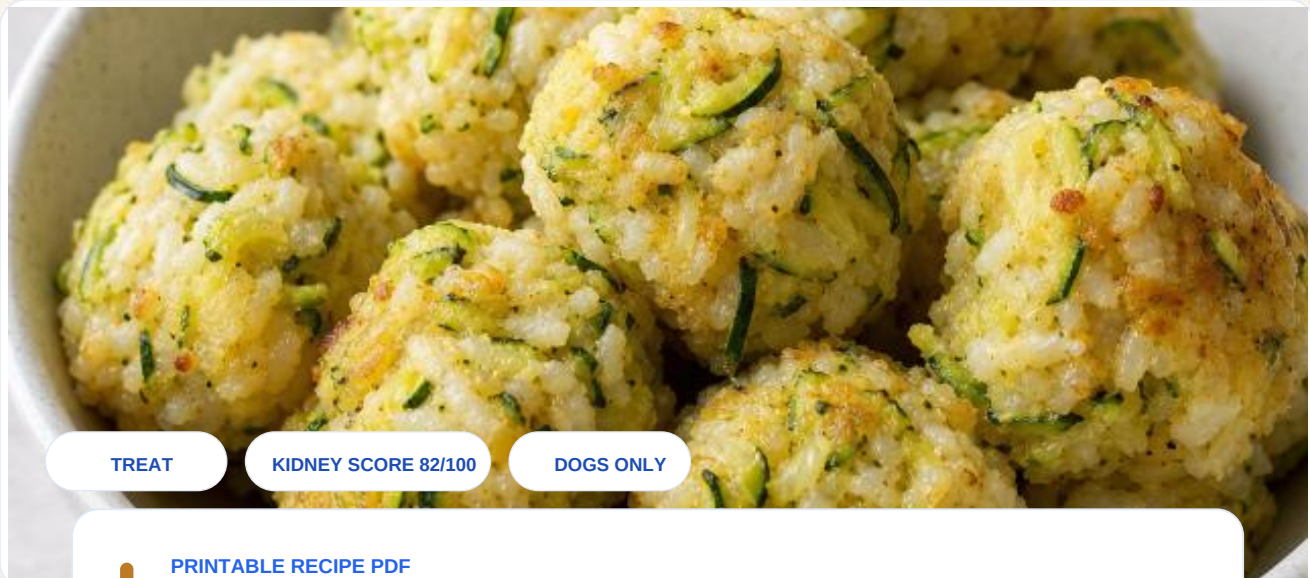




TREAT

KIDNEY SCORE 82/100

DOGS ONLY

[PRINTABLE RECIPE PDF](#)

Zucchini and Apple Rice Bites

Zucchini and Apple Rice Bites is a homemade Treat idea for dogs needing kidney-conscious meal planning. This printable recipe includes the ingredient list,

TYPE

Treat

COOK

30 minutes

PHOSPHORUS

0.15 g

SCORE

82/100

SHOPPING LIST

Ingredients

- 1 cup cooked white rice
- 1 small zucchini, grated
- 1/2 medium apple, peeled and grated (no seeds)
- 1 egg (optional for binding)
- 1 tablespoon flaxseed meal (for omega-3s)

KIDNEY-FRIENDLY FOCUS

Why this recipe is different

Zucchini and Apple Rice Bites is a homemade Treat idea for dogs needing kidney-conscious meal planning. This printable recipe includes the ingredient list, step-by-step preparation, kidney-focused nutrient estimates and veterinary safety guidance. Nutrient values are estimates; confirm ingredients, portions and supplements with

IMPORTANT

This is an AI-generated educational recipe idea, not veterinary advice or a complete prescription diet. Confirm ingredients, portions and supplements with your veterinarian before feeding.

METHOD

Step-by-step instructions

1

1. Begin by cooking 1 cup of white rice according to package instructions. Use a ratio of 2 cups of water for every cup of rice. Gently cooking the rice softens the grains, making it easier for your dog to digest, while also reducing any potential phosphorus content compared to brown rice.

2

2. While the rice is cooking, wash and grate the zucchini. Zucchini is low in phosphorus and high in moisture, which can help maintain hydration. Grating it increases the surface area, making it easier to incorporate into the bites.

3

3. Peel and grate 1/2 of a medium apple, ensuring all seeds are removed. Apples provide a touch of sweetness and fiber, and the skin has beneficial antioxidants. Grating it helps in mixing it evenly with the other ingredients.

4

4. In a large mixing bowl, combine the cooked rice, grated zucchini, grated apple, and 1 tablespoon of flaxseed meal. The flaxseed meal adds omega-3 fatty acids, which are beneficial for kidney health and can help reduce inflammation.

5

5. If the mixture seems loose, add an egg to help bind the ingredients together. This is optional but can increase the protein content slightly, which is helpful for your dog's energy levels while still maintaining a controlled intake.

6

6. Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper to prevent sticking and to make cleaning easier. This method uses dry heat to cook, which helps preserve nutrients better than boiling.

7

7. Scoop approximately 1 tablespoon of the mixture and form it into small bite-sized balls. Place them on the prepared baking sheet with some space between each one to allow for even cooking.

8

8. Bake in the preheated oven for 15-20 minutes or until the bites are firm and lightly golden. This step helps to further cook the ingredients gently, making them easier for your dog to chew and digest.

9

9. Remove the bites from the oven and let them cool completely before serving. Cooling helps solidify their shape and ensures they are safe for your dog to eat.

KEY NUTRIENT ESTIMATES

Phosphorus

0.15 g

Sodium

0.02 g

Protein

3.5 g

Kidney-Friendly Score

82/100**SUPPLEMENTS TO DISCUSS WITH YOUR VETERINARIAN**

- omega-3/fish oil
- calcium source
- B-complex

VETERINARY SAFETY NOTE

Always confirm with your vet before making changes to your dog's diet. Transition gradually to prevent digestive upset and monitor for any adverse reactions.

PERSONALIZED KIDNEY-FRIENDLY RECIPES POWERED BY AI**KidneyDogDiet.com**