

Bold Bites

Bison & Goat Cheese Meatballs

INGREDIENTS

- 1 lb ground bison
- 2 tbsp goat cheese, softened
- 1 egg
- 1/4 cup oat flour
- 1 tbsp fresh parsley, chopped



DIRECTIONS

- 1 Preheat oven to 375°F. Line a baking sheet with parchment paper.
- 2 Mix ground bison, goat cheese, egg, and parsley until fully combined.
- 3 Add oat flour and mix until the mixture holds together.
- 4 Roll into small 1-inch meatballs.
- 5 Bake 18–20 minutes until cooked through.
- 6 Cool completely before serving.

STORAGE

Makes approximately 24 meatballs. Refrigerate in an airtight container for up to 1 week.



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Mid Flight Crisps

Pumpkin & Beef Biscuits — No Peanut Butter

INGREDIENTS

- 1.5 cups oat flour
- 1/2 cup pumpkin purée
- 1/4 cup cooked beef, finely shredded
- 1 egg
- 2 tbsp olive oil



DIRECTIONS

- 1 Preheat oven to 350°F. Line a baking sheet with parchment paper.
- 2 Mix flour and shredded beef in a large bowl.
- 3 Whisk pumpkin, egg, and olive oil; pour into dry ingredients.
- 4 Mix until a firm dough forms. Roll to 1/4 inch thickness.
- 5 Cut into shapes and place on the baking sheet.
- 6 Bake 20–22 minutes until firm and golden. Cool completely.

STORAGE

Makes approximately 26 crisps. Refrigerate in an airtight container for up to 1 week.



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9AM Omelet

Mini Scrambled Egg & Beef Omelets

INGREDIENTS

- 4 eggs
- 1/4 lb lean ground beef, cooked and crumbled
- 1 tbsp fresh parsley, chopped
- 1 tbsp olive oil



DIRECTIONS

- 1 Preheat oven to 325°F. Lightly oil a silicone muffin tin.
- 2 Cook and crumble beef, drain fat, and cool completely.
- 3 Whisk eggs, then stir in cooked beef and parsley.
- 4 Pour mixture into muffin cups, filling about 3/4 full.
- 5 Bake 12–15 minutes until set and lightly golden.
- 6 Cool in the tin 5 minutes, then pop out. Garnish with parsley.

STORAGE

Makes 6 mini omelets. Refrigerate in an airtight container for up to 3 days.



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Dark Matter Gems

Pork & Liver Bites

INGREDIENTS

- 1/2 lb ground pork
- 1/2 lb pork liver, blended smooth
- 1/2 cup oat flour
- 1 egg
- 1 tbsp fresh parsley, chopped



DIRECTIONS

- 1 Preheat oven to 350°F. Line a baking sheet with parchment paper.
- 2 Blend liver until completely smooth.
- 3 Combine pork, blended liver, egg, and parsley.
- 4 Add oat flour and mix until the mixture holds together.
- 5 Roll into 1-inch balls or press into silicone molds.
- 6 Bake 18–20 minutes until cooked through. Cool completely.

STORAGE

Makes approximately 24 bites. Refrigerate in an airtight container for up to 1 week.



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Omega Rounds

Wild Salmon Rounds

INGREDIENTS

- 14.75 oz wild salmon, canned and drained
- 1 cup oat flour
- 1 egg
- 1 tbsp olive oil
- 1 tbsp fresh parsley, chopped



DIRECTIONS

- 1 Preheat oven to 350°F. Line a baking sheet with parchment paper.
- 2 Drain salmon thoroughly and flake into a bowl.
- 3 Add egg, olive oil, and parsley; mix well.
- 4 Stir in oat flour until the mixture holds together.
- 5 Roll into 1-inch rounds with your hands.
- 6 Bake 18–20 minutes until firm. Cool completely.

STORAGE

Makes approximately 20 rounds. Refrigerate up to 1 week or freeze up to 2 months.



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Barkshi Roll

Egg Crepe Sushi with Pork Floss & Veggies

INGREDIENTS

- 2 large eggs
- 1 tsp water
- ½ cup cooked sushi rice (plain, unseasoned)
- 2 tbsp pork floss (plain — no onion/garlic)
- 1 carrot, finely julienned or grated
- 1 tbsp fresh parsley, finely chopped
- 2 tbsp plain unsweetened yogurt
- 1 tbsp plain goat cheese, softened
- ½ tsp black sesame seeds
- ½ tsp neutral oil (avocado oil, for the pan)



DIRECTIONS

- 1 Make the crepe**
Whisk the eggs with water until smooth. Lightly oil a nonstick pan and set over low-medium heat.
- 2 Cook it thin**
Pour in the egg mixture, tilting to spread it into a thin, even layer. Cook until just set with no wet spots.
- 3 Cool completely**
Slide the crepe onto a board and let it cool fully so it won't tear when rolled.
- 4 Layer the filling**
Spread rice over the crepe, leaving a small border. Sprinkle pork floss, carrot, and parsley in a line near one edge.
- 5 Make the drizzle**
Whisk yogurt and goat cheese together until smooth and creamy. Set a portion aside for topping.
- 6 Roll it up**
Starting from the filled edge, roll the crepe tightly like a sushi roll, sealing at the border. Rest seam-side down.
- 7 Slice**
Using a sharp, damp knife, cut into bite-sized rounds, wiping the blade between cuts.
- 8 Finish & serve**
Plate the pieces, drizzle with the yogurt-goat cheese topping, and sprinkle with black sesame. Serve fresh.

A NOTE FOR DOG PARENTS

Use only plain pork floss — no onion, garlic, or heavy salt, which are toxic to dogs. Keep yogurt and goat cheese portions small, especially for dairy-sensitive pups. This is a bite-sized treat, not a meal replacement — portion for your dog's size.

HOW TO MAKE PLAIN PORK FLOSS

1. Simmer plain pork (no seasoning) until fork-tender, about 1–1.5 hrs.
2. Shred finely with two forks or a mixer into thin threads.
3. Dry at 250°F, stirring often, until light and fluffy (45–60 min).
4. Cool fully; store airtight up to 1 week, or freeze.



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