

[HOME](#) | [NEWS](#) | [OBITUARIES](#) | [SPORTS](#) | [PHOTO GALLERIES](#) | [OPINION](#) | [FEATURES](#) | [COMMUNITY](#) | [SPECIAL SECTIONS](#) | [ARCHIVES](#)[Quick Archive Search](#)Mid-Iowa  
Newspapers[Algona Upper Des Moines](#)  
[Boone News Republican](#)  
[Dallas County News Go Cyclones!](#)  
[Mid-Iowa News Nevada Journal](#)  
[Story County Advertiser](#)  
[Tri-County Times](#)

## Classifieds

[Search All Announcements](#)  
[Automotive](#)  
[Call an Expert For Sale](#)  
[Garage Sales](#)  
[Help Wanted](#)  
[Miscellaneous](#)  
[Real Estate](#)  
[Rentals](#)Mid-Iowa  
Resources[Coupons](#)  
[Farm and Ranch](#)  
[Real Estate](#)  
[Yellowpages](#)

## Top Newspaper Ads

- [All American Turf \(2007-05-18\)](#)
- [View All](#)

## Top Jobs

[Mortgage Loan Officer](#)  
[PT Teller](#)  
[FT Dental Receptionist](#)  
[Chiropractic Technician](#)  
[CDL Drivers](#)  
[More Top Ads](#)

## Top Homes

[1315 Glendale, Ames](#)  
[10+ Unique Acres](#)  
[2200 Van Buren, Ames](#)

## Taste

## Local cook creates special treats for four-legged friend

By: Jayne Bullock  
06/13/2007[Email to a friend](#) [Post a Comment](#) [Printer-friendly](#)

When it comes to cooking, Breehan Gerleman's focus is on making healthy, homemade treats for her toy fox terrier, Zesto. She wrote to The Tribune wanting to share her recipes.

"I feel like there is a pretty big group of devoted dog people in Ames who would be interested in trying out some fun 'pupcakes' or dog cookies," Gerleman said.

Gerleman said it is her fiancé, Andrew, who does most of the people cooking, while her specialty is doggie cookies, pupcakes and dog-sicles.

"Zesto helps in the kitchen by keeping me company," Gerleman said. "And he's never far away when I'm making some treats. He helps me by taking care of any spills, licking the spoon and, of course, taste-testing."

Gerleman said both she and Zesto have a sweet tooth and would rather eat apple cake or a peanut butter cookie rather than a cheesy or meaty treat.



"In Zesto's ideal world, I'd just let him eat a bunch of licorice and Hot Tamale candies for treats," Gerleman said.

She began cooking homemade dog treats when Zesto became sick shortly after his adoption. She suspected a food allergy and researched to find a nutritious brand that he could eat. Now Zesto's daily food is made with healthy ingredients such as bison meat and blueberries. Gerleman said the dog treats came about after her research and pet food recalls. She emphasized that more and more owners are making treats and other food for their pets.

"Making treats for Zesto is one way to let him know how much we love him - and it is fun to watch (him) gobble up fresh treats," she said. "Some people may think it's pretty crazy to cook for your dog, but so be it. I'm OK with being a crazy dog lady."

## Mid-Iowa Cook

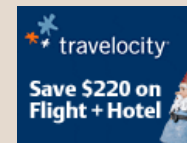
**Breehan Gerleman, of Ames****Occupation:** Communications specialist at the U.S. Department of Energy's Ames Laboratory at Iowa State University.**Age:** 27.**Lives:** Ames.**Family:** Marrying Andrew Lucchesi, a nursing student at Des Moines Area Community College, Aug. 4; Zesto, a toy fox terrier.**Hobbies/favorite pastimes:** Reading, spending time with family, antiquing and anything to do with dogs.**Favorite cookbook/cooking show:** Some great resources for dog treat recipes are [www.dog-treat-recipe-exchange.com](#), [www.hungrymutt.com](#), [www.treatworld.com](#) and "Three Dog Bakery Cookbook" by Dan Dye and Mark Beckloff.**Quoteable:** "With the recent pet food and treat recalls, I think interest is growing in wholesome, homemade dog cuisine where pet parents can be sure ingredients are safe."

By Nirmalendu Majumdar/The Tribune

Breehan Gerleman feeds her dog, Zesto, Apple of my eye pupcakes she made for him.

©Mid-Iowa Newspapers 2007

## Related Stories:

[June 13 recipes](#)[Email to a friend](#) [Post a Comment](#) [Printer-friendly](#) [Top](#)


[HOME](#) | [NEWS](#) | [OBITUARIES](#) | [SPORTS](#) | [PHOTO GALLERIES](#) | [OPINION](#) | [FEATURES](#) | [COMMUNITY](#) | [SPECIAL SECTIONS](#) | [ARCHIVES](#)
[Mid-Iowa  
Newspapers](#)
[Algona Upper Des  
Moines](#)  
[Boone News](#)  
[Republican](#)  
[Dallas County News](#)  
[Go Cyclones!](#)  
[Mid-Iowa News](#)  
[Nevada Journal](#)  
[Story County  
Advertiser](#)  
[Tri-County Times](#)
[Classifieds](#)
[Search All](#)  
[Announcements](#)  
[Automotive](#)  
[Call an Expert](#)  
[For Sale](#)  
[Garage Sales](#)  
[Help Wanted](#)  
[Miscellaneous](#)  
[Real Estate](#)  
[Rentals](#)
[Mid-Iowa  
Resources](#)
[Coupons](#)  
[Farm and Ranch](#)  
[Real Estate](#)  
[Yellowpages](#)
[Top Newspaper Ads](#)

- [All American Turf  
\(2007-05-18\)](#)
- [View All](#)

[Top Jobs](#)
[Mortgage Loan Officer](#)  
[PT Teller](#)  
[FT Dental Receptionist](#)  
[Chiropractic Technician](#)  
[CDL Drivers](#)  
[More Top Ads](#)
[Top Homes](#)
[1315 Glendale, Ames](#)  
[10+ Unique Acres](#)  
[2200 Van Buren, Ames](#)  
[621 Duluth, Ames](#)
[Taste](#)

## June 13 recipes

06/13/2007

### Apple of my eye pupcakes

 By Breehan Gerleman and [www.dog-treat-recipe-exchange.com](#)

 1 large apple  
 1 1/2 cups whole wheat flour  
 1/4 cup oatmeal  
 2 teaspoons baking powder  
 1/2 teaspoon baking soda  
 1/2 cup plain yogurt  
 1/2 cup water  
 1/4 cup vegetable oil  
 2 tablespoons honey  
 2 eggs  
 1 cup grated cheddar cheese

 1 (8 ounce) package Neufchatel Cheese  
 (low fat cream cheese), room temperature  
 2 tablespoons plain yogurt  
 2 tablespoons honey

Preheat oven to 400 degrees. Core, slice and mince apple. Set aside. In a large bowl, mix together flour, oatmeal, baking powder and baking soda. In a medium bowl, blend together yogurt, water, oil, honey and eggs, and then stir in the apple and cheese. Add to the flour mixture and stir until mixed. Spoon batter into greased mini muffin tins; fill each cup about 3/4 full. Bake for about 15 to 20 minutes or until a toothpick inserted in the center of a muffin comes out clean. Let rest in the muffin tins for a few minutes, then remove and set aside to cool.

Frosting directions: Combine Neufchatel cheese (at room temperature), honey, and yogurt until smooth. Spread on muffins. Makes about three dozen mini muffins. If you prefer to make a single-layer cake instead, spoon the batter into a sheet pan and bake for an extra 10 minutes. Decorate with chopped pecans, shredded carrot or miniature dog bones for special occasions.

### Cool dog ice cream

 By Breehan Gerleman and [www.hungrymutt.com](#)

 32 ounces plain yogurt  
 1 mashed banana  
 2 tablespoons peanut butter  
 2 tablespoons honey

Mix all ingredients in a blender. Freeze in ice cube trays, paper cups, or even a Kong toy. Before serving, microwave for a few seconds. For special occasions, create paw-shaped or bone-shaped ice cream treats. Spread mostly frozen ice cream to 1- to 1 1/2-inch on wax paper. Freeze for five minutes and then use a cookie cutter to cut out a treat. Return shapes to freezer and freeze solid.

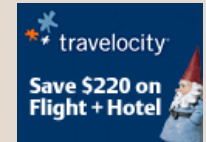
### Peanut buttery bones

By Breehan Gerleman and "Three Dog Bakery Cookbook"

 2 cups whole-wheat flour  
 1 tablespoon baking powder  
 1 cup natural peanut butter  
 1 cup skim milk

Preheat oven to 375 degrees. In a bowl, combine flour and baking powder. In another bowl, mix peanut butter and milk. Add wet mixture to dry and mix well. Turn out dough on a lightly floured surface and knead. Roll out to 1/4-inch thick and cut out shapes.

Place on a greased baking sheet and bake for 20 minutes or until lightly browned. Cool and then store in an airtight container.

[Email to a friend](#) [Post a Comment](#) [Printer-friendly](#)
[Quick Archive Search](#)


Frosting:

**RAMSEY** SUBARU All-Wheel Deal SALES EVENT

**\$2000 Customer Cash or  
Financing as low as 1.9%**

THE ALL-WHEEL DRIVE 2007  
SUBARU **FORESTER 25X**

**29**  
MPG

Starting at  
**18,995**

**800-203-7952**  
9625 Hickman Road, Des Moines  
[ramseysubaru.com](#) SUBARU