



# Recipe



## Hound Cross Buns



**Equipment:** Food processor, slicing knife, 13" x 9" pan or cup cake pan, spatula, spoon, bowl, small plastic bag, containers to store or freeze food



### Ingredients:

1 lb. ground chicken  
1 egg  
1 banana  
1 .5 oz. container of plain greek yogurt

**Directions:** Preheat oven to 350 degrees. Combine chicken, egg, and banana in food processor and blend until smooth. Using spoon, fill greased cup cake tins. Bake for 20-25 minutes until golden brown. Allow to cool.

Empty contents of yogurt into plastic bag and snip off one end. Pipe the cross on each meat cake.

These buns will last about a week in the refrigerator or 3 months in the freezer.



**Calories:** This recipe contains 825 total calories.



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