



Homemade Training Treats

A simple, healthy recipe for high-value training rewards that don't crumble.

Why This Works

- **Tapioca flour** is the secret ingredient — it binds well, creates a great texture, and is grain-free.
 - You can mix in different proteins or even use crumbs from other treats.
 - To reduce cost, experiment by blending tapioca with a cheaper flour.
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Liver Version (Blended)

This version uses raw organ meat blended into a smooth batter — it's extra high-value and great for tougher training challenges.

Ingredients

- 1½ lbs raw chicken livers
- 2 cups tapioca flour/starch
- 2 tablespoons oil

Method

1. **Blend** livers, tapioca flour, and oil in a blender or food processor until smooth.
2. **Prepare pan:** Line a baking sheet with parchment paper (choose one with edges).
3. **Spread mixture** evenly, less than ½ inch thick.
4. **Bake** at 300°F for ~30 minutes, or until firm and cooked through.
5. **Cool in pan**, then lift out with parchment paper.
6. **Flip** onto a cutting board, peel off parchment.
7. **Cut** into training-sized treats with a pizza cutter.

Substitutions

Other protein sources with similar moisture content can be used in place of chicken livers:

- Beef liver
- Pork liver
- Turkey liver
- Kidney (beef, pork, or lamb)
- Heart (chicken, beef, or pork)

💡 **Tip:** If using a drier protein (e.g., cooked meat scraps), add a splash of water or broth to achieve the same smooth consistency before baking.

Ground Meat Version (No Food Processor Needed)

Prefer to skip the blender? Ground chicken, turkey, pork, or lamb works too — just mix the raw ingredients together by hand and bake. There's no need to cook the meat first; it goes into the mix raw, just like the liver version.

Ingredients

- 1 lb ground chicken, turkey, pork, or lamb
- 2 cups tapioca flour/starch
- 2 tablespoons oil
- **¼–½ cup water or broth** — start with ¼ cup and add more as needed
- **Optional:** 1 egg, helps bind and adds value
- **Optional flavor boost:** a tablespoon of parmesan cheese or a spoonful of plain pumpkin

Method

1. **Mix** the raw ground meat, tapioca flour, oil, and liquid together by hand in a bowl. Since there's no exact amount of liquid that works every time, add it gradually until the mixture reaches a consistency similar to brownie batter — thick, smooth, and spreadable, but not runny. No food processor required.
2. **Prepare pan:** Line a rimmed baking sheet with parchment paper.
3. **Spread mixture** evenly, less than ½ inch thick.
4. **Bake** at 300°F for ~30–35 minutes (ground meat may take slightly longer than liver since it's denser), until firm and cooked through.
5. **Cool in pan**, then lift out with parchment.
6. **Flip** onto a cutting board, peel off parchment.

7. **Cut** into training-sized pieces with a pizza cutter.

** If the baked treats turn out crumbly, add a touch more water, broth, or add an egg next batch. Ground meat is leaner than liver and needs a little extra moisture to bind well.

Tips

- Store in the fridge for several days or freeze for longer shelf life.
- Make small cuts for training sessions — a little goes a long way!

Need more help?

If you have any questions or would like to set up personalized training to address your dog's unique needs, we'd be happy to help!

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