Doggie Paws Recipe

Adapted from *Stir It Up! Recipes & Techniques for Young Blind Cooks* by National Braille Press

Be Safe—Not Sorry!

Follow these rules to the letter when you set foot in the kitchen!

- Always wash your hands
- Always cook with a grownup
- Never use a sharp kitchen knife
- Putting anything in or taking anything out of the oven is a grownup job!
- Keep electric appliances away from water or the sink

What You’ll Need

- Accessible measuring cups
- Accessible measuring spoons
- Large mixing bowl
- Medium mixing bowl
- Fork
- Wooden spoon
- Cookie sheet
- Accessible timer

Ingredients

- 2 cups whole wheat flour
- 1 Tablespoon baking powder
- 1 cup smooth peanut butter (preferably unsalted)
- 1 cup skim milk

1. Ask a grownup to preheat the oven to 375 degrees.

2. Measure 2 cups whole wheat flour and 1 Tablespoon baking powder in a bowl. Stir with a fork and set aside.

3. In a medium bowl, mix together 1 cup peanut butter and 1 cup milk with a wooden spoon.

4. Stir in the flour mixture with a wooden spoon until well blended.

5. Lightly sprinkle some flour on the table or countertop.

6. Dump the mixture onto the table or countertop and knead until smooth. If the mixture crumbles, add more milk.
7. Tear off small pieces and roll into small bite-sized balls and place on greased cookie sheet 2” apart.

8. Press down on each ball with the palm of your hand or with a fork (like butter cookies) to make them flat.

9. Ask a grownup to put them into the oven. Set the timer for 10-12 minutes.

10. Turn the oven off, but leave biscuits in the oven for another 20 minutes to harden.

11. Store treats in an airtight container or Ziploc for weeks.

12. Don’t feed the dog too many at once—even if he begs for more!

* You can cut recipe in half to save time.

**Tips for the Grownup Helpers**

This might be a good moment to talk about foods you should NOT give a dog, which include:

- baby food
- chocolate, coffee, or tea
- grapes and raisins
- bones from fish, poultry, or meat
- onions
- Macadamia nuts
- mushrooms
- candy and gum
- raw eggs, raw meat, or raw fish

**Measuring Dry Ingredients**

It’s easiest to measure flour and other dry ingredients from a large canister rather than from a bag.

To measure spices, take the cover off so you can explore the size and type of openings. For most spices, it should be possible to dip the measuring spoon directly into the can or bottle and level it off.

**Measuring Liquids**
When pouring liquids, work over a pie pan or cookie sheet to capture any spills. Pour the liquid into the cup with one hand, while touching the rim of the measuring cup with the index finger of the other hand. When you feel the liquid hit the top, stop. If you cook a lot, transfer often-used liquids, such as vanilla or canola oil, into larger glass containers into which you can dip the measuring spoons.

**Kneading Dough**

Lightly scatter flour on a table or countertop and place the dough mixture on it. If the dough mixture is very moist or sticky, sprinkle additional flour over the top. Gather the dough into a pile and press it together with both hands. Press the heels of your hands firmly into the center of the pile of dough, pushing down and slightly forward. Then reach for the far edge of the dough (at twelve o’clock) and fold it over, toward you. Press down and forward, again, in the middle. Rotate the pile of dough slightly and repeat: press-fold-turn several times.

**Spraying a Cookie Sheet with Cooking Oil**

Place the cookie sheet inside the sink to contain any over-exuberant spraying. Move horizontally across the pan in a zigzag pattern from top to bottom.