



Blueberry Rice Flour Drops

Printable recipe guide

Ingredients and step-by-step preparation in one easy guide

INGREDIENTS

- 1 cup rice flour
- 1/2 cup blueberries (fresh or frozen, no added sugar)
- 1/4 cup unsweetened applesauce
- 1 egg white

STEP-BY-STEP PREPARATION

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, combine rice flour and blueberries, gently folding to distribute the blueberries evenly.
- 3 In another bowl, mix the applesauce and egg white until well combined.
- 4 Pour the wet mixture into the dry ingredients, stirring until a dough forms.
- 5 Scoop small amounts of the dough and drop them onto the prepared baking sheet, spacing them a couple of inches apart.
- 6 Bake in the preheated oven for about 15-20 minutes or until the drops are firm and lightly golden.
- 7 Let cool completely before serving.

NUTRITIONAL AND SUPPLEMENT REVIEW

No laboratory-verified nutrient analysis is provided. Supplement topics: No supplement recommendation is provided.. Ask your veterinarian to select any products and exact amounts.

SAFETY CHECK

Check every ingredient and product label. Do not use onion, garlic, chives, leeks, xylitol, grapes, raisins, chocolate, macadamia nuts or added seasoning. Verify the final portion with your veterinarian before feeding. If accidental ingestion is suspected, contact a veterinarian or animal poison-control service.