

Lick-Sicles

A Recipe Book for Dogs



Ingrid Liberté



Contents

- 04 About the Author
- 06 Introduction
- 07 Kefir Butter
- 08 Blueberry Lavender Butter
- 09 Strawberry Freeze
- 10 Rooibos Tea Freeze
- 11 Calming Combo
- 12 Chaga Tea
- 13 Strawberry Cream
- 14 Raspberry and Lime Tea
- 15 Pineapple and Ginger Frenzy
- 16 Blackberries and Copaiba Story
- 17 Almond Apple Cinnamon Pop
- 18 Fishy Brew
- 19 Fruity Fish Tea
- 20 Blueberry Jam
- 21 Avocado and Lemon Bliss
- 22 Egg Time

Contents cont.

- 23 Pumpkin and Cinnamon Pie
- 24 Meaty Treat
- 25 Bone Broth Bliss
- 26 Chicken and Basil Paté
- 27 Banana Lollie
- 28 Banana Butter
- 29 Milk Kefir and Berries Pupsicles
- 30 Pumpkin and Banana Smoothie
- 31 Broth Bliss
- 32 Watermelon Crush
- 33 Two Tone Berry
- 34 Three Tenors and Wild Orange
- 35 Apple Pie
- 36 Fish Dream
- 37 Veggie Medley
- 38 Connect With Us
- 39 Disclaimer

About The Author



Ingrid worked as a lifeskills trainer for many years before she moved to Cape Town and started working in the veterinary field as a vet assistant. Here she learnt practical knowledge of different animal conditions and this has helped with a bigger picture when helping clients' animals as a Certified Animal Aromatherapy Specialist.

She has over 12 years work experience in the animal field. Including a 3 year period where she ran a pet rat rescue.

Continued...

She currently runs the Australian Shepherd South African Rescue Organization (since 2012) where she works with rescue dogs, feral cats, horses, ducks, geese and chickens. In addition to being an Animal Aromatherapist, Ingrid is an animal communicator and an end of life animal doula.

Ingrid has a passion for using natural products with animals and having a non-toxic environment both in the home and at the rescue. She is an international speaker on the topic of animals and essential oils.

She loves using her training and experience to help animals physically, mentally, spiritually, and emotionally – the whole animal.



Introduction

For the recipes in this book you will need a silicone tray and imagination. Ingredients are not measured, are allowed to be interchanged etc, so just have fun.

I use Milk Kefir in my recipes as it has far more probiotics than yoghurt, however you can interchange it with Greek Yoghurt (no xylitol!).

I also use Almond butter (no salt or xylitol) as opposed to peanut butter, but you can use peanut butter (no salt or xylitol!) I also use green bananas as they have far less sugar in them.

For health and safety purposes, I remove peels/skins and all pips/seeds from all the fruits and vegetables that I use.

The essential oils that I am using are only doTERRA, as the ones I have selected are marked for internal use.

Please do not use any Essential Oil that is not marked for internal use.



Kefir Butter

Ingredients

Milk kefir

Blueberries

Almond butter

Method

1. Pour milk kefir into the silicone ice tray.
2. Add a blob of almond butter and 1 blueberry into ice tray compartment.
3. Place tray in freezer and freeze.

Blueberry Lavender Butter

Ingredients

Coconut Oil, melted
Almond Butter
Blueberries
Lavender Essential Oil

Method

1. Add 1 drop of lavender essential oil to melted coconut oil.
2. Pour melted coconut oil mixture into the silicone ice tray.
3. Add a blob of almond butter and 1 blueberry into each ice tray compartment.
4. Place tray in freezer and freeze.





Strawberry Freeze

Ingredients

Coconut oil, melted
Strawberries
(sliced, stalks removed)
Almond butter

Method

1. Pour melted coconut oil into the silicone ice tray.
2. Add a blob of almond butter and 1 strawberry slice into each ice tray compartment.
3. Place tray in freezer and freeze.

Rooibos Tea Freeze

Ingredients

Rooibos Tea, cooled
Mango, sliced and peeled
Wild Orange Essential Oil

Method

1. Add 1 drop of wild orange essential oil to cooled rooibos tea.
2. Pour cooled rooibos tea mixture into silicone ice tray.
3. Add 1 piece of sliced mango into each ice tray compartment.
4. Place tray in freezer and freeze.



Calming Combo

Ingredients

Rooibos and Chamomile Tea
(no caffeine)

Milk kefir

Green Banana, sliced

Grapefruit Essential Oil

Method

1. Add 1 drop of grapefruit essential oil to the cooled rooibos and chamomile tea.
2. Pour cooled tea mixture into silicone ice tray.
3. Add 1 piece of green sliced banana and a blob of kefir into each ice tray compartment.
4. Place tray in freezer and freeze.

Chaga Tea

Ingredients

Chaga Tea
Asparagus, Cut up
into pieces

Method

1. Pour cooled chaga tea into silicone ice tray.
2. Add 1 piece of asparagus into each ice tray compartment.
3. Place in freezer and freeze.





Strawberry Cream

Ingredients

6 Big Strawberries
(sliced, stalks removed)
500ml Milk Kefir

Method

1. Using a blender, combine the milk kefir and strawberries until smooth.
2. Pour mixture into silicone ice tray compartments.
3. Place tray in freezer and freeze.

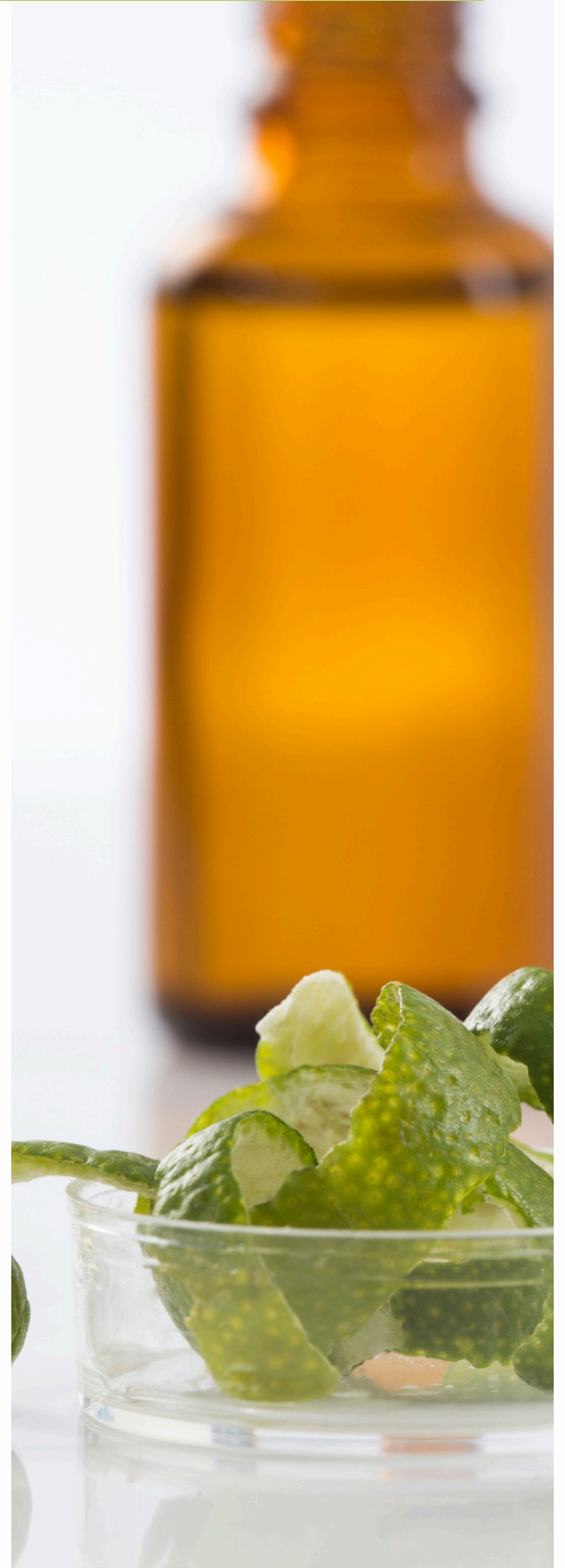
Raspberry and Lime Tea

Ingredients

Rooibos Tea
Coconut Oil, Melted
Raspberries
Lime Essential Oil

Method

1. Pour a little melted coconut oil into silicone ice tray.
2. Add 1 drop of lime essential oil to rooibos tea.
3. Top up silicone ice tray with cooled rooibos tea mixture.
4. Add 1 raspberry into each ice tray compartment.
5. Place tray in freezer and freeze.



Pineapple and Ginger Frenzy

Ingredients

Pineapple (peeled, sliced)

Watermelon (peeled, sliced)

Green Banana (peeled, sliced)

Ginger Essential Oil

Coconut Oil, Melted

Milk kefir

Method

1. Place milk kefir, 1 drop of ginger essential oil, pineapple, green banana and watermelon (remove pips) in blender and blend into a smooth consistency.
2. Pour a bit of melted coconut oil into silicone ice tray and freeze.
3. Remove from freezer and pour liquidised fruit combo on top.
4. Return tray to freezer and freeze.

Blackberries and Copaiba Story

Ingredients

Coconut Oil, melted

Milk Kefir

Blackberry

1 Drop of Copaiba Essential Oil

Method

1. Place milk kefir, melted coconut oil and 1 drop of copaiba essential in a blender and combine.
2. Pour the milk kefir mixture into a silicone ice tray.
3. Add 1 blackberry to each ice tray compartment.
4. Place tray in freezer and freeze.



A vertical photograph on the left side of the page shows a wooden cutting board. On the board are several slices of red apples, some of which have been spread with a thick layer of almond butter. A small white bowl, also containing almond butter, sits on the board. The background is a warm, golden-brown color.

Almond Apple Cinnamon Pop

Ingredients

Almond Butter

Cinnamon Bark Essential Oil

Sliced apple (no seeds or core and
make sure you wash the apple)

Milk kefir

Dash of filtered water

Method

1. Pour 500ml milk kefir into blender.
2. Add 1 drop of cinnamon bark essential oil, sliced apple, a dessert spoon of almond butter and a dash of water and blend.
3. Pour mixture into silicone ice tray compartments.
4. Place tray in freezer and freeze.

Fishy Brew

Ingredients

Milk kefir

Tin of Pilchards
(tomato sauce or plain)
Dash of Filtered Water

Method

1. Place 600ml kefir into blender.
2. Drain pilchards, removing as much of the tomato sauce as possible.
3. Add pilchards to blender and combine. Add a dash of filtered water if needed.
4. Pour/spoon mixture into silicone ice tray compartments.
5. Place tray in freezer and freeze.



Fruity Fish Tea

Ingredients

Rooibos Tea

Pilchards (in tomato sauce)

5 Strawberries

(sliced and stalks removed)

Method

1. Place 600ml rooibos tea in blender.
2. Add sliced strawberries and pilchards (with as much tomato sauce removed as possible) and blend together.
3. Pour/Spoon into silicone ice tray compartments.
4. Place tray in freezer and freeze.

Blueberry Jam

Ingredients

Blueberries
Almond Butter
Milk kefir
Filtered Water

Method

1. Place 500ml milk kefir, 10 to 15 blueberries and a dash of filtered water into blender and combine well.
2. Pour contents into silicone ice tray compartments and freeze.
3. Once frozen, remove cubes from silicone ice tray and place on a tray.
4. Add a dollop of almond butter to each blueberry cube.
5. Place tray in freezer and freeze.



Avocado and Lemon Bliss

Ingredients

Avocado (no skin or pip)

1 Drop Lemon Essential Oil

Milk kefir

Method

1. Pour milk kefir into blender.
2. Add 1 drop of lemon essential oil and sliced avocado into blender (no skin or pips).
3. Blend into smooth consistency.
4. Pour into silicone ice tray compartments.
5. Place tray in freezer and freeze.

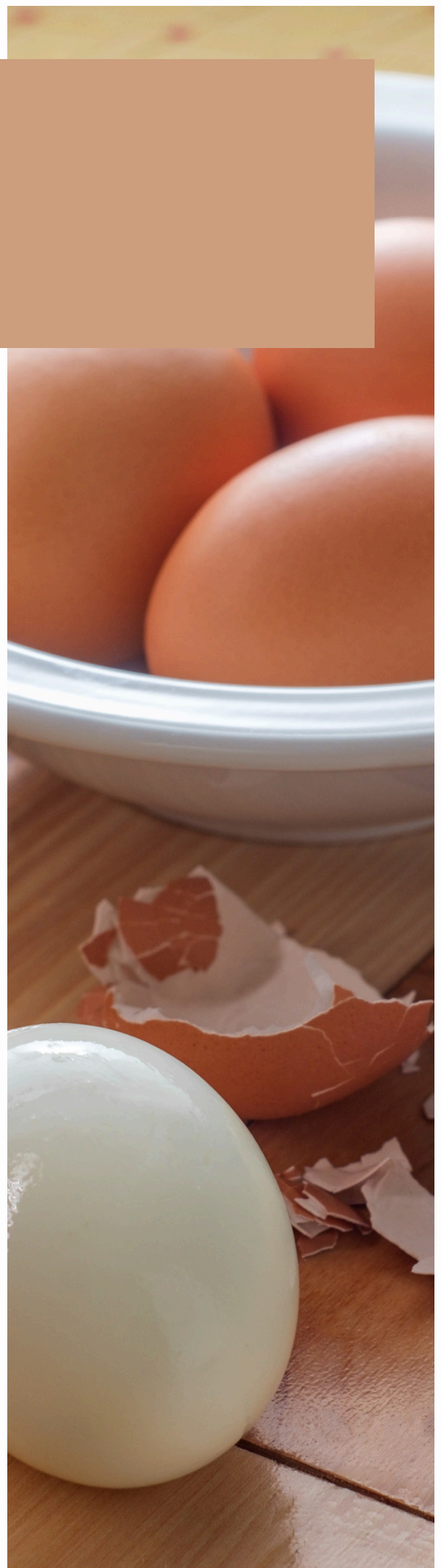
Egg Time

Ingredients

Organic Chicken Eggs
Water

Method

1. Place as many eggs as you would like in pot with water and boil.
2. Peel off shell.
3. Place whole eggs in a container and freeze.



Pumpkin and Cinnamon Pie

Ingredients

Pumpkin

Cinnamon bark essential Oil

5 raspberries

Milk kefir

Method

1. Cook pumpkin until soft.
2. Add pumpkin, raspberries, milk kefir and 1 drop of cinnamon bark essential oil into blender.
3. Blend well. Add a dash of filtered water if needed.
4. Spoon mixture into silicone ice tray compartments.
5. Place tray in freezer and freeze.

Meaty Treat

Ingredients

Ostrich mince 500g

Sardine x 2

Carrots finely chopped

Filtered water

Coconut Oil Melted

Method

1. Blend ostrich mince, sardines and chopped carrots in food processor with a dash of filtered water.
2. Pour a small amount of coconut oil into silicone ice tray.
3. Add dollop of meaty treat mixture into each ice tray compartment.
4. Place tray in freezer and freeze.



Bone Broth Bliss

Ingredients

Whole Cooked Chicken
Carcass with some meat on
or Beef Soup Bones
Filtered Water
Apple Cider Vinegar

Method

1. Cover chicken carcass or beef bones with filtered water in a pot.
2. Simmer on for about 4 hours on the stove with lid on.
3. Allow to cool and remove bones.
4. Pour/scoop into silicone ice tray compartments.
5. Place tray in freezer and freeze.

Chicken and Basil Paté

Ingredients

3 plain Chicken Breasts, boiled
Teaspoon Parsley
Basil Essential Oil
Boiled Water from Chicken

Method

1. Chop the boiled chicken breasts into fine pieces.
2. Place the chicken, 500ml cooled water from cooked chicken, 1 teaspoon of parsley and 1 of drop of basil essential oil into food processor and blend well.
3. Spoon mixture into silicone ice tray compartments.
4. Place tray in freezer and freeze.



Banana Lollie



Ingredients

Green Banana (Peeled, sliced)

Milk Kefir

Dog Biscuits

Method

1. Place sliced green banana and milk kefir into blender and blend to a smooth consistency.
2. Pour into silicone ice tray compartments.
3. Add 1 dog biscuit standing up in each ice tray compartment.
4. Place tray in freezer and freeze.

Banana Butter

Ingredients

Green Banana
(peeled, sliced)

Almond Butter

Milk Kefir

Method

1. Blend sliced green banana, almond butter and milk kefir together.
2. Pour into silicone ice tray compartments.
3. Place tray into freezer and freeze.





Milk Kefir and Berries Pupsicles

Ingredients

Blueberries, Raspberries,
Strawberries, or Blackberries

Milk Kefir

Method

1. Place milk kefir and mixed berries in blender and combine.
2. Pour into silicone ice tray compartments.
3. Place in freezer and freeze.

Pumpkin and Banana Smoothie

Ingredients

Green Banana
(peeled, sliced)

Pumpkin
(slightly cooked and cooled)

Method

1. Mash sliced green banana and cooked pumpkin together.
2. Place dollops into silicone ice tray compartments.
3. Place tray in freezer and freeze.





Broth Bliss

Ingredients

Green Banana

(peeled, sliced)

Chicken Broth (or beef broth)

Blueberries

Method

1. Place chicken broth, sliced green banana and blueberries in blender.
2. Blend all ingredients together until smooth.
3. Pour into a silicone ice tray compartments.
4. Place tray in freezer and freeze.

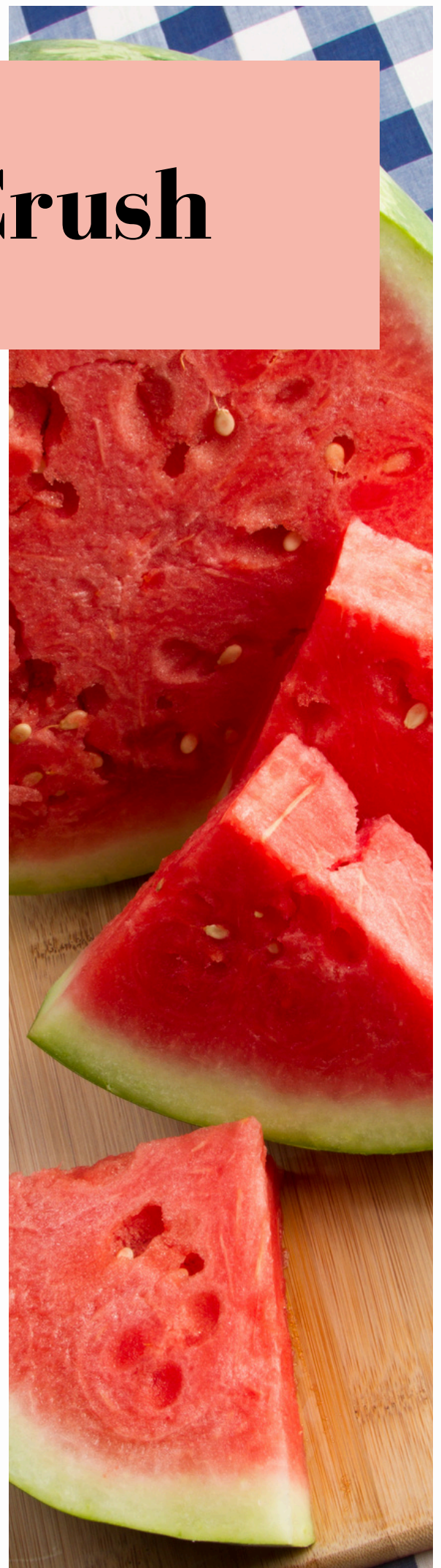
Watermelon Crush

Ingredients

Watermelon (no pips or skin)
Coconut Oil

Method

1. Melt Coconut Oil.
2. Pour about 2/3 into silicone ice tray compartments and freeze.
3. Blend watermelon in blender until smooth.
4. Once the coconut oil is frozen, remove the ice tray from the freezer.
5. Pour blended watermelon on top of frozen coconut oil.
6. Return tray to freezer and freeze.



Two Tone Blueberry

Ingredients

Blueberries

Milk Kefir

Method

1. Add milk kefir about 2/3 of the way in silicone ice tray compartments and freeze.
2. Blend blueberries and add to each ice tray compartment once milk kefir is frozen.
3. Return to the freezer and freeze.

Three Tenors and Wild Orange

Ingredients

Mango (peeled, sliced)

Carrots (sliced)

Wild Orange Essential Oil

Milk Kefir

Method

1. Add milk kefir to about $\frac{1}{4}$ of the way in silicone ice tray compartments and place in freezer.
2. Blend Mango and 1 drop of wild Orange and pour about $\frac{1}{2}$ of the way on top of frozen milk kefir and return ice tray to freezer.
3. Blend carrot and add the rest of the way on top of the frozen mango.
4. Return tray to freezer and freeze.



Apple Pie

Ingredients

Apple Sauce (No Xylitol)

Pumpkin (peeled, diced)

Coconut Oil

Method

1. Pour melted coconut oil into silicone ice tray compartments and place tray in freezer to freeze.
2. Blend pumpkin and apple sauce together and pour into silicon ice tray compartments on top of frozen coconut oil.
3. Return to freezer and freeze.

Fish Dream

Ingredients

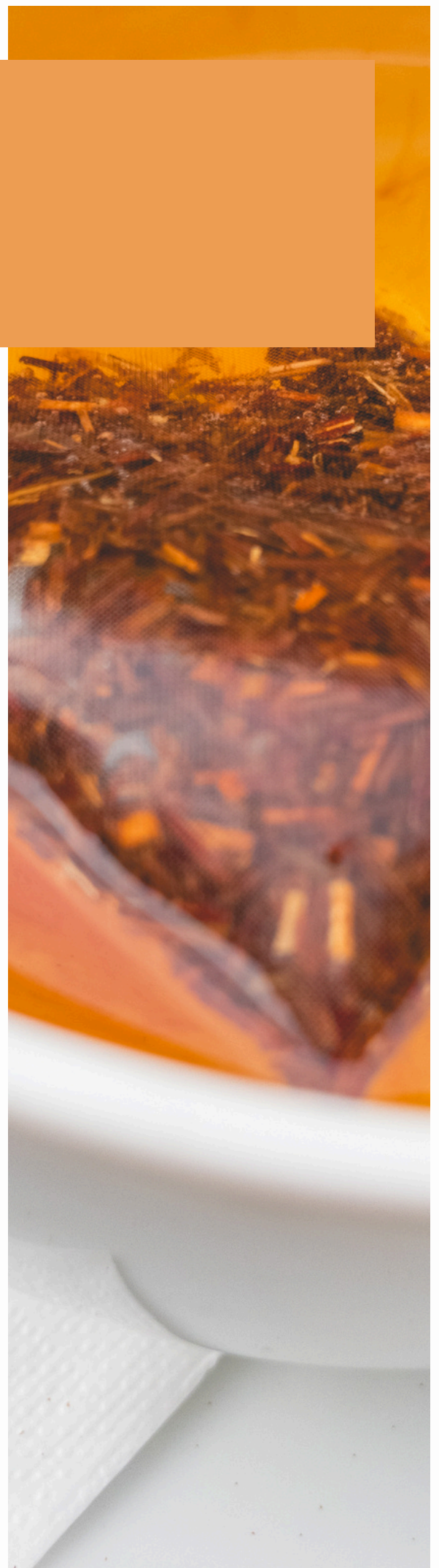
Rooibos Tea

Pilchards in tomato sauce

Bone Broth

Method

1. Blend cooled rooibos tea, bone broth and pilchards together. (Remove as much tomato sauce as possible from tinned pilchards).
2. Pour mixture into a silicone ice tray compartments.
3. Place tray in freezer and freeze.



Veggie Medley

Ingredients

Raw almonds

Brussel sprouts

Red pepper

Cabbage

Cucumber

Milk Kefir

Method

1. Slice brussel sprouts, red pepper, cabbage and cucumber and place in food processor with raw almonds until finely chopped.
2. Add milk kefir to the chopped veggies and combine well.
3. Pour mixture into a silicone ice tray compartments.
4. Place tray in freezer and freeze.
5. Add 1 cube to dog's food.



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