



EASY DOG TREAT RECIPES

Vegan Dog Treats

- 3 cups whole wheat flour
- 2 cups quick-cook oats
- 1 cup peanut butter
- 1 cup unsweetened applesauce
- 1 1/4 teaspoons baking powder
- 1/3 cup oil (use what you have or like—olive, coconut or canola)

Heat oven to 350 degrees. Combine all ingredients in a bowl. Knead and roll out the dough on a lightly floured surface. If the dough is too loose, add a bit more flour. If it's too crumbly, add a bit more oil. Roll the dough to about 1/4 inch thick and cut into shapes with cookie cutters. Or cut into strips or roll into small balls. Use a silpat or parchment paper on a cookie sheet to prevent sticking.

Place the shapes about 1/2 inch apart on the cookie sheet, and bake for about 25 minutes, until lightly browned. Store in the fridge or freezer.

For more recipes, visit our website, familytimescny.com, and click "Food."

Peanut Butter and Banana Dog Treats

- 1 egg
- 1/3 cup peanut butter
- 1 cup whole wheat flour
- 1/2 cup oats (you can use quick or old-fashioned)
- 1/2 cup mashed banana

Heat oven to 300 degrees. Combine all ingredients in a bowl. Roll the dough to about 1/4 inch thick and cut into shapes with cookie cutters. Or cut into strips or roll into small balls. Use a silpat or parchment paper on a cookie sheet to prevent sticking.

Place the shapes about 1/2 inch apart on the cookie sheet, and bake for about 25 minutes, until lightly browned. Store in the fridge or freezer.

NOW HIRING



- ✓ **COMPETITIVE PAY**
- ✓ **FLEXIBLE SCHEDULE**
- ✓ **WORK IN YOUR COMMUNITY**

We're seeking individuals who would enjoy supporting people with developmental disabilities, helping them become more independent.

Learn about current employment opportunities at:
ContactEFR.org/WorkWithUs/



Respite by Design

There's a new Onsite Respite Support program in Onondaga County!



Onsite and Community Interactive Day Supports are now available Monday through Friday from 2:30pm to 5:30pm for pre-teens through adults who live at home with their families.

After School Opportunities are available for Pre-Teens, Teens and Young Adults

Activities include but are not limited to:

- Games
- Music and Movies
- Reading
- Arts and Crafts
- Community Outings
- Seasonal activities
- Homework Help



For more information, please contact:
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Canterbury Stables



LOVE HORSES?

**After School Enrichment Program: M-F 3-6pm
REGISTER NOW!**

- Safe Hands on with Horses
- Horse Care Education
- Time for Homework
- Fun Arts & Crafts
- Transportation from Caz Schools
- Canterbury Trainers

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