A Simple 4 ingredient recipe that's tasty, delicious and grain free! The large amount of tapioca in these treats means that no matter how small you cut them, they retain their shape nicely – no more crumb filled pockets!



Ingredients

2 Tins flaked tuna in water

2 Eggs

1 ½ cups Tapioca Flour

1 Garlic Clove, sliced (optional)

Instructions

- 1. Preheat oven to 350 degrees
- 2. In a blender or food processor, puree tuna (water included) and eggs until smooth
- 3. Add sliced garlic and puree until smooth again.
- 4. Pour puree into a bowl and mix in tapioca flour a ½ cup at a time, making sure to whisk out lumps.
- 5. Line a loaf pan with parchment or lightly coat it in cooking spray and pour batter into pan
- 6. Bake in preheated oven for 35 minutes
- 7. Remove from pan immediately to cool upside down on a rack.
- 8. Once cool, cut to preferred size and store in freezer, taking out what you need for training on a daily basis.

If you would like a more firm treat add another ½ cup of tapioca flour.