature up to 1 week · fridge up to 2 weeks · freezer up to 3 months
Cut raw vegetables and fruit	fridge 2-3 days
Anything frozen	up to 3 months, and never refrozen once thawed

Three days is three days. A cooked-chicken treat is a plate of cooked chicken, and it follows the ordinary leftovers rule no matter what shape you cut it into.

Kitchen rules: heat, storage, mold

Write the date on the container. You will not remember.

The practical move for a dog this size: freeze in single-day portions – an ice cube tray or a small silicone mold, one compartment per day – and thaw one at a time.

The rest of the batch stays at 0°F (-18°C) with the clock stopped.

Nothing containing meat, dairy or fresh fruit sits out on the counter, however convenient the jar by the kettle is.

3. If you can see mold, the whole batch goes

Not the moldy corner. The batch.

Mold growing on food rich in fat and protein can produce tremorgenic mycotoxins – penitrem A is the common one – and in dogs those bring vomiting, tremors, unsteadiness and seizures, sometimes within fifteen minutes of eating. The growth reaches well past

Kitchen rules: heat, storage, mold

the fuzzy patch you can see, so scraping the top off removes nothing.

Visible mold, a sour or odd smell, a slimy or changed texture: throw it out. A wasted batch costs you an hour.

The extra rule for homemade jerky

If you dry meat strips yourself, heat the meat first – **160°F (71°C) for beef, 165°F (74°C) for poultry** – before it goes near the dehydrator.

Kitchen rules: heat, storage, mold

A dehydrator runs at only 130-140°F (54-60°C), which will not kill pathogens on raw meat, and bacteria get considerably more heat-resistant once they dry out. The wet heat of pre-cooking is what makes home-dried jerky safe. Dry it afterward at the usual 130-140°F (54-60°C).

This guide is educational and is not a substitute for veterinary care. If your dog vomits repeatedly, refuses food, becomes lethargic, or shows tremors or unsteadiness after eating anything homemade, call your vet rather than waiting it out.

Recipes 1-10 • No-cook, under a minute

A knife, a board, and a smaller idea of what a treat is.

Everything in this chapter is cut to a pea – about 1 cm, or 0.4 inch. That is not stinginess. A mini Dachshund eating 300–350 kcal a day has roughly **30–40 kcal** to spend on treats, and one supermarket biscuit can take the lot. Cut to a pea, the same calories buy you fifteen or twenty separate moments of “yes” instead of one.

Each recipe tells you how many pieces fit inside a 35 kcal day. On the vegetables the answer is often more than she should eat for other reasons – fiber sets the limit long before calories do, and the recipe says so where that happens.

Two habits. **Cut small** – a hard chunk is a choking risk in a dog this size. And **introduce one new thing at a time**, then watch the next day’s digestion. Every figure below comes from USDA reference values.

Recipes 1-10 • No-cook, under a minute

1. Cucumber pea-dice

Under 1 kcal a dice • makes about 40 • 2 minutes **Fits your day** – well over 100 dice inside a 35 kcal budget

You need

- A 1½ inch (4 cm) length of cucumber, washed, skin on

Method

1. Slice into 1/8 inch (3 mm) planks, then cut the planks into 1 cm (0.4 inch) squares.
2. Feed one at a time, or scatter a dozen on the floor for a nose hunt.

Why it works. Cucumber is about 15 kcal per 100 g and mostly water, so calories are not what limits you here. Twenty dice in a session is plenty – stop for her stomach, not your budget.

Recipes 1-10 • No-cook, under a minute

Keeps – fridge, sealed, up to 3 days. **Skip if** – she swallows without chewing. Grate it over dinner instead.

2. Carrot pea-dice

About 0.5 kcal a dice • makes about 15 • 2 minutes

Fits your day – up to 70 dice, though 15 is a realistic session

You need

- A quarter of a medium carrot, washed

Method

1. Cut lengthwise into thin sticks, then across into 1 cm (0.4 inch) cubes.
2. For a dog who gulps, steam the pieces for three minutes first.

Recipes 1-10 • No-cook, under a minute

Why it works. A whole medium carrot is about 25 kcal. A quarter of it is six calories and fifteen rewards.

Keeps – fridge, sealed, up to 4 days. **Skip if** – she has worn or damaged teeth. Raw carrot is hard.

3. Green bean rounds

Under 1 kcal a round • makes about 30 • 2 minutes **Fits your day** – over 100 rounds, but keep it to 15 for the fiber

You need

- 3 fresh green beans, washed, stem ends snapped off

Method

1. Cut each bean crosswise into rounds about 1 cm (0.4 inch) long.

Recipes 1-10 • No-cook, under a minute

2. Serve cold from the fridge.

Why it works. Green beans are about 31 kcal per 100 g, and a round is one clean bite that still needs chewing.

Keeps – fridge, sealed, up to 4 days. **Skip if** – the beans are canned with salt. Plain and unsalted only.

4. Zucchini pea-dice

Under 1 kcal a dice • makes about 50 • 2 minutes **Fits your day** – far more than she needs; twenty is a generous session

You need

- Half a small zucchini, about 2 oz (59 g), washed, skin on

Recipes 1-10 • No-cook, under a minute

Method

1. Slice into 1/4 inch (6 mm) planks, then cut into 1 cm (0.4 inch) cubes.
2. Serve raw.

Why it works. Zucchini is about 17 kcal per 100 g and softer than carrot, so it suits older teeth. Half a small one is around ten calories for fifty hand-overs.

Keeps – fridge, sealed, up to 3 days. Slimy cut edges mean throw it out. **Skip if** – it tastes bitter to you. Bitter zucchini goes in the trash for everyone.

Swap: celery, split lengthwise first to break the strings, then diced – about 14 kcal per 100 g.

5. Sweet red pepper squares

Under 1 kcal a square • makes about 50 • 2 minutes

Fits your day – more than 100; twenty is enough

You need

- A quarter of a red bell pepper, washed

Method

1. Cut away every seed and all the white pith.
2. Slice into 1 cm (0.4 inch) squares.

Why it works. Sweet pepper is about 26 kcal per 100 g, and the wall is thin enough that a square is already pea-sized without extra work.

Keeps – fridge, sealed, up to 4 days. **Skip if** – it is anything but a plain sweet bell pepper. Nothing chili, nothing pickled.

6. Blueberries, whole or halved

About 1 kcal a berry • makes as many as you count out
• 1 minute **Fits your day** – up to 35 berries, though ten leaves room for everything else

You need

- Fresh blueberries, washed

Method

1. A medium blueberry is already about 1 cm across – no cutting needed.
2. Halve them for a dog who swallows whole.

Why it works. Blueberries are about 57 kcal per 100 g, and a berry weighs roughly 1.5 g. Countable, soft, and sweet enough to feel like a real reward.

Keeps– fridge, up to 3 days. Berries mold fast, and mold is not something to pick around – one fuzzy berry and the whole punnet goes. **Skip if**– you were reaching

Recipes 1-10 • No-cook, under a minute

for grapes or raisins instead. Those are red list at any amount.

7. Apple pea-dice

About 0.5 kcal a dice • makes about 25 • 3 minutes

Fits your day – up to 70 dice; ten is a sensible session

You need

- An eighth of a medium apple, washed, skin on

Method

1. Cut the core away and pick out every seed. Not most of them – all of them.
2. Dice the piece into 1 cm (0.4 inch) cubes.

Why it works. A medium apple is about 95 kcal, so an eighth is twelve calories and two dozen rewards. The skin adds chewing time.

Recipes 1-10 • No-cook, under a minute

Keeps – fridge, sealed, up to 2 days. Browning is fine; softness and a fermented smell are not. **Skip if** – she is diabetic or on a vet-managed weight plan.

8. Poached chicken confetti

About 2 kcal a piece • makes about 30 • 15 minutes

Fits your day – up to 17 pieces inside a 35 kcal budget

You need

- 1 oz (28 g) boneless skinless chicken breast, no salt, no seasoning

Method

1. Simmer in plain water until cooked all the way through – **165°F (74°C)** on a thermometer, no pink anywhere.

Recipes 1-10 • No-cook, under a minute

2. Cool completely, then tear or cut into 1 cm (0.4 inch) pieces.

Why it works. Cooked chicken breast is about 165 kcal per 100 g – the richest thing here, and the one she will work hardest for. Save it for the repetitions that matter.

Keeps – fridge, 3 to 4 days. Freezer, up to 3 months.

Skip if – chicken is on her suspect list; it is the third most common food allergen in dogs. Use turkey or plain white fish instead.

9. Strawberry dice

About 0.5 kcal a piece • makes 8 from one berry • 1 minute **Fits your day** – up to 70 pieces; ten is plenty

You need

Recipes 1-10 • No-cook, under a minute

- 1 medium strawberry, washed, hulled

Method

1. Slice into thin rounds, then cut each round into pea-sized pieces.
2. Serve chilled.

Why it works. Strawberries are about 32 kcal per 100 g and a medium berry weighs about 12 g – four calories, eight rewards.

Keeps – fridge, up to 2 days. Soft or weeping berries go in the trash. **Skip if** – she reacts to new fruit with loose stools. Try two pieces first.

Swap: seedless watermelon, rind off, in 1 cm (0.4 inch) cubes – about 30 kcal per 100 g.

10. The one-teaspoon dip

About 5 kcal a serving • makes 1 • 1 minute **Fits your day** – up to 7 servings, though one is the point

You need

- 1 tsp (5 ml) plain canned pumpkin – pumpkin only, no salt, no spice, not pie filling
- 1 tsp (5 ml) plain unsweetened Greek yogurt
- A few vegetable dice from any recipe above

Method

1. Read the yogurt label before it goes near her.
Anything sugar-free, light or diet can contain xylitol, sold on some labels as birch sugar. Check every time, even a brand you have bought for years.
2. Stir the two together in an egg cup and set it on the floor.
3. Let her lick it clean, or use the dice as dippers.

Recipes 1-10 • No-cook, under a minute

Why it works. Canned pumpkin is about 34 kcal per 100 g and plain nonfat Greek yogurt about 61 – a teaspoon of each is five calories, and licking takes far longer than chewing.

Keeps – fridge, sealed, up to 2 days. Leftover canned pumpkin freezes in an ice-cube tray for up to 3 months.

Skip if – dairy upsets her. Most adult dogs lose the enzyme for lactose after weaning, and intolerance shows within 30 minutes to 2 hours as bloating, gas or loose stools – test with a quarter teaspoon first. Leave the yogurt out for puppies under 12 months and for any dog on a vet-supervised elimination diet.

This book is educational and is not a substitute for veterinary care. Treats of any kind belong inside the 10% rule; if your dog is on a prescription diet, is diabetic, has had pancreatitis, or is recovering from a back episode, check each recipe with your own vet before you start.

Recipes 11-20 • Frozen and slow

A pea-sized treat is gone in a second. The same pea, frozen into a lick mat, can take fifteen minutes. The calories are identical; her afternoon is not. **You are not buying satisfaction with calories – you are buying it with time.**

Everything in this chapter goes on the floor. Not on a chair, not wedged into a crate bar at chest height, not held up while she reaches. A Dachshund who stretches upright or jumps down to get at a frozen toy is loading the exact part of her spine you are trying to protect. Put the mat, the tray and the toy flat on the ground, on a towel, and let her lie down to work.

One warning before the broth. Most cartons on the shelf contain onion or garlic, often hidden as “onion powder,” “natural flavor” or a stock base. Both are red list, both damage red blood cells, and the powdered forms are no safer than fresh. Read the whole ingredient list, every time.

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Buy a **baby-food ice tray** – wells of about 1 tsp (5 ml). A standard cube is too much treat for this dog in one sitting. And very cold food hurts worn teeth: for an older dog, let the piece sit out for five minutes first.

11. Micro broth cubes

Calories depend on your carton • makes 12 • 3 minutes, then freeze overnight **Fits your day** – divide the kcal per cup on the label by 48; that is one 5 ml cube

You need

- 1/4 cup (60 ml) unsalted broth, no onion and no garlic
- A baby-food ice tray with 1 tsp (5 ml) wells

Method

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1. Fill the wells and freeze overnight.
2. Pop the cubes into a freezer bag and label the date.

Why it works. A cube this size is licked down, not crunched, so almost nothing buys a couple of minutes.

Keeps – freezer, up to 3 months. **Skip if** – sensitive or damaged teeth, or a dog who swallows cubes whole.

12. Frozen pumpkin drops

About 1 kcal a drop • makes 30 • 5 minutes, then freeze overnight **Fits your day** – up to 30 drops inside a 35 kcal budget

You need

- 1/4 cup (60 ml) plain canned pumpkin – not pie filling, which is sugared and spiced

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- A lined tray that fits your freezer

Method

1. Drop half-teaspoons of pumpkin onto the tray, spaced apart.
2. Freeze solid, then bag them.

Why it works. Pumpkin is about 34 kcal per 100 g and dense enough that a drop melts slowly instead of vanishing.

Keeps – freezer, up to 3 months. **Skip if** – she is already loose in the stool.

13. Frozen yogurt dots

About 1.5 kcal a dot • makes 30 • 5 minutes, then freeze overnight **Fits your day** – up to 23 dots inside a 35 kcal budget

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You need

- 1/4 cup (60 ml) plain unsweetened Greek yogurt – read the label for xylitol or birch sugar, every time

Method

1. Drop half-teaspoons onto a lined tray.
2. Freeze solid, then bag them.

Why it works. Plain nonfat Greek yogurt is about 61 kcal per 100 g. Frozen, a dot has to be licked rather than swallowed.

Keeps – freezer, up to 3 months. **Skip if** – she has not had yogurt before. Give one dot and wait a day.

14. Blueberry broth cubes

About 1 kcal a berry, plus whatever your broth adds

• makes 12 • 5 minutes, then freeze overnight **Fits your day** – one berry a cube, so a dozen cubes is about 12 kcal plus the broth

You need

- 12 fresh blueberries
- 1/4 cup (60 ml) unsalted broth, no onion and no garlic
- A baby-food ice tray

Method

1. Drop one blueberry into each well.
2. Top up with broth and freeze overnight.

Why it works. The berry surfaces at the end, which keeps her at the cube longer than a plain one.

Keeps – freezer, up to 3 months. **Skip if** – sensitive teeth.

15. The floor lick mat, spread thin

About 5 kcal a mat • makes 1 • 3 minutes, then freeze 2 hours **Fits your day** – up to 7 mats, though one is the point

You need

- 1 tbsp (15 ml) plain canned pumpkin
- A silicone lick mat

Method

1. Spread the pumpkin as thinly as it will go and work it into every groove.
2. Freeze flat for at least 2 hours.
3. Lay the mat on the floor. Never hold it up or clip it to anything she has to reach for.

Recipes 11-20 • Frozen and slow

Why it works. Thin and cold beats thick and soft – one tablespoon becomes ten minutes of licking, all of it done lying down.

Keeps – freezer, up to 3 months. Wash the mat after every use. **Skip if** – she bites and shreds silicone.

16. Frozen watermelon pea-cubes

Under 1 kcal a cube • makes about 35 • 5 minutes, then freeze 3 hours **Fits your day** – over 100 cubes; ten is enough for one cold session

You need

- 1/4 cup (60 ml) seedless watermelon, rind removed

Method

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1. Cut into 1 cm (0.4 inch) cubes and spread them on a lined tray so they do not stick.
2. Freeze 3 hours, then bag them.

Why it works. Watermelon is about 30 kcal per 100 g and mostly water – the cheapest cold treat here.

Keeps – freezer, up to 3 months. **Skip if** – sensitive teeth. Remove all rind and seeds first.

17. Frozen banana pieces

About 1 kcal a piece • makes 30 • 5 minutes, then freeze 3 hours **Fits your day** – up to 30 pieces inside a 35 kcal budget

You need

- A quarter of a medium banana, about 1 oz (30 g)

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Method

1. Cut into 1 cm (0.4 inch) pieces and spread them on a lined tray.
2. Freeze 3 hours, then bag them.

Why it works. Banana is about 89 kcal per 100 g – sweeter and denser than the fruit in Chapter 7, which is why it is a quarter and not a half.

Keeps – freezer, up to 3 months. **Skip if** – she is on a vet-managed weight plan or is diabetic.

18. The floor-level stuffed toy

About 5 kcal a toy • makes 1 • 3 minutes, then freeze overnight **Fits your day** – one toy, with 30 kcal left over

You need

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- 1 tsp (5 ml) plain canned pumpkin
- 1 tsp (5 ml) plain unsweetened Greek yogurt – check the label for xylitol or birch sugar
- The smallest hollow rubber toy you can buy

Method

1. Stir the pumpkin and yogurt together and press the mixture into the toy. Do not fill it – a thin coating inside lasts longer than a plug.
2. Stand it in a mug and freeze overnight.
3. Give it to her on the floor, on a towel. Never wedge it up high or throw it for her to chase.

Why it works. Two teaspoons smeared thin inside a small toy is five calories and twenty minutes of quiet, flat-on-the-floor work.

Keeps – freezer, up to 3 months. **Skip if** – she chews rubber apart rather than licking it, or dairy upsets her.

19. Frozen chicken confetti cubes

About 1 kcal a cube • makes 12 • 20 minutes, then freeze overnight **Fits your day** – the whole tray of 12 is about 13 kcal, roughly a third of the day

You need

- 1 tbsp (15 ml) finely chopped cooked chicken breast, about 1/3 oz (8 g)
- Plain water
- A baby-food ice tray

Method

1. Poach the chicken in plain water until cooked all the way through – **165°F (74°C)**, no pink anywhere. Cool it, then chop it fine.

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2. Divide between the wells, top up with plain water rather than broth so the count stays honest, and freeze overnight.

Why it works. Cooked chicken breast is about 165 kcal per 100 g, so a tablespoon is thirteen calories. Frozen into water it becomes twelve small events instead of one.

Keeps – freezer, up to 3 months. Do not refreeze anything that has thawed. **Skip if** – chicken is a suspected allergen for her. Turkey, cooked to the same 165°F (74°C), works the same way.

20. Frozen peanut butter dots

About 2 kcal a dot · makes 24 · 5 minutes, then freeze 2 hours **Fits your day**– up to 17 dots on

Recipes 11-20 • Frozen and slow

paper, but six is a better weekly ceiling

You need

- 1 tsp (5 ml) natural peanut butter – peanuts and salt at most. **Read the label for xylitol or birch sugar every single time**, even a jar you have bought for years. Manufacturers change recipes without telling anyone, and baking or freezing does not destroy it.
- 2 tbsp (30 ml) plain unsweetened Greek yogurt

Method

1. Stir the peanut butter into the yogurt until smooth.
2. Drop half-teaspoons onto a lined tray and freeze flat for 2 hours.

Why it works. Peanut butter is about 94 kcal a tablespoon, so a teaspoon of it carries more calories than most whole recipes in this book. It earns its place by being sticky, which

Recipes 11-20 • Frozen and slow

slows a dog down more than cold alone.

Keeps – freezer, up to 3 months. **Skip if** – she has ever had pancreatitis, or is on a low-fat plan. Dachshunds sit on the veterinary list of breeds prone to pancreatitis, and fat is the usual trigger – treat this as a weekly treat, never a daily one.

One rule for every batch above. Visible mold or an off smell means the whole lot goes in the trash. Never scrape a patch off and keep the rest – mold toxins spread further than the part you can see.

This book is educational and is not a substitute for veterinary care. Frozen treats count inside the 10% rule like any other. If your dog is diabetic, has had pancreatitis, or is recovering from a back episode, clear these recipes with your own vet first – and keep every frozen item flat on the floor, never at a height she has to jump or stretch for.

Recipes 21-30 • Toppers for a fuller bowl

A topper is not handed over. It is stirred into the bowl, so dinner smells stronger, takes longer, and looks like more food than it is. For a dachshund who empties a small bowl in twenty seconds and then sits looking up at you, this is the most useful chapter in the book.

It is also where the day's budget disappears unnoticed. Vegetables feel free. They are not.

The rule that makes this work: a topper replaces part of the meal, it is never added on top of it. Whatever goes in, the same number of calories of food comes out. Find **kcal per cup** on the food bag and divide by 16 – that is one level tablespoon (15 ml) of kibble. A food at 400 kcal per cup is 25 kcal a tablespoon, so a spoon of pumpkin at 5 kcal costs a fifth of a tablespoon. Measure before you serve, not after.

Scale matters more here than anywhere else. A 45 lb (20 kg) dog can take half a cup of vegetables into a

Recipes 21-30 • Toppers for a fuller bowl

bowl. A 10 lb (4.5 kg) dachshund cannot – her whole dinner is about a third of a cup, so a half-cup topper is not a topper, it is a second dinner. Every serving below is **one tablespoon (15 ml) or one teaspoon (5 ml)**, chopped fine enough to thread through the bowl instead of sitting on top where she eats it first and leaves the kibble.

Two standing rules. **No salt, and nothing from the onion family** – including the garlic and onion powder hiding in most supermarket stock. And if the box in the fridge looks fuzzy or smells sour, the whole box goes in the trash. You never scrape mold off and serve the rest.

21. Green bean crumb

About 4 kcal a spoon • makes 6 servings • 8 minutes

Fits your day– one spoon, taken

Recipes 21-30 • Toppers for a fuller bowl

out of the meal, not added to it

You need - 1/2 cup (120 ml) green beans, fresh or frozen, nothing added

Method 1. Steam about 5 minutes, until they bend without snapping. Plain canned with no salt added also works. 2. Cool completely, then chop to about 1/4 inch (0.5 cm) – small enough that she cannot pick them out. 3. Stir one tablespoon (15 ml) through the measured meal.

Why it works. Cooked green beans are mostly water and fiber, so a spoonful adds visible bulk for almost nothing.

Keeps – fridge, sealed, 2-3 days. **Skip if** – fiber makes your dog gassy, or she is mid elimination diet.

Recipes 21-30 · Toppers for a fuller bowl

22. Squeezed cucumber grate

About 2 kcal a spoon · makes 5 servings · 3 minutes

Fits your day – one spoon, taken out of the meal, not added to it

You need - 1/4 cup (60 ml) cucumber, skin on, about 2 oz (55 g)

Method 1. Wash, grate coarsely, skin and all. 2.

Squeeze the grate in a paper towel – cucumber is nearly all water, and un-squeezed it turns the bowl to soup. 3. Stir one tablespoon (15 ml) in just before serving.

Why it works. The lowest-calorie topper here, and grated it disappears into the kibble rather than being eaten off the top.

Keeps – best fresh; grated cucumber holds one day, no longer. **Skip if** – your dog gulps. Never serve cucumber in rounds.

Recipes 21-30 • Toppers for a fuller bowl

23. Fine carrot shred

About 3 kcal a spoon • makes 8 servings • 4 minutes

Fits your day – one spoon, taken out of the meal, not added to it

You need - 1 medium carrot, about 25 kcal

Method 1. Wash and top it. Peeling is optional. 2. Shred on the fine side of the grater – threads, never coins. 3. Stir one tablespoon (15 ml) through the meal.

Why it works. Shreds tangle through the kibble, so she has to work at the bowl instead of inhaling it.

Keeps – fridge, sealed, 2-3 days. **Skip if** – your dog swallows without chewing. Rounds of carrot are a choking shape.

Recipes 21-30 • Toppers for a fuller bowl

24. Pumpkin swirl

About 5 kcal a spoon • makes 8 servings • 2 minutes

Fits your day – one spoon, taken out of the meal, not added to it

You need - 1/2 cup (120 ml) canned pumpkin – plain, no salt, no spice - 1 tbsp (15 ml) warm water per serving

Method 1. Check the can. **Not pumpkin pie filling** – that is sugar and spice, not dog food. 2. Loosen one tablespoon (15 ml) with the warm water, pour over, and stir until every piece of kibble is coated.

Why it works. Wet and strong-smelling, so a small measured bowl tastes like a bigger one.

Keeps – fridge, sealed jar, 3-4 days; or freeze in a mini ice-cube tray, up to 3 months. **Skip if** – your dog is diabetic, or on a fiber plan from your vet.

Recipes 21-30 · Toppers for a fuller bowl

25. Chicken threads

About 8 kcal a serving · makes 10 servings · 20 minutes **Fits your day** – one small pinch, taken out of the meal, not added to it

You need - 2 oz (55 g) boneless skinless chicken breast

Method 1. Poach or bake until cooked through and check with a thermometer: **165°F (74°C)** at the thickest point. No pink, no exceptions. 2. Cool, then pull into hair-thin threads with two forks. 3. Scatter about 0.2 oz (5 g) – a pinch – across the meal.

Why it works. Threads spread the smell of meat over the whole bowl, which a single chunk sitting on top does not.

Keeps – fridge, sealed, 3-4 days; freezer up to 3 months. **Skip if** – chicken is a suspected allergen. It is the third most common one. Cooked turkey or white fish swaps in.

Recipes 21-30 • Toppers for a fuller bowl

26. Yogurt dot

About 3 kcal a serving • makes 10 servings • 1 minute

Fits your day – one teaspoon, taken out of the meal, not added to it

You need - 1 tsp (5 ml) plain Greek yogurt, unsweetened

Method 1. Read the label. No sugar, no sweetener, and nothing listing xylitol or birch sugar. 2. Give a quarter teaspoon the first time and wait a day before you make it a habit. 3. Dot it over the meal and stir.

Why it works. Sour and cold against warm kibble, so the bowl reads as two things instead of one.

Keeps – in its own tub, by the date on the lid; once mixed into food, serve at once. **Skip if** – dairy loosens her stool. Most adult dogs lose the enzyme for lactose after weaning.

Recipes 21-30 • Toppers for a fuller bowl

27. Sweet potato mash

About 5 kcal a spoon • makes 20 servings • 45 minutes, mostly unattended **Fits your day** – one teaspoon, taken out of the meal, not added to it

You need - 1 medium sweet potato, about 112 kcal

Method 1. Bake at 400°F (200°C) about 45 minutes, until a knife slides in with no resistance. 2. Scoop out the flesh, discard the skin, and mash smooth. Nothing added – no butter, no salt. 3. Stir one teaspoon (5 ml) through the meal with a splash of warm water.

Why it works. Dense and sticky, so it coats kibble instead of sinking to the bottom of the bowl.

Keeps – fridge, sealed, 3-4 days; freeze the rest in teaspoon blobs on a tray, up to 3 months. **Skip if** – your vet has her on a low-carbohydrate plan.

Recipes 21-30 • Toppers for a fuller bowl

28. Broth melt

Counts toward your 30-40 kcal – read kcal per cup off the carton • makes 14 cubes • 5 minutes, then freeze overnight **Fits your day** – one mini cube, taken out of the meal, not added to it

You need - 1 cup (240 ml) unsalted bone broth or plain unsalted stock - 1 mini ice-cube tray

Method 1. Read the label properly: no salt, no onion, no garlic, no yeast extract. Most supermarket stock fails at least one. 2. Chill the broth and lift the set fat off the top – dachshunds sit in the pancreatitis risk group and fat is the trigger. 3. Freeze in the mini tray. Drop one cube on the measured meal and let it melt for two minutes.

Why it works. A warm, meaty-smelling bowl reads as a bigger meal than the same kibble served dry.

Recipes 21-30 • Toppers for a fuller bowl

Keeps – freezer, up to 3 months; thawed broth, fridge 3-4 days. **Skip if** – she is on sodium restriction for heart or kidney disease.

29. Apple grate

About 5 kcal a spoon • makes 9 servings • 3 minutes

Fits your day – one spoon, taken out of the meal, not added to it

You need - 1/2 medium apple, about 47 kcal

Method 1. Quarter it and cut out the core. **Remove every seed** – apple seeds carry a cyanide precursor. 2. Grate coarsely with the skin on. 3. Stir one tablespoon (15 ml) through the meal and serve straight away, before it browns.

Why it works. Sweet and sharp-smelling, which makes a plain measured bowl worth investigating.

Recipes 21-30 • Toppers for a fuller bowl

Keeps – best fresh; grated apple holds one day in the fridge, browning as it goes. **Skip if** – your dog is diabetic. Apple is the sweetest thing in this chapter.

30. The weekday jar

About 3 kcal a spoon • makes about 12 servings • 12 minutes **Fits your day** – one spoon, taken out of the meal, not added to it

You need - 1/2 cup (120 ml) green beans, cut - 1 medium carrot, about 25 kcal - 1/4 cup (60 ml) cucumber, skin on

Method 1. Steam the beans and carrot 5-6 minutes, then cool completely – warm vegetables sweat and spoil the jar in a day. 2. Chop everything to about 1/4 inch (0.5 cm) and shred the carrot fine. 3. Stir the raw cucumber through last. Serve one tablespoon (15 ml)

Recipes 21-30 • Toppers for a fuller bowl

per bowl, with kibble taken out to match.

Why it works. A jar already made on a Wednesday night is the difference between doing this every day and doing it twice.

Keeps – fridge, sealed, 2-3 days. Fuzz or a sour smell means the whole jar goes, not the bad spoonful. **Skip if** – she is on an elimination diet. A mixed topper is the hardest thing to unpick when something disagrees with her.

Educational material only, not a substitute for veterinary advice. Toppers replace part of a balanced meal – they never replace the meal itself, and a plan to swap out a real share of her food is a conversation with your vet, not a decision from a book.

Recipes 31-40 • Baked in batches

This is the Sunday chapter: forty minutes with the oven on, and three jars that carry you through the month. It is also the easiest place in the book to spend a whole day's allowance in one swallow. Everything else here is mostly water. Baking is not – flour, oil and peanut butter are dense by design, and one ordinary dog biscuit made from perfectly wholesome ingredients can run 30 or 40 kcal. That is the entire daily budget of a miniature dachshund, gone in four seconds of chewing.

So the rule that governs all ten recipes: **there are no big biscuits in this book.** Roll the dough thin, about 1/8 inch (3 mm), and cut it into **squares of 1 cm (0.4 inch)** – the size of a pea, not the size of your thumbnail. Where the mixture is too wet to roll, pipe it in pea-sized drops from the corner of a freezer bag with a small hole snipped off. A hundred pea-sized squares and eight normal biscuits hold the same calories. Only one of them buys a hundred separate moments of “yes.”

Recipes 31-40 • Baked in batches

The batches below are also deliberately half the size you will see elsewhere. A dachshund eating two pieces a day does not need three hundred biscuits, and homemade treats with no preservatives go moldy long before she gets through them.

Three standing rules. **No sugar, no honey, no syrup** – none of it is needed, and honey is off the table entirely for puppies under 12 months. **Plain rolled oats or plain oat flour only** – never self-rising flour or “baking mix,” which carry salt, leavening and sometimes sweeteners you did not choose. And **read the peanut butter label every single time**: xylitol, sold on some labels as birch sugar, kills dogs, hides in ordinary brands, and baking does not destroy it.

Recipes 31-40 · Baked in batches

31. Pumpkin oat squares

About 2 kcal a square · makes about 75 · 15 minutes, then 25 minutes baking **Fits your day** – 15 to 20 squares sit inside 30-40 kcal

You need - 1/2 cup (120 ml) plain rolled oats - 2 tbsp (30 ml) plain canned pumpkin – not pie filling, which is sugar and spice - 1 tbsp (15 ml) water, or a little more

Method 1. Heat the oven to 350°F (175°C). Blitz the oats to a coarse flour. 2. Mix to a stiff dough, adding water a few drops at a time. Roll to 1/8 inch (3 mm). 3. Score the whole sheet into 1 cm (0.4 inch) squares with a knife, without separating them. Bake 25 minutes until firm, cool fully on a rack, then snap along the lines.

Why it works. Ground oats bake genuinely crunchy, so even a pea-sized square takes real chewing.

Keeps – airtight, room temperature 1 week if bone-dry; fridge 2 weeks; freezer 3 months. **Skip if** – grain sensitivity, or she is mid elimination diet.

32. Chicken oat pinheads

About 2 kcal a piece · makes about 85 · 20 minutes, then 20 minutes baking **Fits your day** – 15 to 20 pieces sit inside 30-40 kcal

You need - 2 oz (55 g) boneless skinless chicken breast, about 91 kcal - 1/4 cup (60 ml) plain rolled oats

Method 1. Cook the chicken through and check with a thermometer: **165°F (74°C)** at the thickest point. No pink center, no exceptions. 2. Heat the oven to 350°F (175°C). Grind the oats and pulse everything to a coarse paste. 3. Spread 1/8 inch (3 mm) thick on a lined tray, bake 20 minutes, cool, then cut into 1 cm (0.4 inch) squares.

Why it works. Soft and pea-sized is what you want for thirty repetitions in a row – swallowed fast, eyes straight back on you.

Recipes 31-40 · Baked in batches

Keeps – fridge, airtight, 3-4 days, which is the USDA window for cooked meat; freezer 3 months. Never left on the counter. **Skip if** – a poultry reaction, or a trial on a different protein. Cooked turkey swaps in.

33. Sweet potato drops

About 1 kcal a drop · makes about 90 · 15 minutes, then 20 minutes baking **Fits your day** – 30 or more drops sit inside 30-40 kcal

You need - 1/2 medium baked sweet potato, about 56 kcal - 3 tbsp (45 ml) plain rolled oats

Method 1. Heat the oven to 350°F (175°C). Grind the oats to flour and mash them into the sweet potato until the mixture just holds a shape. 2. Spoon it into a freezer bag, snip a 1/4 inch (6 mm) hole off one corner, and pipe pea-sized drops onto a lined tray. 3. Bake 20

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minutes, until the edges dry and lift. Cool fully.

Why it works. Piping is faster than rolling and cutting, and it makes every piece the same tiny size without a ruler.

Keeps – airtight, room temperature 1 week if bone-dry; fridge 2 weeks; freezer 3 months. **Skip if** – your vet has her on a low-carbohydrate plan.

34. Apple oat squares

About 2 kcal a square · makes about 110 · 15 minutes, then 25 minutes baking **Fits your day** – 15 to 20 squares sit inside 30-40 kcal

You need - 1/2 medium apple, about 47 kcal - 1/2 cup (120 ml) plain rolled oats

Method 1. Core the apple half and **remove every seed** – apple seeds carry a cyanide precursor. Grate it

Recipes 31-40 • Baked in batches

coarsely, skin on. 2. Heat the oven to 350°F (175°C). Grind the oats, work the grated apple through, and press to a firm dough. 3. Roll to 1/8 inch (3 mm), score into 1 cm (0.4 inch) squares, bake 25 minutes, cool, snap apart.

Why it works. The apple browns as it bakes and smells like something worth working for, at two calories a piece.

Keeps – airtight, room temperature 1 week if bone-dry; fridge 2 weeks; freezer 3 months. **Skip if** – diabetes. Apple is the sweetest thing in this chapter.

35. Peanut butter pinheads

About 3 kcal a pinhead • makes about 100 • 15 minutes, then 20 minutes baking **Fits your day** – 12 to 13 pinheads sit inside 30-40 kcal

Recipes 31-40 · Baked in batches

You need - 1/2 cup (120 ml) plain rolled oats - 1 tbsp (15 ml) natural peanut butter, about 94 kcal – **read the label for xylitol or birch sugar before it touches the bowl, every single time, even if you have used the brand for years. Recipes change without warning.** - 3-4 tbsp (45-60 ml) water

Method 1. Heat the oven to 350°F (175°C). Grind the oats to flour. 2. Stir in the peanut butter and just enough water to make a firm dough. 3. Roll to 1/8 inch (3 mm), score into 1 cm (0.4 inch) squares, bake 20 minutes. Cool fully.

Why it works. One tablespoon of peanut butter spread across a hundred pinheads keeps the smell and loses the damage.

Keeps– airtight, room temperature 1 week if bone-dry; fridge 2 weeks; freezer 3 months. **Skip if**– past pancreatitis. Dachshunds sit in the risk

Recipes 31-40 · Baked in batches

group for it, and fat is the trigger.

36. Turkey and pumpkin drops

About 2 kcal a drop · makes about 80 · 20 minutes, then 20 minutes baking **Fits your day** – 15 to 20 drops sit inside 30-40 kcal

You need - 2 oz (55 g) cooked skinless turkey breast - 2 tbsp (30 ml) plain canned pumpkin, about 10 kcal - 2 tbsp (30 ml) plain rolled oats

Method 1. Cook the turkey through to **165°F (74°C)** on a thermometer before anything else happens. 2. Heat the oven to 350°F (175°C). Pulse all three to a smooth paste. 3. Pipe pea-sized drops from a snipped freezer bag onto a lined tray and bake 20 minutes. Cool fully.

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Why it works. Turkey is a useful swap when chicken or beef is off the list, and pumpkin keeps the drops soft enough to swallow in one go.

Keeps – fridge, airtight, 3-4 days; freezer 3 months.

Skip if – a poultry-free trial is under way.

37. Carrot confetti

Under 1 kcal a piece • makes about 100 • 10 minutes, then 3 hours drying **Fits your day** – 40 or more pieces sit inside 30-40 kcal

You need - 2 medium carrots, about 50 kcal in total -
No oil, no salt

Method 1. Heat the oven to 200°F (95°C). Scrub and slice into 1/8 inch (3 mm) coins, then cut each coin into quarters – never leave them as rounds. 2. Spread in a single layer and dry about 3 hours, turning once,

Recipes 31-40 · Baked in batches

until they curl and rattle on the tray.

Why it works. This is the recipe for the day the budget is already spent. Forty pieces cost less than one shop biscuit.

Keeps – airtight, room temperature 1 week; fridge 2 weeks; freezer 3 months. They soften in humid weather – re-dry at 200°F (95°C) for 10 minutes. **Skip if** – she swallows hard pieces whole. Soften them in a little water first.

38. Yogurt oat drops

About 2 kcal a drop · makes about 90 · 10 minutes, then 20 minutes baking **Fits your day** – 15 to 20 drops sit inside 30-40 kcal

Recipes 31-40 • Baked in batches

You need - 1/4 cup (60 ml) plain Greek yogurt, unsweetened, about 33 kcal - 1/2 cup (120 ml) plain rolled oats

Method 1. Read the yogurt label – no sugar, no sweetener, nothing listing xylitol or birch sugar. 2. Heat the oven to 350°F (175°C). Grind the oats and stir the yogurt through to a thick paste. 3. Pipe pea-sized drops onto a lined tray, bake 20 minutes, cool fully.

Why it works. Yogurt binds the dough the way an egg would, which is useful if egg is on her avoid list.

Keeps – fridge, airtight, 3-4 days; freezer 3 months. Dairy in the mix means these do not live on the counter.

Skip if – dairy loosens her stool. Give one drop and wait a day before you bake a batch.

Recipes 31-40 · Baked in batches

39. Egg and oat squares

About 2 kcal a square · makes about 100 · 15 minutes, then 25 minutes baking **Fits your day** – 15 to 20 squares sit inside 30-40 kcal

You need - 1 large egg - 1/2 cup (120 ml) plain rolled oats

Method 1. Heat the oven to 350°F (175°C). Grind the oats to flour. 2. Beat the egg and work it in until the dough is stiff enough to roll. No oil, no salt, nothing else. 3. Roll to 1/8 inch (3 mm), score into 1 cm (0.4 inch) squares, bake 25 minutes, cool, snap apart.

Why it works. Two ingredients, both cheap, and the egg is fully cooked in the oven – no raw-egg risk, and no chicken or beef for a dog reacting to either.

Keeps – fridge, airtight, 3-4 days; freezer 3 months. Egg in the mix keeps these out of the counter jar. **Skip if** – egg is a suspected allergen.

Recipes 31-40 · Baked in batches

40. Broth micro-crackers

About 2 kcal a cracker · makes about 110 · 15 minutes, then 30 minutes baking **Fits your day** – 15 to 20 crackers sit inside 30-40 kcal

You need - 1/2 cup (120 ml) plain rolled oats - 2 tbsp (30 ml) unsalted broth with no onion and no garlic – check the label, most supermarket broth has both

Method 1. Chill the broth first and lift the set fat off the top. 2. Heat the oven to 325°F (165°C). Grind the oats and add the broth a little at a time until the dough just holds. 3. Roll thin, 1/8 inch (3 mm), score the sheet into a 1 cm (0.4 inch) grid without cutting through, bake 30 minutes, cool on the tray, snap along the lines.

Why it works. Scoring instead of cutting gets more than a hundred treats off one small tray, and they come apart in your pocket the way you scored them.

Recipes 31-40 • Baked in batches

Keeps – fridge, airtight, 3-4 days; freezer 3 months. Broth is a meat ingredient, so these follow the meat rule, not the biscuit rule. **Skip if** – she is on a low-sodium diet and you cannot confirm the broth is genuinely unsalted.

Educational material only, not a substitute for veterinary advice. Label every jar with the baking date – a week means a week from the oven, not from the day you noticed the jar. Homemade treats carry no preservatives, and kitchen mold is not cosmetic: its mycotoxins cause tremors and seizures. Visible fuzz or a sour smell means the whole batch goes in the trash, never the visible spot alone.

Recipes 41-50 • Training micro-treats

Training is where the budget breaks, and it breaks quietly.

A useful session is ten to twenty repetitions – one short sit-stay drill before dinner. Pay each repetition with an ordinary small treat at 5 calories apiece and twenty repetitions cost **100 calories**. Her whole day is 30 to 40. You have spent nearly three days of treats on four minutes of work, before the walk and the evening chew.

So the unit changes. Everything here is built at **1 to 2 calories a piece** – a pea, about 0.4 inch (1 cm), or smaller. At that size twenty repetitions cost 20 to 40 calories and the day still closes on budget.

Cut thin, not small. A thin sliver reads as a whole treat to a dog. Slice cooked chicken across the grain at 1/8 inch (3 mm) and you get three times the pieces from the same meat, with no argument from her.

Recipes 41-50 • Training micro-treats

Dry it. Drying removes water, not calories – the same 90 calories are still in there. What it buys is a piece that survives a pocket instead of turning to paste, and one that handles like a real treat.

Divide what you already baked. The biscuits in chapter 10 are meant to be broken. One biscuit in eighths is eight rewards.

Pay some repetitions out of the bowl. Measure her breakfast, take a third into your pocket, feed the rest. Those repetitions cost nothing, because the calories were already spent. That is recipe 45, and it is the most useful page in the chapter.

Train on the floor. All of it.

No jumping for the treat. No sitting up on the back legs. No “shake” with your hand held high, no reward

Recipes 41-50 • Training micro-treats

lifted above her head to lure a spin, no stepping back so she has to hop up your leg to reach it.

Her spine is the thing you are protecting, and every one of those movements loads the thoracolumbar region in exactly the way you want to avoid. The lure controls the body: hold the reward at nose height on the ground and she stays long and level; hold it at your waist and she rears. Kneel, or sit on the floor, and put your hand down. Puzzle mats and scatter work go on the floor too – never on a sofa or a chair she has to leave by jumping.

The value ladder. Keep three pockets. **Cheap** – carrot, apple, her own kibble – pays for what she already does well. **Middle** – chicken, sweet potato, oat beads – pays for work in progress. **Jackpot** – liver, peanut butter – is for the hardest thing you will ask this week. Spend the jackpot on easy work and you have nothing left when it counts.

Recipes 41-50 • Training micro-treats

41. Poached chicken slivers

About 1 kcal a sliver • makes about 90 • 20 minutes

Fits your day – up to 30 slivers inside a 35 kcal treat budget

You need - 2 oz (55 g) skinless chicken breast, cooked weight – about 91 kcal

Method 1. Simmer in plain unsalted water to **165°F (74°C)** on a thermometer, about 12 minutes. Never underdone. 2. Cool, slice across the grain at 1/8 inch (3 mm), then tear each slice into slivers about half the size of a pea.

Why it works. Swallowed in half a second, so her eyes come back to you instead of dropping to the floor after crumbs.

Recipes 41-50 • Training micro-treats

Keeps – fridge, airtight, 3 to 4 days; freezer up to 3 months, bagged one session at a time. **Skip if** – chicken is suspected as an allergen. Use turkey or white fish.

42. Oven-dried chicken shavings

About 1 kcal a shaving • makes about 90 • 20 minutes, then 2 hours drying **Fits your day** – up to 30 shavings inside a 35 kcal treat budget

You need - 2 oz (55 g) skinless chicken breast, cooked weight – about 91 kcal

Method 1. Poach to **165°F (74°C)** as in recipe 41.

Cooking first is what makes this safe – a low oven alone never gets hot enough to handle raw poultry. 2. Slice at 1/8 inch (3 mm) and spread on a rack, no piece touching another. 3. Dry at **200°F (95°C)** about 2

Recipes 41-50 • Training micro-treats

hours, until a shaving snaps instead of bending.

Why it works. Same chicken, same calories, but it rides in a pocket all session without going greasy.

Keeps – airtight in the fridge up to 1 week if every piece is snap-dry; freezer up to 3 months. A piece that still bends is cooked meat, not dried – give it the 3 to 4 day window. Visible mold or a sour smell means the whole batch goes in the trash, not the good half. **Skip if** – chicken is suspected as an allergen.

43. Carrot confetti

Under 0.1 kcal a piece • makes about 300 • 6 minutes

Fits your day – 150 pieces come to roughly 12 kcal, a third of the budget

You need - 1 medium carrot, about 2 oz (61 g) – about 25 kcal

Recipes 41-50 • Training micro-treats

Method 1. Cut into 1/4 inch (6 mm) planks, then batons, then dice. 2. If she stops to crunch rather than swallow, steam the dice 3 minutes and cool. A treat she has to chew costs you the rhythm of the session.

Why it works. Three hundred repetitions for the calories of half a shop biscuit – what you pay for sits she has known since puppyhood.

Keeps – fridge, sealed, 2 to 3 days. Do not freeze; they thaw to mush. **Skip if** – she spits vegetables out. A reward she does not want is not a reward.

44. Freeze-dried liver crumbs

Read the calories off your own bag • about 8 crumbs per treat • 2 minutes **Fits your day** – divide the bag's figure by 8, then divide 35 by that

You need - 1 freeze-dried liver treat, single ingredient

Recipes 41-50 • Training micro-treats

Method 1. Find the calories per treat on the bag. Most brands print it; if yours does not, buy one that does. 2. Crush the treat between two fingers over a small jar. One treat gives roughly 8 usable crumbs. 3. Do the division. As a worked example, a treat listed at 8 kcal gives crumbs of about 1 kcal, and a 35 kcal day then holds about 30 of them. Your bag's number will be different.

Why it works. The strongest smell in the house, and she knows it. In crumbs it stays a jackpot without costing like one.

Keeps – airtight jar, room temperature, up to 1 week once crushed; the unopened bag keeps as printed. Crumbs pick up moisture fast. **Skip if** – she already eats organ meat regularly. Liver is very high in vitamin A, and repeated large amounts do real harm over weeks.

45. Counted kibble – the currency you already paid for

0 extra kcal • one session • 5 minutes, once **Fits your day** – unlimited inside her measured meal, because nothing is added to it

You need - Her own daily food, and a measuring cup

Method 1. Read the calories per cup (240 ml) off the bag. Count the pieces in one level cup. Tedious once, then never again. 2. Divide, using your own bag – calorie density and piece size both vary a great deal between manufacturers, so a number copied from anywhere else is worthless. 3. Measure her breakfast, tip a third into a pouch, bowl the rest. Every repetition from that pouch is free.

Why it works. For a dog with a 35 calorie ceiling, the only genuinely unlimited reward is the food she was going to eat anyway.

Recipes 41-50 • Training micro-treats

Keeps – as the bag says. Do not leave a pocketful overnight, and do not top the bowl back up afterwards – that undoes the whole thing. **Skip if** – she is on a prescription diet with a fixed schedule. Ask her vet before redistributing meals.

46. Sweet potato leather squares

About 0.1 kcal a square • makes about 250 • 45 minutes, then 3 hours drying **Fits your day** – up to 300 squares inside a 35 kcal treat budget

You need - 1/4 medium sweet potato, baked, flesh only, no salt or oil, about 1 oz (28 g) – about 28 kcal

Method 1. Bake the sweet potato until soft, scoop out a quarter of the flesh, mash smooth. 2. Spread on baking paper in an even sheet about 1/8 inch (3 mm) thick. 3. Dry at **200°F (95°C)** about 3 hours, until leathery and

Recipes 41-50 • Training micro-treats

no longer tacky. Cool, then cut into 1/4 inch (6 mm) squares with scissors.

Why it works. No meat, no dairy, no wheat – the middle rung for a dog reacting to something you have not identified yet.

Keeps – airtight, room temperature up to 1 week; fridge up to 2 weeks; freezer up to 3 months. **Skip if** – she is diabetic. Sweet potato is starchy, and her carbohydrate allowance belongs to her vet.

47. Apple flecks

About 0.1 kcal a fleck • makes about 200 • 5 minutes

Fits your day – the whole batch is about 23 kcal, so most of a day sits in one small bowl

You need - 1/4 apple with skin, about 1.5 oz (45 g) – about 23 kcal

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Method 1. Cut the quarter away from the core and remove every seed. Seeds are not part of this recipe. 2. Dice at 1/4 inch (6 mm) and pat dry so they do not wet your pocket.

Why it works. Sweet, cold and faintly crunchy, which most dachshunds rate above carrot for the same handful of calories.

Keeps – fridge, sealed, 2 to 3 days. Browning is fine; soft and weeping is not. **Skip if** – she is diabetic, or fruit sugar upsets her stomach. Start with three and watch.

48. Pumpkin and oat beads

About 1.5 kcal a bead • makes about 65 • 20 minutes, then chill **Fits your day** – up to 23 beads inside a 35 kcal treat budget

Recipes 41-50 • Training micro-treats

You need - 3 tbsp (45 ml) plain canned pumpkin, no salt, no spice, not pie filling – about 15 kcal - 1/4 cup (60 ml) rolled oats, ground to flour – about 78 kcal

Method 1. Grind the oats to a flour in a blender. 2. Stir into the pumpkin to a soft dough that holds its shape without sticking. Add oat flour a teaspoon at a time if it is loose. 3. Pinch off pea-sized beads, about 0.4 inch (1 cm), roll between your palms, chill 30 minutes to firm.

Why it works. The one soft, hand-rolled reward here that survives being carried loose, and the only one on the ladder with no meat, dairy or wheat in it.

Keeps – fridge, airtight, up to 5 days; freezer up to 3 months. **Skip if** – fibrous food makes her gassy. Start with two and watch for a day.

Recipes 41-50 • Training micro-treats

49. Eighths – the biscuit you already baked

One eighth of the biscuit's own figure • makes 8 from 1 • 1 minute **Fits your day** – divide 35 by the per-piece number you just worked out

You need - Any baked biscuit from chapter 10, or a shop biscuit with calories printed on the box

Method 1. Take the calorie figure for one biscuit and divide by 8. A 16 kcal biscuit becomes eight rewards of 2 kcal. 2. Snap the biscuit in half, each half in half, each quarter in half, working over a bowl. Keep the dust – the dust is a reward too. 3. Write the per-piece number on the container in marker. Guessing is how the budget goes.

Why it works. This is the whole book on one page. Nothing about the biscuit changed; the unit changed, and one treat became a session.

Keeps– as the parent recipe says. Broken pieces stale faster than whole ones, so break a day at a time. **Skip if**

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– the biscuit crumbles to powder instead of snapping. Powder on the floor sends her nose down and ends the session.

50. Peanut butter pinheads

About 1 kcal a dot • makes about 30 • 5 minutes, then freeze **Fits your day** – up to 35 dots inside a 35 kcal treat budget

You need - 1 tsp (5 ml) natural peanut butter, peanuts and salt only – about 31 kcal

Read the label first, every single time. Xylitol – sometimes printed as birch sugar or wood sugar – is in several peanut butter brands, and in a dog this size it can cause hypoglycemia within 30 to 60 minutes. Check the jar you are holding today, even if it is the brand you have bought

Recipes 41-50 • Training micro-treats

for years. Manufacturers change recipes without telling anyone.

Method 1. Spoon the peanut butter into a small bag and snip a pinhole in one corner. 2. Pipe pinhead dots, smaller than a pea, onto baking paper – about 30 from a teaspoon. 3. Freeze 20 minutes. Frozen, they lift off cleanly and go into a pocket tin.

Recipes 41-50 • Training micro-treats

Why it works. The strongest jackpot in the book by smell, cut to a size that does not swallow the day.

Keeps – freezer, airtight, up to 3 months. Do not thaw and refreeze. **Skip if** – she has had pancreatitis or is being managed for it. Dachshunds sit on the higher-risk list, and fat is the trigger. Peanut butter is the fattiest thing in this chapter, which is why it is piped through a pinhole rather than spooned.

Count the pieces onto the counter before the session starts, and stop when the counter is empty. A budget you hold in your head is not a budget.

This guide is educational and is not a substitute for veterinary care. Calorie targets for a specific dog – particularly one on a prescription diet, a weight plan, or treatment for any medical condition – belong to that dog's veterinarian.

If your dog has allergies: swaps

There is an awkward overlap running through this book. The ingredients dogs like best are also the ingredients dogs react to most.

A review of 297 dogs with a confirmed food allergy ranked the triggers like this: **beef 34%, dairy 17%, chicken 15%, wheat 13%, soy 6%, lamb 5%**. Beef, dairy, chicken, wheat – that is most of a treat recipe, and most of a training pocket.

The reaction usually shows on the skin rather than in the stomach: itching, chewed paws, repeated ear infections, hot spots, sometimes loose stools alongside.

Swaps that keep the recipe working

INSTEAD OF	USE	NOTE
Chicken	Turkey, or white fish such as cod or pollock, fully cooked	Same lean protein, different molecule

If your dog has allergies: swaps

INSTEAD OF	USE	NOTE
Beef or liver	Turkey or fish	Beef is the single most common trigger
Wheat flour	Rolled oats, or oat flour you blitz from oats	Naturally gluten-free grain
Milk, cream, cheese	Leave it out	Most recipes lose nothing at all
Plain yogurt	Unsalted canned pumpkin, or plain unsweetened applesauce	Similar moisture and binding
Peanut butter	Unsalted canned pumpkin, thickened with oat flour	Lower fat too, which matters in this breed

Every recipe in this book takes these substitutions. Cooking temperatures and storage windows stay exactly the same, and so do the calorie figures within a few percent – close enough for a pea.

If your dog has allergies: swaps

Two swaps that also fix the pieces-per-day number

Turkey and white fish are both leaner than beef, so the same weight buys you slightly more pieces inside the same 35 calories. If you are swapping anyway, weigh the cooked meat and redo the division. It takes a minute and it usually goes in your favor.

“Grain-free” is not the same as “hypoallergenic”

Grain-free means no wheat, corn or rice. It says nothing about beef or chicken, which trigger more reactions than wheat does. A grain-free treat made with beef is still beef.

The label has its own separate history. In 2018 the FDA began investigating reports of dilated cardiomyopathy in dogs eating grain-free diets – over 90% of the foods

If your dog has allergies: swaps

reported were grain-free, and 93% contained peas or lentils. No causal link was established, and the agency stopped issuing routine updates. The current reading from veterinary nutritionists is that the pattern follows diets high in pulses, rather than the absence of grain as such.

That is a question about her main food, not about a spoonful of oats in a bead. If it applies to you, raise it with your vet.

Two things to keep straight

Allergy is not toxicity. A chicken-allergic dog who eats chicken becomes itchy, not poisoned. Different category from the red list in chapter 4 – no emergency, no midnight phone call, just an uncomfortable dog and an ingredient to retire.

If your dog has allergies: swaps

Diagnosing it is not a home job. The only reliable method is an elimination trial: 8 to 12 weeks on a single novel or hydrolyzed protein and nothing else. Nothing else includes every recipe in this book, every dental chew, every crumb off the floor. One stolen sausage restarts the clock.

Run it with your vet, finish it properly, and come back to these recipes afterwards holding an answer instead of a guess.

This guide is educational and is not a substitute for veterinary care. Suspected food allergy, and the elimination trial used to diagnose it, belong to your dog's veterinarian.

When to stop and call the vet

Most new treats produce nothing more dramatic than a wagging tail. But you are introducing new food to a small dog, and it helps to decide in advance which signs mean “wait and see” and which mean “phone someone now.”

Stop feeding it and call

Any of these in the hours or days after a new treat is a reason to pick up the phone rather than keep watching:

- **Vomiting** – especially repeated, or repeated attempts that bring nothing up
- **Lethargy** – a dog who will not get up, will not greet you, will not care about food
- **Tremors, twitching, wobbliness or a seizure** – never wait-and-see

When to stop and call the vet

- **Diarrhea that has not settled within 24 hours, or any diarrhea with blood in it**
- **A swollen, hard or painful belly**
- **Pale or brick-red gums, labored breathing, collapse**

One soft stool from a dog who is otherwise bright and hungry usually just means too much new food too fast. Go back to the old routine for a few days, then reintroduce slowly, one ingredient at a time.

Suspected blockage

Small dogs and small openings. A swallowed chew, a peach pit, a lump of something frozen taken whole – the picture is repeated unproductive retching, a hard or distended belly, straining with nothing passing, refusing water, and pain when you touch the abdomen.

When to stop and call the vet

This does not resolve on its own and it does not wait until morning. Call.

Signs from the back – these go straight to a vet

Separate list, because it is a separate emergency, and in this breed it is the one you rehearse for.

- She will not move, or moves as little as possible
- Her back is arched or hunched, or her head is held low and still
- She yelps or screams when you pick her up, or shrinks away from being lifted
- Her hind legs are weak, wobbly, crossing, knuckling over, or dragging
- She cannot stand at all, or has lost control of her bladder

When to stop and call the vet

Any one of these is a same-day veterinary call, and hind-leg weakness or loss of use is an emergency now – not tonight, not tomorrow. Intervertebral disc disease is largely genetic in dachshunds and is not something a treat causes. But it happens to roughly one in five of them at some point, so the signs belong in your head before you need them.

While you wait: keep her still and confined, carry her with one hand under the chest and one under the hindquarters so the spine stays level, and give her nothing by mouth – no human painkiller of any kind, no leftover medication from a previous episode, no dose you found online. Several common human pain drugs are toxic to dogs, and even the veterinary ones can complicate what the clinic needs to do next.

When to stop and call the vet

The numbers

Put these in your phone now, not when you need them.

- **ASPCA Animal Poison Control Center – 888-426-4435** · 24 hours, every day of the year
- **Pet Poison Helpline – (855) 764-7661** · 24 hours, every day of the year

When to stop and call the vet

Both charge a consultation fee, a small fraction of what an avoidable emergency admission costs. Before you dial, have the recipe or packaging in front of you, plus her weight and a rough idea of how much she ate and when.

Call, do not search. Ten minutes of contradictory forum answers is ten minutes gone, and with something like xylitol the whole window is thirty to sixty minutes wide. Ring your own vet or the nearest emergency clinic too – they hold her records.

This guide is educational and is not a substitute for veterinary care. It does not diagnose, and it gives no

medication or dosing advice. If something looks wrong, call a veterinarian.

The small print

This is the part most books hide at the front in gray type. It is here at the back, in the same size as everything else, because it matters.

This is not veterinary advice

This book is educational. It was not written by a veterinarian and it has not been reviewed by one. Nothing in it replaces the person who has actually examined your dog.

If she is on a prescription diet, is diabetic, has had pancreatitis, has a history of disc disease, is pregnant, is under twelve months old, or is being treated for anything at all – talk to your vet before you use any recipe in here. The same goes if she is on a weight plan: your vet's calorie number beats the one you worked out in chapter 1.

The small print

Treats are not a diet

Every recipe in this book is a treat or a topper. None of them, alone or together, make a balanced meal.

At least 90% of her calories have to come from a complete, balanced food. That is not a stylistic preference – it is where the vitamins, minerals and amino acids are. Homemade diets are a specialist job: reviews of amateur homemade recipes have found the large majority to be nutritionally unbalanced, which is why board-certified veterinary nutritionists exist.

Use this book for the other 10%. That is what it was built for.

About the numbers

Calorie figures are USDA reference values, rounded to keep the arithmetic doable in a kitchen. Your carrot is

The small print

not the USDA's carrot, and the counts of pieces per batch depend on how finely you cut. Treat every number here as a close working estimate, not a measurement.

Where a figure could not be stood up in a source we trusted, we left the number out and gave you a method instead – read your own bag, divide by eight, weigh the cooked meat. You will find a few of those. They are deliberate.

This guide is educational and is not a substitute for veterinary care.