

Turkey Veggie Muffins for Your Dog & You

Makes 24 mini muffins.

Ingredients

- ✓ 1 lbs. ground turkey breast
- ✓ 1/2 cup pure pumpkin puree (not pumpkin pie mix)
- ✓ 1/2 cup oat or almond flour
- ✓ 1/2 cup frozen spinach, frozen chopped broccoli OR frozen peas and carrots (mix in frozen, no need to defrost)
- ✓ 1 large egg
- ✓ Coconut oil to coat muffin cups

Instructions

1. Preheat oven to 350°F
2. Grease two mini muffin tins (24 cups total) with coconut oil.
3. Mix all ingredients with love, using a fork, until well combined.
4. Spoon into muffin tins and bake for 20 minutes.
5. Top with a dollop of unsweetened cranberry sauce.
6. Serve with a smile and you're sure to get a wag!