



THE LAB

Eight pages of things to make and do

WARNING!

Don't try this activity if you are allergic to any of the ingredients below – especially any listed in **bold**.



Bake doggy biscuits

Perform a random act of kindness to make your furry friend – or someone else's dog – happy.

What you need

- 160g **porridge oats**
- 60g sweet potato
- 1 banana
- Food processor
- Bowl
- Peeler
- Knife
- Pan
- Cling film or a plastic bag
- Rolling pin
- Cookie cutter (ideally bone-shaped)
- Baking tray
- Baking paper

Instructions

- 1** Blitz the oats in a food processor until smooth then place them in a bowl.
- 2** Peel the sweet potato and chop into chunks. Put the chunks in a pan and cover with water. Boil for 10–15 minutes or until soft. Then, drain and leave to cool completely.
- 3** Put the cooled sweet potato and banana in the food processor and blend until smooth. Add this mixture to the oat flour and work it with your hands to form a dough. Wrap the dough in cling film or a plastic bag and put in the fridge for six hours or overnight.
- 4** Preheat the oven to 180°C (fan 160°C). Roll out the dough to one centimetre thick and use a cookie cutter to cut out the dog biscuits.
- 5** Lay the biscuits on a baking tray lined with baking paper and bake in the oven for 30 minutes or until golden. Leave to cool completely before giving to your furry friends.



How does it work?

These biscuits are a great treat for your furry friends as part of a balanced diet. Dogs need healthy snacks to help them grow. Oats are a great source of protein, fibre and vitamins. They can ease tummy problems or help a poorly pooch go to the toilet. Make sure you put the dough in the fridge before you bake. This will allow the oats to absorb some moisture and means that the biscuits won't swell up in your dog's stomach. Bananas and sweet potatoes are a sweet treat but also give your dog lots of important vitamins.

REX SHUTTERSTOCK