CeCe Blue INK

THE GLOW COLLECTION · FREE RECIPES

6 Soft Recipes for Senior Dogs

Small plates for graying muzzles

Silver Muzzle Softies: Soft Blueberry Dog Treats for Senior Dogs

Calm Tummy Bites: Chicken & Rice Dog Treats for Sensitive Stomachs

Clear Skies Bites: Grain-Free Green Bean Dog Treats for Senior Dogs

Golden Hour Chews: Chewy Sweet Potato Chews for Senior Dogs

Ember Bites: Soft Beef Liver Dog Treats for Senior Dogs

Frost Paws: Frozen Watermelon Pupsicles for Senior Dogs

Made in Nox's honor, for every dog growing gray. By CeCe Blue, Canine Culinary Lab · ceceblueink.com

THE GLOW COLLECTION

Soft Blueberry Dog Treats for Senior Dogs

“Silver Muzzle Softies”

Soft, tender blueberry-oat treats — gentle on older dogs' teeth, with antioxidants for aging minds.



~10 min	12–15 min	~18	Soft-baked
prep	bake	treats	method

These blueberry-oat rounds bake just until set, so they stay soft instead of crunchy, which is kinder to older teeth. Four ingredients, one bowl, and about 25 minutes from start to finish.

Ingredients

- 1 cup oat flour (or rolled oats ground fine)
- 1/2 cup mashed banana
- 1 large egg
- 1/2 cup blueberries, lightly mashed (fresh or thawed)

Instructions

1. Preheat oven to 325°F (163°C) and line a baking sheet with parchment.
2. Stir the oat flour, banana, egg, and blueberries into a soft dough.
3. Drop small teaspoon-size mounds onto the sheet and gently flatten.
4. Bake 12–15 minutes, just until set — soft, not crisp.
5. Cool completely. Store in the fridge up to 5 days, or freeze up to 2 months.

Good to know: Blueberries add antioxidants for aging brains — and pretty purple flecks. Serve as an occasional treat, sized to your dog. Always avoid xylitol, chocolate, grapes/raisins, onion, and garlic — all toxic to dogs.

Quick questions

How long do they keep?
Up to 5 days in the fridge, or up to 2 months in the freezer.

Can I swap anything?
No oat flour? Grind rolled oats fine in a blender. Fresh or thawed frozen blueberries both work.

How do I make them softer?
Bake time sets the texture. A shorter bake makes a softer treat, and a longer bake makes it crunchier and harder. If your senior dog has few teeth, take them out at the shorter end of the bake time.

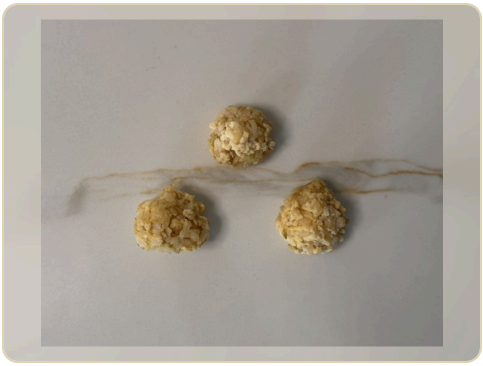
How do I introduce a new treat?
Start with one small piece and watch how your dog does over the next day. If your dog has a health condition or a special diet, check with your vet first.

THE GLOW COLLECTION

Chicken & Rice Dog Treats for Sensitive Stomachs

"Calm Tummy Bites"

Bland, gentle, easy-to-digest treats made with just chicken, rice, and egg — kind to sensitive tummies.



~15 min	15–18 min	~20	Gentle
prep	bake	bites	bland

When a tummy is sensitive, plain is kind. These bites use just three ingredients: cooked white rice, plain chicken and an egg, with no salt or seasoning.

Ingredients

- 1/2 cup cooked white rice
- 1/2 cup cooked plain chicken, finely shredded
- 1 large egg

Instructions

1. Preheat oven to 325°F (163°C) and line a sheet with parchment.
2. Mix into a sticky dough (add a splash more beaten egg if it won't hold).
3. Roll into small bite-size balls and place on the sheet.
4. Bake 15–18 minutes, until firm and lightly golden.
5. Cool completely. Refrigerate up to 4 days, or freeze up to 2 months.

Good to know: Plain and bland is the point — no salt, onion, or garlic (both toxic to dogs). Introduce any new treat slowly. Always avoid xylitol, chocolate, grapes/raisins, onion, and garlic — all toxic to dogs.

Quick questions

How long do they keep?
Up to 4 days in the fridge, or up to 2 months in the freezer.

Can I use leftover chicken?
Only if it's completely plain: no salt, butter, onion or garlic.

How do I make them softer?
Bake time sets the texture. A shorter bake makes a softer treat, and a longer bake makes it crunchier and harder. If your senior dog has few teeth, take them out at the shorter end of the bake time.

How do I introduce a new treat?
Start with one small piece and watch how your dog does over the next day. If your dog has a health condition or a special diet, check with your vet first.

THE GLOW COLLECTION

Grain-Free Green Bean Dog Treats for Senior Dogs

“Clear Skies Bites”

Grain-free, limited-ingredient green bean treats cut into little bones — gentle for senior dogs with sensitivities.



~10 min	15–18 min	~24	Grain-free
prep	bake	treats	bones

A grain-free choice for dogs who do better without wheat or oats. Chickpea flour and mashed green beans make a firm dough you can cut into little bones, or roll into small balls for an easier bite.

Ingredients

- 1 cup chickpea flour
- 1/2 cup green beans, cooked and mashed (plain, no salt)
- 1 large egg
- 1 tablespoon olive oil

Instructions

1. Preheat oven to 350°F (177°C) and line a sheet with parchment.
2. Mix into a firm dough (a little more flour if sticky, a few drops of water if dry).
3. Roll out about 1/4-inch thick and cut into small bone shapes — or press into clover shapes for a fun, leafy-green look — (or simply roll into balls).
4. Bake 15–18 minutes, until firm.
5. Cool completely. Store in the fridge up to 1 week, or freeze up to 3 months.

Good to know: Green beans keep it grain-free and add a pretty color. Swap the binder if egg is a trigger for your dog. Always avoid xylitol, chocolate, grapes/raisins, onion, and garlic — all toxic to dogs.

Quick questions

How long do they keep?
Up to 1 week in the fridge, or up to 3 months in the freezer.

Can I use canned green beans?
Yes, if they’re plain with no salt added. Rinse and mash them first.

How do I make them softer?
Bake time sets the texture. A shorter bake makes a softer treat, and a longer bake makes it crunchier and harder. If your senior dog has few teeth, take them out at the shorter end of the bake time.

How do I introduce a new treat?
Start with one small piece and watch how your dog does over the next day. If your dog has a health condition or a special diet, check with your vet first.

THE GLOW COLLECTION

Chewy Sweet Potato Chews for Senior Dogs

“Golden Hour Chews”

Thick-cut, chewy-and-bendable sweet potato chews — one simple ingredient, gentle enough for older dogs to gnaw.



~5 min	~30 min	~15	1
prep	bake	chews	ingredient

One ingredient: a sweet potato. Sliced thick and baked until bendable, these chews are chewy rather than crunchy, so older dogs can gnaw on them gently.

Ingredients

- 1 large sweet potato

Instructions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment.
2. Scrub the sweet potato well (the skin is dog-safe — leave it on for fiber, or peel for a softer chew), then slice into 1/2-inch-thick rounds or sticks.
3. Arrange in a single layer on the sheet.
4. Bake 15 minutes, then flip and bake about 15 minutes more — until chewy and bendable, not crisp.
5. If the centers still feel wet, bake in 5-minute bursts until they bend without breaking. Cool completely; refrigerate up to 5 days or freeze up to 2 months.

Good to know: For an even chewier, longer-keeping chew, bake low and slow at 250°F for 2–3 hours. Always avoid xylitol, chocolate, grapes/raisins, onion, and garlic — all toxic to dogs.

Quick questions

How long do they keep?
Up to 5 days in the fridge, or up to 2 months in the freezer.

Skin on or off?
The skin is dog-safe and adds fiber. Peel it for a softer chew.

How do I make them softer?
Bake time sets the texture. A shorter bake makes a softer treat, and a longer bake makes it crunchier and harder. If your senior dog has few teeth, take them out at the shorter end of the bake time.

How do I introduce a new treat?
Start with one small piece and watch how your dog does over the next day. If your dog has a health condition or a special diet, check with your vet first.

THE GLOW COLLECTION

Soft Beef Liver Dog Treats for Senior Dogs

“Ember Bites”

Soft, iron-rich liver treats in a gentle oat base — a little liver goes a long way for older dogs.



~15 min	12–15 min	~20	Soft-baked
prep	bake	bites	method

A little liver goes a long way. These soft bites mix a small amount of cooked beef liver into an oat dough, and the smell gets the attention of dogs whose noses aren’t what they used to be.

Ingredients

- 1/3 cup cooked beef liver, finely mashed or blended
- 1 cup oat flour
- 1 large egg
- 2–3 tablespoons water, as needed

Instructions

1. Cook the beef liver fully first (simmer ~10 minutes, or bake until no longer pink), then finely mash or blend.
2. Preheat oven to 325°F (163°C) and line a sheet with parchment.
3. Mix the liver, oat flour, egg, and enough water to make a soft dough.
4. Roll into small bites and place on the sheet.
5. Bake 12–15 minutes, just until set — soft, not crisp. Cool completely; refrigerate up to 5 days or freeze up to 2 months.

Good to know: Liver is rich and high in vitamin A — serve small bites, occasionally (not daily or in big amounts). Go easy for seniors with liver or kidney issues; check with your vet. Always avoid xylitol, chocolate, grapes/raisins, onion, and garlic — all toxic to dogs.

Quick questions

How long do they keep?
Up to 5 days in the fridge, or up to 2 months in the freezer.

How often can my dog have them?
Small bites, now and then, not every day. Liver is high in vitamin A. If your senior has liver or kidney issues, check with your vet.

How do I make them softer?
Bake time sets the texture. A shorter bake makes a softer treat, and a longer bake makes it crunchier and harder. If your senior dog has few teeth, take them out at the shorter end of the bake time.

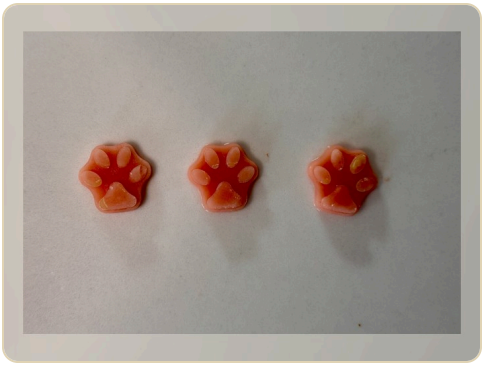
How do I introduce a new treat?
Start with one small piece and watch how your dog does over the next day. If your dog has a health condition or a special diet, check with your vet first.

THE GLOW COLLECTION

Frozen Watermelon Pupsicles for Senior Dogs

“Frost Paws”

A cool, hydrating, no-bake frozen treat — soft and gentle, perfect for older dogs on warm days.



~10 min	4 hrs	~12	No-bake
prep	freeze	pupsicles	method

A no-bake treat for warm Texas days. Puréed watermelon and plain yogurt freeze into cool little bites that soften quickly, so they’re easy on older mouths.

Ingredients

- 1 cup seedless watermelon, puréed (no rind, no seeds)
- 1 cup plain unsweetened yogurt (or mashed banana + 1/4 cup water)
- 1/4 cup water

Instructions

1. Blend or whisk the watermelon, yogurt, and water until smooth.
2. Spoon into a silicone mold or ice-cube tray (paw molds are adorable!).
3. Freeze at least 4 hours, until solid.
4. Pop one out as a cool treat. Keep frozen up to 2 months.

Good to know: Hydrating and gentle. Use the mashed-banana + water version if yogurt upsets the tummy. Always avoid xylitol, chocolate, grapes/raisins, onion, and garlic — all toxic to dogs.

Quick questions

How long do they keep?
Up to 2 months in the freezer.

My dog doesn’t do well with yogurt. What can I use?
Use mashed banana plus 1/4 cup water instead.

How do I introduce a new treat?
Start with one small piece and watch how your dog does over the next day. If your dog has a health condition or a special diet, check with your vet first.

WANT MORE?

The GLOW Collection

Find more soft, senior-friendly recipes and stories from Nox at **ceceblueink.com/senior-dog-recipes**.

Ready-to-make recipe kits are in my shop:

Senior Dog Treat Recipes kit on Etsy

Treats are for sharing in small amounts. Always avoid xylitol, chocolate, grapes and raisins, onion and garlic. If your dog has a health condition, a special diet or trouble eating, check with your veterinarian before adding new treats.

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