

More Gelly Tails

**A Gelatine Treats
Recipe Book for Dogs**

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About Xylitol:

All yoghurt, store bought apple sauce etc must not contain any Xylitol as it is poisonous for your animals.

Xylitol also has the following names:

- Xylite
- Birch sugar
- E967
- Meso-Xylitol
- Sucre de bouleau

And more...

Make your own base ingredients with these base recipes:

Almond Butter

Ingredients:

- 2 cups raw, unsalted almonds
- 2 tsp coconut oil

Method:

1. Roast the almonds for about 10 minutes in the oven at 180 degrees on a flat tray
2. Once cooled add them to your food processor and process on a high speed
3. Scrape the sides down a few times
4. Add the 2 tsp of coconut oil
5. Keep on until you have a smooth, creamy butter

Store in an airtight container in the fridge and use within a month due to no preservatives.

Bone Broth (basic)

Ingredients:

- 100g of any of the following bones: chicken, marrow, knuckle/joint bones
- 10 cups filtered water
- 2 tablespoons apple cider vinegar

Method:

1. Add all ingredients into a slow cooker
2. Cover contents with filtered water
3. Slow cook on high for 1 hour and then reduce to low

Cooking time:

Chicken bones - 24 hours

Dense bones - 48 hours

Bone Broth 1 (more gelatinous)

Ingredients:

- 1 ½ kg beef marrow bones
- 3 large chicken feet
- ¼ cup apple cider vinegar (see recipe to make own)
- Enough water to cover

Method:

1. Add all ingredients into a slow cooker
2. Cover contents with filtered water
3. Cook on high heat for 1 hour
4. Reduce to low and cook for 48 hours

Bone Broth 2 (more liquid)

Ingredients:

- 1.4 kg chicken bones
- 8 cups water
- 2 tbsp apple cider vinegar

Method:

1. Add all ingredients into a slow cooker
2. Cover contents with filtered water
3. Cook on high heat for 1 hour
4. Reduce to low and cook for 24 hours

Fish Broth

Ingredients:

- 2 tsp of apple cider vinegar
- 2-3 heads or fish frames of hake or cod
- 2-3 litres of water

Method:

- Rinse fish well
- Place fish parts in slow cooker
- Add apple cider vinegar and enough water to fully cover fish (about 2-3 litres depending on cooker size)
- Cook on low for 6-8 hours or high for 3-4 hours
- Skim off foam or oil that rises to the top
- Strain carefully through a fine sieve or cheesecloth to remove all bones and solids

Gelatine Base

Ingredients:

- ½ tsp - 1 tbsp unflavoured beef gelatine *depends on consistency you want - check package directions
- ½ cup broth or filtered water

Method:

1. Mix broth until all gelatine is dissolved.
2. Allow to sit until mixture thickens.

Applesauce

Ingredients:

- 4-6 medium apples
- ¼ cup filtered water
- 1 tbsp apple cider vinegar
- 1 drop cinnamon essential oil (optional)

Instructions:

- Peel, core and slice apples
- Place apple slices in a large bowl
- Add filtered water and apple cider vinegar.
- Add cinnamon essential oil.
- Stir to coat the apple slices with the liquid.

Method:

- Slow Cooker:- Place the apple slice mixture into a slow cooker and cook on low for 4 to 6 hours stirring occasionally.
- Instant Pot/Electric Pressure Cooker:- Place the apple slice mixture into the instant pot, cook on manual high for 8 minutes. Allow the pressure to release naturally

Instructions after cooking:

- Stir well until desired consistency achieved.
- If you want a smoother texture, use an immersion blender
- Cool the applesauce to room temperature

Transfer into airtight container and store in fridge for up to 1 week or 6 months in freezer.

Whipped honey

Ingredients:

- 1 cup raw honey

Method:

1. Add 1 cup of raw honey to a bowl.
2. Using a stand mixer or hand mixer with a whisk attachment
3. Whip on medium to high speed for 5 – 10 minutes until honey is pale and aerated and creamy



Apple Kefir Detox Cubes

INGREDIENTS:

- ½ cup kefir
- ¼ cup unsweetened applesauce
- 1 toothpick drop cinnamon essential oil
- 2 tbsp gelatine

INSTRUCTIONS:

1. Combine ingredients.
2. Warm slightly and stir in gelatine.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: GUT CLEANSE AND BREATH FRESHENER.



Carrot Kefir Crunchers

INGREDIENTS:

- ½ cup steamed shredded carrots
- ½ cup kefir
- ½ cup water
- 2 tbsp gelatine

INSTRUCTIONS:

1. Blend or mix all ingredients together.
2. Warm slightly and stir in gelatine.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: EYE HEALTH, GUT BOOST, AND GENTLE ON TUMMIES.



Kefir & Honey Tummy Treats

INGREDIENTS:

- 1 cup kefir
- 1 tsp raw honey
- 2 tbsp gelatine

INSTRUCTIONS:

1. Warm kefir gently, stir in honey and gelatine
2. Pour into silicone moulds or a shallow dish.
3. Refrigerate for 2–3 hours until firm.
4. Cut into bite-sized pieces if using a dish.

**BENEFITS: IMMUNE SUPPORT AND
DIGESTIVE SOOTHING.**



Peachy Kefir Gummies

INGREDIENTS:

- ½ cup pureed fresh or frozen peach
- ½ cup kefir
- 2 tbsp gelatine

INSTRUCTIONS:

1. Blend ingredients and warm slightly.
2. Stir in gelatine.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: SOOTHING, SWEET, AND FULL OF VITAMINS.



Pumpkin & Kefir Gut Gummies

INGREDIENTS:

- ½ cup plain cooked pumpkin (no spice)
- ½ cup plain kefir
- 2 tbsp unflavoured gelatine

INSTRUCTIONS:

1. Mix pumpkin and kefir.
2. Warm gently and stir in bloomed gelatine.
3. Pour into paw shaped or bone shaped silicone moulds or into a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: EXCELLENT FOR DIGESTION AND GENTLE ON TUMMIES.



Cucumber & Mint Hydration Cubes

INGREDIENTS:

- ½ cup grated cucumber (peeled if waxy)
- 1 tbsp chopped mint
- 1 cup water
- 2 tbsp gelatine

INSTRUCTIONS:

1. Combine ingredients and warm slightly.
2. Stir in bloomed gelatine.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: COOLING SUMMER TREAT AND BREATH FRESHENER.



Blueberry & Liver Training Bites

INGREDIENTS:

- ½ cup mashed blueberries
- ¼ cup cooked, blended liver
- 1 cup water
- 2 tbsp gelatine

INSTRUCTIONS:

1. Blend all ingredients until smooth.
2. Warm and add bloomed gelatine.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: PACKED WITH IRON, ANTIOXIDANTS, AND FLAVOUR DOGS GO CRAZY FOR.



Chicken & Apple Protein Wobblers

INGREDIENTS:

- ½ cup finely diced cooked chicken
- ¼ cup unsweetened applesauce
- ¾ cup chicken broth
- 2 tbsp gelatine

INSTRUCTIONS:

1. Mix all, warm slightly.
2. Stir in gelatine.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: LEAN PROTEIN AND NATURAL SWEETNESS.



Spinach & Goat Cheese Bites

INGREDIENTS:

- ½ cup cooked pureed spinach
- 2 tbsp crumbled plain goat cheese
- ¾ cup water
- 2 tbsp gelatine

INSTRUCTIONS:

1. Warm ingredients gently.
2. Add gelatine and stir until dissolved.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: HIGH IN CALCIUM AND RICH IN MINERALS.



Turkey, Parsley & Garlic Breath Mints

INGREDIENTS:

- ½ cup ground cooked turkey
- 1 tbsp fresh parsley, chopped
- ⅛ tsp garlic powder or fresh garlic (optional)
- 1 cup water
- 2 tbsp gelatine

INSTRUCTIONS:

1. Blend all ingredients.
2. Warm slightly and stir in gelatine.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: PROTEIN AND BREATH FRESHENING WITH ANTIMICROBIAL PROPERTIES.



Pineapple and Lime Coconut Coolers

INGREDIENTS:

- ½ cup crushed pineapple
- ½ cup coconut water
- 1 drop lime essential oil
- 2 tbsp gelatine

INSTRUCTIONS:

1. Mix pineapple and coconut water.
2. Warm gently and add gelatine.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: DIGESTIVE ENZYMES AND HYDRATION. (OCCASIONAL USE ONLY DUE TO ACIDITY.)



Egg & Sardine Skin-Boosting Bites

INGREDIENTS:

- 1 hard-boiled egg, mashed
- ½ tin sardines (in water, no salt)
- ¾ cup water
- 2 tbsp gelatine

INSTRUCTIONS:

1. Blend the egg, sardines and water until smooth.
2. Warm slightly and stir in gelatine.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: OMEGA-3S, PROTEIN, AND BIOTIN. GREAT FOR SKIN AND COAT.



Lemon Balm Calming Gummies

INGREDIENTS:

- 1 cup cooled rooibos tea
- 1 drop vetiver essential oil (optional)
- 1 drop melissa (lemon balm) essential oil
- 2 tbsp gelatine

INSTRUCTIONS:

1. Brew rooibos tea and let cool.
2. Mix with essential oils and gelatine.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

**BENEFITS: ANXIETY AND STRESS RELIEF —
PERFECT BEFORE VET VISITS OR TRAVEL.**



Golden Turmeric Gummies

INGREDIENTS:

- 1 cup bone broth (chicken or beef, unsalted)
- 1 drop turmeric essential oil
- 1 drop copaiba essential oil
- 2 tbsp unflavoured gelatine

INSTRUCTIONS:

1. Bloom gelatine in $\frac{1}{2}$ cup broth.
2. Add turmeric and copaiba essential oils.
3. Stir in gelatine.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

**BENEFITS: POWERFUL ANTI-INFLAMMATORY
AND FOR JOINT SUPPORT.**



Coconut & Ginger Chews

INGREDIENTS:

- ¾ cup unsweetened coconut milk
- 1 drop ginger essential oil
- 2 tbsp gelatine

INSTRUCTIONS:

1. Warm coconut milk
2. Add ginger essential oil
3. Stir in gelatine until fully dissolved.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: ANTI-INFLAMMATORY, SUPPORTS SKIN, BRAIN, AND IMMUNITY.



Omega-3 Salmon Skin Boosters

INGREDIENTS:

- ½ cup cooked, flaked salmon (no bones)
- 1 cup fish or bone broth
- 1 drop frankincense essential oil
- 2 tbsp gelatine

INSTRUCTIONS:

1. Blend salmon with broth.
2. Add frankincense essential oil.
3. Warm, stir in gelatine.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: EXCELLENT FOR INFLAMMATION, BRAIN, AND COAT HEALTH.



Sweet Potato & Turmeric Bites

INGREDIENTS:

- ½ cup cooked mashed sweet potato
- 1 drop turmeric essential oil
- 1 drop frankincense essential oil
- 1 cup water
- 2 tbsp gelatine

INSTRUCTIONS:

1. Warm water with sweet potato
2. Add turmeric and frankincense essential oils.
3. Stir in gelatine.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: GENTLE DIGESTION, JOINT, AND SKIN BENEFITS.



Blueberry and Orange Kefir Antioxidant Jellies

INGREDIENTS:

- ½ cup plain kefir (unsweetened)
- ½ cup mashed blueberries
- 1 drop wild orange essential oil
- 2 tbsp gelatine

INSTRUCTIONS:

1. Warm ingredients gently.
2. Add in essential oils.
3. Stir in gelatine.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: FIGHTS OXIDATIVE STRESS AND SUPPORTS GUT AND IMMUNE SYSTEM.



Parsley & Spinach Green Cubes

INGREDIENTS:

- ¼ cup parsley (chopped)
- ¼ cup steamed spinach
- 1 cup water or broth
- 2 tbsp gelatine

INSTRUCTIONS:

1. Blend greens with water.
2. Warm and stir in gelatine.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

**BENEFITS: NATURAL DETOX AND
INFLAMMATION RELIEF.**



Banana & Turmeric Calming Bites

INGREDIENTS:

- 1 green banana, mashed
- 1 drop turmeric essential oil
- 1 drop lavender essential oil
- 1 cup water or goat milk
- 2 tbsp gelatine

INSTRUCTIONS:

1. Blend all ingredients, warm gently.
2. Stir in gelatine.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

**BENEFITS: CALMS NERVES AND
INFLAMMATION SUPPORT.**



Beef Broth & Garlic Joint Bites

INGREDIENTS:

- 1 cup unsalted beef broth
- ⅛ tsp minced garlic (optional)
- 2 tbsp gelatine

INSTRUCTIONS:

1. Warm broth with garlic.
2. Add gelatine and stir.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

**BENEFITS: GARLIC CAN REDUCE
INFLAMMATION AND FIGHT INFECTION.**



Honey Chamomile Soothers

INGREDIENTS:

- 1 cup brewed rooibos tea (cooled)
- 1 tsp raw honey
- 2 drops roman chamomile essential oil
- 1 drop copaiba essential oil
- 2 tbsp gelatine

INSTRUCTIONS:

1. Mix tea and honey.
2. Add in essential oils
3. Stir in gelatine.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: ANTI-INFLAMMATORY AND CALMING FOR JOINTS AND NERVES.



Rooibos & Golden Paste Gel Cubes

INGREDIENTS:

- 1 cup cooled rooibos tea (caffeine-free)
- ½ tsp turmeric
- Pinch of pepper
- 1 tsp coconut oil
- 2 tbsp gelatine

INSTRUCTIONS:

1. Warm tea with turmeric, pepper, and coconut oil.
2. Add gelatine and mix well.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: ANTI-INFLAMMATORY POWERHOUSE, CAFFEINE-FREE AND SOOTHING.



Chicken Coconut Gummies

INGREDIENTS:

- 1/2 cup cooked shredded chicken
- 1 cup coconut milk
- 2 tbsp gelatine
- 1/4 cup chicken broth

INSTRUCTIONS:

1. Heat coconut milk and chicken broth until warm.
2. Sprinkle gelatine over the top and whisk until fully dissolved.
3. Stir in shredded chicken.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: SUPPORT SKIN AND COAT, AND PROVIDES GUT-SOOTHING HYDRATION.



Pear & Coconut Tummy Treats

INGREDIENTS:

- 1/2 ripe pear (peeled and blended)
- 1 cup coconut milk
- 2 tbsp gelatine
- 1 drop ginger essential oil

INSTRUCTIONS:

1. Blend pear and coconut milk.
2. Warm gently.
3. Add ginger essential oil.
4. Stir in gelatine.
5. Pour into silicone moulds or a shallow dish.
6. Refrigerate for 2–3 hours until firm.
7. Cut into bite-sized pieces if using a dish.

BENEFITS: GENTLE AND SOOTHING, GREAT FOR SENSITIVE TUMMIES.



Sweet Potato & Banana Treats

INGREDIENTS:

- 1 medium cooked sweet potato (mashed, no skin)
- 1 ripe banana (mashed)
- 1 cup water or low-sodium bone broth
- 2 tbsp unflavoured gelatine powder

INSTRUCTIONS:

1. Mash the sweet potato and banana together in a bowl until smooth.
2. Warm the water or broth. Add the gelatine and mix. Let it sit for 1 minute to bloom.
3. Mix in the mashed sweet potato and banana. Stir well to combine into a smooth mixture.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: JOINT HEALTH, DIGESTION, AND IMMUNE SYSTEM.



Banana & Lavender Bedtime Gummies

INGREDIENTS:

- 1/2 ripe banana (mashed)
- 1 cup coconut milk
- 2 tbsp gelatine
- 1 – 2 drops lavender essential oil

INSTRUCTIONS:

1. Blend banana and coconut milk.
2. Warm gently, add lavender.
3. Stir in gelatine.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

**BENEFITS: PROMOTES RESTFUL SLEEP,
NATURALLY SOOTHING. GIVE 30–60 MINS
BEFORE BEDTIME.**



Chicken Coconut Training Gummies

INGREDIENTS:

- 1/2 cup shredded cooked chicken
- 1 cup coconut milk
- 2 tbsp gelatine
- 1/4 cup chicken broth

INSTRUCTIONS:

1. Blend chicken, coconut milk, and broth.
2. Warm mixture and stir in gelatine.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

**BENEFITS: HIGH PROTEIN, SOFT TEXTURE,
EASY TO CARRY.**



Beef Gummies Training Treats

INGREDIENTS:

- 1/2 cup beef broth
- 1–2 tbsp finely minced meat or liver
- 2 tbsp unflavoured gelatine

INSTRUCTIONS:

1. Warm broth, add minced meat/liver.
2. Dissolve gelatine, stir well.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

**BENEFITS: HIGH PROTEIN REWARD TREAT,
SOFT AND CHEWY TEXTURE.**



Beetroot & Blueberry Heart Gummies

INGREDIENTS:

- 1/4 cup cooked beetroot purée
- 1/4 cup blueberry puree
- 2 tbsp unflavoured gelatine

INSTRUCTIONS:

1. Blend beetroot and blueberry.
2. Warm gently and dissolve gelatine.
3. Pour into heart-shaped silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: SUPPORTS CIRCULATION AND CARDIOVASCULAR HEALTH.



Pumpkin & Ginger Treats

INGREDIENTS:

- 1/4 cup steamed pumpkin
- 1 drop ginger essential oil
- 1/4 cup water
- 2 tbsp unflavoured gelatine

INSTRUCTIONS:

1. Warm pumpkin and water together.
2. Add in essential oil
3. Stir in gelatine until fully dissolved.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: SOOTHES DIGESTIVE UPSET AND NAUSEA.



Sardine Gelatine Treats

INGREDIENTS:

- 1–2 sardines in water (no salt)
- 1/2 cup warm water or broth
- 2 tbsp gelatine

INSTRUCTIONS:

1. Blend sardines with water.
2. Warm gently, then mix in gelatine until dissolved.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: FULL OF OMEGA-3S AND TAURINE. GREAT FOR THE HEART AND FOR COGNITIVE HEALTH.



Slippery Elm & Pumpkin Gummies

INGREDIENTS:

- 1/4 cup steamed pumpkin
- 1/4 tsp slippery elm powder
- 1/2 cup water
- 2 tbsp unflavoured gelatine

INSTRUCTIONS:

1. Warm water and mix in slippery elm and pumpkin.
2. Mix in gelatine until dissolved.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

**BENEFITS: SOOTHES IRRITATED GUT LINING,
STOPS DIARRHOEA FAST.**



Dandelion Root & Apple Gummies

INGREDIENTS:

- 1/4 cup unsweetened applesauce
- 1/2 cup brewed dandelion root tea
- 2 tbsp unflavoured gelatine

INSTRUCTIONS:

1. Brew tea, then combine with applesauce.
2. Warm and stir in gelatine.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: GENTLE LIVER CLEANSE, GOOD FOR DIGESTION.



Liver Broth Gummies

INGREDIENTS:

- 1/2 cup liver broth (or liver blended in water)
- 2 tbsp gelatine

INSTRUCTIONS:

1. Simmer liver in water until tender (save broth).
2. Blend a bit of the liver into broth (optional).
3. Dissolve gelatine into warm liquid.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

**BENEFITS: DELICIOUS SMELLING TO DOGS,
CHEWY, IRRESISTIBLE TRAINING REWARDS.**



Blueberry & Ginger Gummies

INGREDIENTS:

- 1/4 cup mashed blueberries
- 1 drop ginger essential oil
- 1/2 cup warm water
- 2 tbsp gelatine

INSTRUCTIONS:

1. Blend blueberries into water.
2. Heat gently.
3. Add in ginger essential oil.
4. Stir in gelatine.
5. Pour into silicone moulds or a shallow dish.
6. Refrigerate for 2–3 hours until firm.
7. Cut into bite-sized pieces if using a dish.

**BENEFITS: ANTIOXIDANTS AND GUT-BRAIN
AXIS SOOTHING.**



Beef & Organ Gelatine Treats

INGREDIENTS:

- 1/4 cup cooked beef
- 1/4 cup cooked organ meat (like heart or kidney)
- 1/2 cup warm beef broth or water
- 2 tbsp gelatine

INSTRUCTIONS:

1. Blend meats with warm broth.
2. Stir in gelatine until smooth and dissolved.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: PROTEIN-RICH AND NUTRIENT-DENSE.



Tuna Gelatine Cubes

INGREDIENTS:

- 1/2 can tuna in water (no salt), drained
- 1/2 cup warm water or light broth
- 2 tbsp gelatine

INSTRUCTIONS:

1. Mash tuna into warm water or broth.
2. Stir in gelatine and whisk well.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

**BENEFITS: GREAT FOR TRAINING —
DELICIOUS SMELLING TO DOGS AND HIGH-
REWARD.**



Duck & Broth Gelatine Snacks

INGREDIENTS:

- 1/2 cup cooked shredded duck (no bones or skin)
- 1/2 cup warm broth (duck or chicken)
- 2 tbsp gelatine

INSTRUCTIONS:

1. Blend meat and broth together.
2. Heat gently, stir in gelatine until fully dissolved.
3. Pour into silicone moulds or a shallow dish.
4. Refrigerate for 2–3 hours until firm.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: NOVEL PROTEIN IDEAL FOR DOGS WITH ALLERGIES.



Basic Rooibos Gelatine Chews

INGREDIENTS:

- 1 rooibos tea bag (or 1 tsp loose rooibos)
- 1/2 cup hot water
- 2 tbsp unflavoured gelatine

INSTRUCTIONS:

1. Steep rooibos in hot water for 10 minutes.
2. Remove tea and reheat tea if needed (warm, not boiling).
3. Stir in gelatine until dissolved.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: GENTLE ANTIOXIDANT SUPPORT, CALMING, ANTI-INFLAMMATORY. SIMPLE AND SOOTHING, SUITABLE TO BE GIVEN DAILY.



Calming Rooibos and Chamomile Gummies

INGREDIENTS:

- 1 rooibos tea bag
- 1 chamomile tea bag
- ½ cup hot water
- 2 tbsp unflavoured gelatine

INSTRUCTIONS:

1. Steep both tea bags in ½ cup boiling water for 10 minutes.
2. Remove bags and warm again if needed.
3. Stir in gelatine until dissolved.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: CALMING. USE BEFORE BED, THUNDERSTORMS, OR TRAVEL.



Rooibos & Honey Soothing Gummies

INGREDIENTS:

- 1 rooibos tea bag
- ½ cup water
- 1 drop lemon essential oil
- 1 tsp raw honey (optional)
- 2 tbsp gelatine

INSTRUCTIONS:

1. Steep tea in hot water for 10 minutes.
2. Stir in honey and lemon essential oil (optional) and warm if needed.
3. Add gelatine and stir until fully dissolved.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: MILDLY CALMING AND IMMUNE BOOSTING.



Rooibos and Ginger Tummy Gummies

INGREDIENTS:

- 1 rooibos tea bag
- 1 drop ginger essential oil
- ½ cup water
- 2 tbsp gelatine

INSTRUCTIONS:

1. Steep tea in hot water for 10 minutes.
2. Strain if needed and rewarm gently.
3. Add the ginger essential oil.
4. Add gelatine and stir until fully dissolved.
5. Pour into silicone moulds or a shallow dish.
6. Refrigerate for 2–3 hours until firm.
7. Cut into bite-sized pieces if using a dish.

BENEFITS: SOOTHES NAUSEA, GAS, AND MILD STOMACH UPSET.



Rooibos & Beetroot Heart Health Gummies

INGREDIENTS:

- 1 rooibos tea bag
- ¼ cup beetroot juice (liquidised)
- ¼ cup water
- 2 tbsp gelatine

INSTRUCTIONS:

1. Steep rooibos in ¼ cup of hot water for 10 minutes.
2. Mix tea with beet juice, warm slightly if needed.
3. Add gelatine and stir until fully dissolved.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: SUPPORTS CIRCULATION AND HEART FUNCTION.



Beef & Broccoli Dog Treats

INGREDIENTS:

- 1 cup cooked lean beef (minced or finely chopped)
- ½ cup steamed and finely chopped broccoli (no seasonings or oils)
- 2 tbsp plain gelatine powder (unflavoured)
- 1 cup low-sodium beef bone broth or water

INSTRUCTIONS:

1. Steam the Broccoli, allow to cool and chop finely.
2. In a small pot, gently warm the broth.
3. Add gelatine and stir until fully dissolved.
4. Mix in the cooked beef and chopped broccoli. Stir to combine well.
5. Pour into silicone moulds or a shallow dish.
6. Refrigerate for 2–3 hours until firm.
7. Cut into bite-sized pieces if using a dish.

BENEFITS: BEEF HELPS BUILD MUSCLE, BROCCOLI BOOSTS IMMUNITY, AND GELATINE SUPPORTS JOINTS AND DIGESTION.



Chicken Liver & Carrot Bites

INGREDIENTS:

- 1 cup cooked chicken liver (pureed or finely chopped)
- ½ cup cooked carrot (mashed)
- 2 tbsp unflavoured gelatine powder
- 1 cup chicken broth or water

INSTRUCTIONS:

1. Warm the broth or water.
2. Add gelatine and stir until fully dissolved.
3. Mix liver and carrot into gelatine.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

**BENEFITS: HIGH IN VITAMIN A AND IRON.
SUPPORTS EYESIGHT AND IMMUNITY.**



Beef Kidney & Parsley Gelatine Cubes

INGREDIENTS:

- ½ cup cooked beef kidney (finely chopped)
- 1 tbsp fresh parsley (chopped; optional for breath)
- 2 tbsp gelatine
- ¾ cup warm beef broth or water

INSTRUCTIONS:

1. Warm the broth or water.
2. Add gelatine and stir until fully dissolved.
3. Stir in kidney and parsley.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: KIDNEY IS RICH IN SELENIUM AND ZINC FOR DETOX AND IMMUNE SUPPORT.



Heart & Sweet Potato Gel Treats

INGREDIENTS:

- 1 cup cooked beef or chicken heart (shredded or minced)
- ½ cup mashed sweet potato
- 2 tbsp gelatine
- 1 cup water or broth

INSTRUCTIONS:

1. Warm the broth or water.
2. Add gelatine and stir until fully dissolved.
3. Add heart and sweet potato.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: HEART IS A GREAT SOURCE OF TAURINE WHICH IS GOOD FOR HEART HEALTH. SWEET POTATO ADDS FIBRE.



Lamb & Pumpkin Dog Treats

INGREDIENTS:

- 1 cup cooked lamb (minced or finely chopped - lean cuts or ground lamb)
- ½ cup plain pumpkin purée (no spices, no sugar)
- 2 tbsp unflavoured gelatine powder
- 1 cup low-sodium lamb or beef broth (or water)
- Optional: 1 drop turmeric essential oil (anti-inflammatory)

INSTRUCTIONS:

1. Warm the broth (don't boil).
2. Sprinkle gelatine over the surface and let it bloom for 2 minutes.
3. Stir over low heat until fully dissolved.
4. Mix Ingredients together in a bowl, combine the lamb, pumpkin, and optional turmeric.
5. Pour into silicone moulds or a shallow dish.
6. Refrigerate for 2–3 hours until firm.
7. Cut into bite-sized pieces if using a dish.

BENEFITS: DELICIOUS TREAT THAT'S GENTLE ON SENSITIVE STOMACHS.



Venison & Blueberry Treats

INGREDIENTS:

- 1 cup cooked ground venison or finely chopped venison steak
- ¼ cup blueberries (fresh or frozen, chopped)
- 2 tbsp unflavoured gelatine powder
- 1 cup water or bone broth (beef or venison)

INSTRUCTIONS:

1. Lightly cook the venison in a pan (no oil or seasoning). Allow to cool.
2. Warm the water/broth and add in the gelatine. Stir until completely dissolved.
3. Add the venison and blueberries and mix to combine.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: ANTIOXIDANT AND SOURCE OF PROTEIN FOR DOGS WITH ALLERGIES.



Rabbit & Apple Treats

INGREDIENTS:

- 1 cup cooked rabbit meat (shredded or finely chopped — boneless)
- ¼ cup finely chopped apple (peeled, no seeds or core)
- 2 tbsp unflavoured gelatine powder
- 1 cup water or homemade rabbit broth
- Optional: 1 tsp finely chopped mint (aids digestion & breath)

INSTRUCTIONS:

1. Boil or roast rabbit meat without seasoning. Cool and shred.
2. Warm water/broth and add in the gelatine. Stir until completely dissolved.
3. In a bowl, combine rabbit meat, chopped apple, and optional mint.
4. Stir in the dissolved gelatine mix.
5. Pour into silicone moulds or a shallow dish.
6. Refrigerate for 2–3 hours until firm.
7. Cut into bite-sized pieces if using a dish.

BENEFITS: LEAN, HYPOALLERGENIC PROTEIN AND NATURAL FIBRE SOURCE.



Turkey & Sweet Potato Treats

INGREDIENTS:

- 1 cup cooked ground turkey/shredded, lean, cooked turkey breast
- ½ cup cooked, mashed sweet potato (plain)
- 2 tbsp unflavoured gelatine powder
- 1 cup low-sodium turkey/chicken broth (or plain water)
- Optional: 1 tsp dried nettle (nutrients)

INSTRUCTIONS:

1. Cook the venison in a pan/boil (no oil or seasoning). Allow to cool and shred.
2. Warm the water/broth and add the gelatine. Stir until completely dissolved.
3. Add the turkey, mashed sweet potato, and optional dried nettle. Mix well.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: LEAN AND EASY-TO-DIGEST WITH FIBRE AND BETA-CAROTENE.



Turkey, Broccoli & Carrot Treats

INGREDIENTS:

- 1 cup cooked turkey (ground or shredded, no skin or seasoning)
- ¼ cup finely chopped steamed broccoli
- ¼ cup cooked, mashed carrot
- 2 tbsp unflavoured gelatine powder
- 1 cup low-sodium turkey broth or plain water

INSTRUCTIONS:

1. Lightly steam broccoli and carrots until soft. Chop finely or mash.
2. Boil or pan-cook the tuna without seasoning. Shred or finely mince.
3. Warm the water/broth and add the gelatine. Stir until completely dissolved.
4. Add the turkey, broccoli, and carrot and mix well.
5. Pour into silicone moulds or a shallow dish.
6. Refrigerate for 2–3 hours until firm.
7. Cut into bite-sized pieces if using a dish.

BENEFITS: ANTIOXIDANT AND EASILY DIGESTIBLE SOURCE OF PROTEIN.



Mixed Veg & Bone Broth Treats

INGREDIENTS:

- 1 cup chopped steamed/boiled vegetables:
- Green beans
- Courgette
- Butternut squash
- 1½ cups bone broth (beef, chicken, lamb, or turkey)
- 2½ tbsp unflavoured gelatine powder

INSTRUCTIONS:

1. Lightly steam/boil the vegetables until soft. Chop finely or mash.
2. Warm the water/broth and add the gelatine. Stir until completely dissolved.
3. Add the vegetables and mix well.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: PROVIDE ANTIOXIDANTS, FIBRE, AND ESSENTIAL VITAMINS.



Mixed Veg & Kefir Cubes

INGREDIENTS:

- $\frac{3}{4}$ cup mixed steamed vegetables (finely chopped or mashed):
 - Carrots
 - Spinach or kale
 - Broccoli
- $\frac{1}{2}$ cup plain milk kefir
- $\frac{1}{4}$ cup water
- 2 tbsp unflavoured gelatine powder

INSTRUCTIONS:

1. Lightly steam or boil the chosen vegetables until soft. Chop or mash finely.
2. Warm the water and add the gelatine. Stir until completely dissolved. Allow to cool.
3. Add the kefir and vegetables and mix well.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: PROBIOTICS, FIBRE AND VITAMINS.



Mixed Veg & Coconut Milk Gummies

INGREDIENTS:

- $\frac{3}{4}$ cup steamed mixed vegetables (finely chopped or mashed):
 - Kale
 - Broccoli
 - Butternut
- $\frac{1}{2}$ cup unsweetened coconut milk
- $\frac{1}{4}$ cup water
- 2 tbsp unflavoured gelatine powder

INSTRUCTIONS:

1. Lightly steam or boil the chosen vegetables until soft. Chop or mash finely.
2. Warm the water and add the gelatine. Stir until completely dissolved. Allow to cool.
3. Stir in the coconut milk, then mix in the vegetables.
4. Pour into silicone moulds or a shallow dish.
5. Refrigerate for 2–3 hours until firm.
6. Cut into bite-sized pieces if using a dish.

BENEFITS: SUPPORTS HEALTHY SKIN, CONTAINS ESSENTIAL NUTRIENTS AND ANTIOXIDANTS.



Mixed Herb Treats

INGREDIENTS:

- 1 cup chicken or beef bone broth 2 tbsp plain gelatine powder
- 1 tsp dried or finely chopped fresh herbs – basil, parsley and oregano
- 1 tbsp finely grated carrot or zucchini

INSTRUCTIONS:

1. Warm the broth in a saucepan.
2. Sprinkle gelatine over the warm broth and whisk until fully dissolved.
3. Stir in herbs and optional veggies.
4. Pour into moulds or dish and refrigerate.
5. Cut into bite-sized pieces if using a dish.

BENEFITS: CONTAINS NATURAL ANTIOXIDANTS THAT AID DIGESTION, MINERALS AND SUPPORTS HYDRATION.



Mackerel & Herb Treats

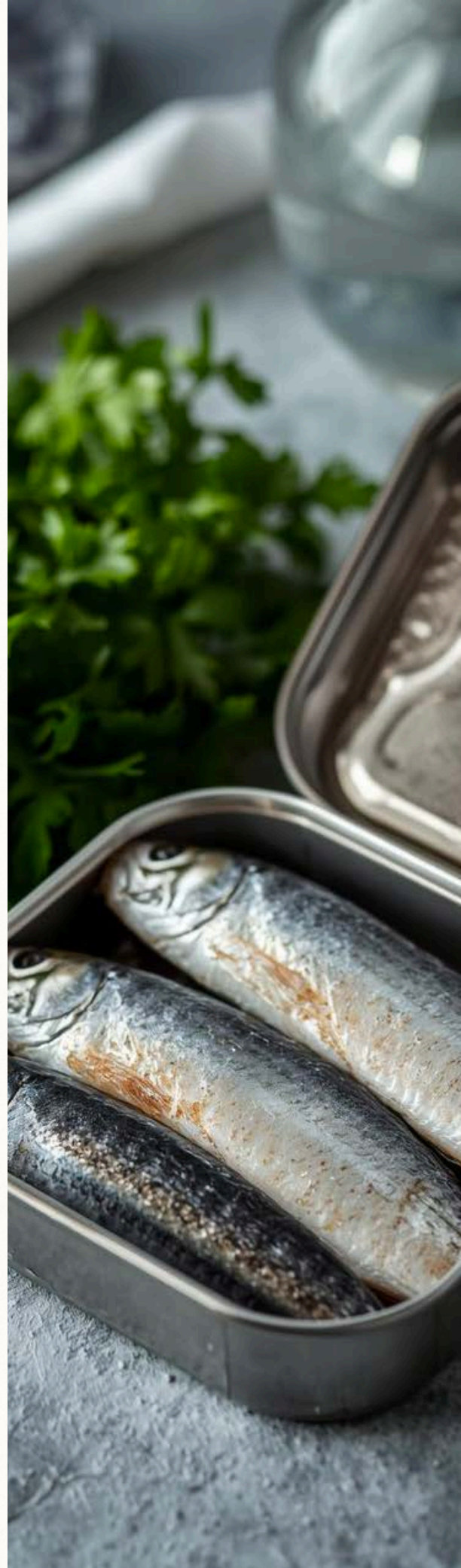
INGREDIENTS:

- 1 small tin of mackerel in water (no salt)
- 1 tbsp chopped parsley
- 1 cup water
- 2 tbsp gelatine

INSTRUCTIONS:

1. Blend mackerel with parsley and water.
2. Warm gently and stir in bloomed gelatine.
3. Pour into fish shaped moulds or a shallow dish and refrigerate.
4. Cut into bite-sized pieces if using a dish.

BENEFITS: OMEGA-3'S AND FRESH BREATH BOOST.



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Flourishing Tails

Flourishing Tails is a subscription based group in FB that helps pet parents out the health of the animal back In their hands through prevention, essential oils, herbs, non toxic environment and more. There are question sessions and training sessions and more.

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About the author

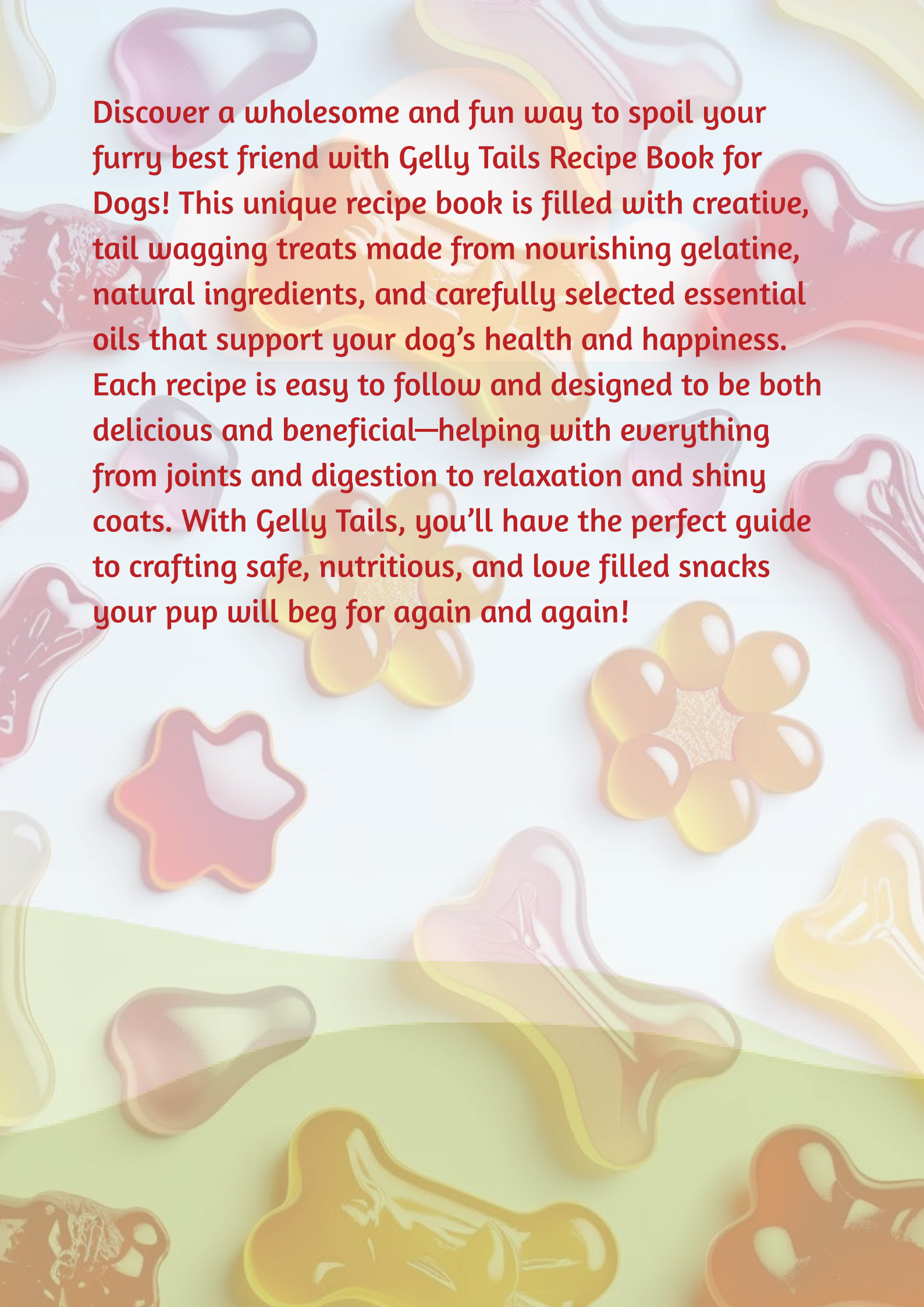
Ingrid is the first qualified Animal Aromatherapy Specialist (Level 2) in South Africa and one of the first in the world. She has over 12 years of experience working with animals in the vet field as a vet assistant.

Ingrid 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 this Ingrid is also an international speaker on the topic of animals and essential oils, In addition to this she is an animal doula. She also runs her own subscription group on Facebook, called Flourishing Tails, where she helps guide you to use essential oils and herbs for specific conditions and teaches you how to make your own healthy treats and non-toxic products for the home and much much more.

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



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