

## Low Fat chicken treats for dogs



Want some low fat treats for your canine friend? These chicken dog treats can either be baked or frozen into a scrumptious snack.

### For the baked treats you will need:

- 1 cup cooked, finely diced chicken (Try microwaving chicken breasts in water)
- 1/2 cup rice, cooked & mashed
- 3 tablespoons rice flour
- 1 tablespoon parsley
- 1 egg

Preheat oven to 180 degrees Celcius.

Mix all of the ingredients together and stir well.

Spoon the mixture into a silicone mould or place on a baking tray.

Bake for 20 – 30 minutes, until you see that the tops are golden brown.

Remove from mould when cool and store in the fridge.

### For the frozen treats you need:

- 1 cup cooked, finely diced chicken
- 1/2 cup rice, cooked
- 1 cup chicken stock
- 1 tablespoon parsley

Mix/Blend all the ingredients together, and spoon the mixture into the silicone moulds.  
Place in the freezer until solid.

