

TUNA TREATS

Ingredients:

- 1 can of tuna
- 2 eggs
- ¼ C of flour



Notes:

You can use any protein you'd like. I have used canned salmon, ground turkey, ground beef, ground venison, etc. If you are using anything other than fish – add 1 tsp of coconut oil to the mix. (fish has enough natural oil, you don't need extra)

Look for whole ground flours from quinoa, oats, barley, millet, peas, buckwheat, rice, millet or sorghum. Several non-grain options are available, including pea flour, chickpea, lentil, potato, almond, hazelnut and coconut flours.

Step 1:

Mix tuna (or whatever protein you are using) with eggs. I use a blender to get it nice and smooth. Don't drain the tuna! Use the whole can; liquid and all!



Step 2:

Transfer mixture to bowl. Add flour a little at a time until the consistency is like pancake batter. Depending on the size of the eggs and the wetness of the protein; you will need about $\frac{1}{4}$ to $\frac{1}{2}$ C of flour.



Step 3:

Line a baking tray with aluminum foil, then grease with coconut oil. Make sure to get the oil up the sides as well!



Step 4:

Pour mixture into the lined tray



Step 5:

Spread the mixture out; about ¼" thick



Step 6:

Bake at 375° for about 20 minutes. Different proteins might take a little longer. It will look/feel a bit like flatbread when its ready. Sometimes I bake at 360° for 22 minutes.... Depends on the day. 😊



Step 7:

Remove from baking tray, and let cool. (The aluminum foil should just lift out, and I set it on a cutting board; foil side up for a few minutes to cool. Once cool – the foil comes off much easier!)



Step 8:

Cut into desired size. I use a pizza wheel, and get about 250+ pieces from a batch.



I store in a zip-lock bag, in the fridge. I always date the bag, so I know when they were made. I would imagine they would be good for 3-5 days, but I rarely have a bag last longer than 24 hours, so I can't say for sure!



Bonus tip!

If you like to use hot dogs, cheese, or any other moist treat, you can make a liner for your bait bag – just slit the Ziploc at the seams; cut about ½" down from the top – then tuck into your bait bag, and fold the top over. Voila! Disposable liner. 😊

