



WELCOME TO DOG IN THE KITCHEN™

Below is your welcome packet of printable inserts for your recipe card binder to help you retrieve kitchen conversions, weights and measurements quickly. Plus your gift recipe card from our resident DOG IN THE KITCHEN!

Print and cut to the edges and place back to back in one of the protective album pages available in my store. Placing these taller pages behind all of your square recipe card pages gives the cards a nice backdrop and tabbed effect

More handy and helpful freebee uploads will be coming soon to add to your DOG IN THE KITCHEN recipe organizer system!!



SANDRA MILLER STUDIO



# PHOTO CONTESTS

WHERE YOUR PETS INSPIRE THE ARTIST

Every couple of months I host a themed photo contest on my Facebook page, Sandra Miller Studio, where dog lovers (and the occasional curious cat) are invited to join the fun. Each contest has its own playful theme, and participants share photos of their beloved companions that capture the spirit of it.

From the entries, I choose an Artist's Pick whose photo helps spark the inspiration for a future Dog in the Kitchen™ illustration and collectible recipe card. It's a delightful way for the dogs (and sometimes cats!) in our community to step into the creative process and inspire new artwork.

Follow along at SANDRA MILLER STUDIO on Facebook and watch for the next theme—you never know which charming face might inspire the next creation!



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SANDRA MILLER STUDIO

# ALL ABOUT THE CARD BINDER



ILLUSTRATED COLLECTOR RECIPE CARDS

by SANDRA MILLER

## ART MUSE RECIPE CARD BINDER

Avery® brand mini binder —  
perfectly sized for your collectible  
recipe cards

- ♥ 1.5" x 7.5" x 9.25" — ideal for both kitchen use and stylish display
- ♥ Sleek design — lets your square recipe cards take center stage
- ♥ Designed to pair beautifully with my Art-Muse Recipe Cards

Featuring original dog-inspired  
artwork + delicious, easy home-style  
recipes

- SHEET PROTECTORS
- RECIPE CARDS
- RECIPE BINDER

**SOLD SEPARATELY**





## BELOW ARE YOUR PAWSOME LINKS

[Find the recipe cards and binder here](#)



[CLICK HERE](#)

[Find a great price on sheet protectors here](#)



[CLICK HERE](#)



# DOG IN THE KITCHEN

ARTMUSE RECIPE CARD GIFT from Ihana

CARD FRONT

## PUPPER PEPPER POPPERS



sandramiller.art

PUPCICLES  
FOR YOUR  
HEART  DOG

Hi, I'm Ihana...  
Finnish Lapphund  
and resident  
DOG IN THE KITCHEN™

Sweet peppers are  
my kryptonite!

Mom makes these  
poppers on command  
because I clearly run  
this kitchen with an  
iron paw!



For best art reproduction , print at highest quality on 8.5 x 11 card stock or photo paper  
Cut the front and back cards out and place back to back in your album sleeves or display

# DOG IN THE KITCHEN

ARTMUSE RECIPE CARD GIFT from Ihana

## CARD BACK

### FILLING Veggies : CHOOSE ANY-MIX N'MATCH

- RAW: BELL PEPPER, CUCUMBER, ZUCCHINI
- COOKED/NO-SALT CANNED: CARROTS, GREEN BEANS, SWEET POTATO, PUMPKIN, PEAS
  
- ADD-INS:
- 1 CUP KIBBLE FOR MEATY FLAVOR
- PLAIN YOGURT (OPTIONAL)
- WATER OR NO-SALT BROTH AS NEEDED
- **NEVER:** ONIONS OR GARLIC

### TO MAKE

- BLEND VEGGIES, KIBBLE, AND YOGURT INTO THICK PURÉE IN BLENDER. NOT TOO RUNNY
- THIN WITH WATER/BROTH ONLY IF NEEDED.
- STUFF INTO RAW MINI SWEET PEPPERS OR DOG-SAFE FREEZING TOYS
- GARNISH WITH A PEPPER/VEGGIE SLICE.
- FREEZE UNTIL FIRM.
- SERVE TO YOUR PUPPER!!



## BONE APPETITE!!!



IHANA APPROVED - SOOT THE CAT SEZ "MEH"



- Adjust the ingredients to your dog's fave flaves!!
- Dog-safe fruits (no rinds) are a great addition such as bananas, mangos, cantalope, oranges, pineapple and blueberries and raspberries.
- Add small spoonful natural unsweetened peanut butter for variety

For best art reproduction , print at highest quality on 8.5 x 11 card stock or photo paper  
Cut the front and back cards out and place back to back in your album sleeves or display

**PRINT SOOTS HELPING PAW TIPS**

DONT BE A  
*Whisk*  
TAKER



**COOK TO SAFE  
TEMPERATURES**

**FOLLOW OUR DOG IN THE KITCHEN  
CAT MASCOT AT SOOT.LOVE**

SOOTS HELPING PAW TIPS

KITCHEN CONVERSIONS

# VOLUME



**KITCHEN CONVERSIONS**

**WEIGHT**

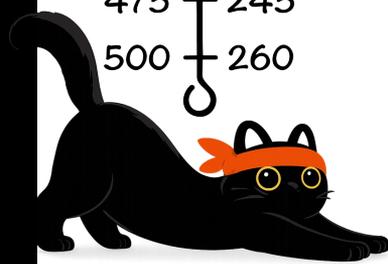
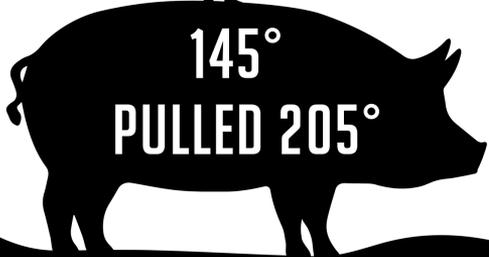
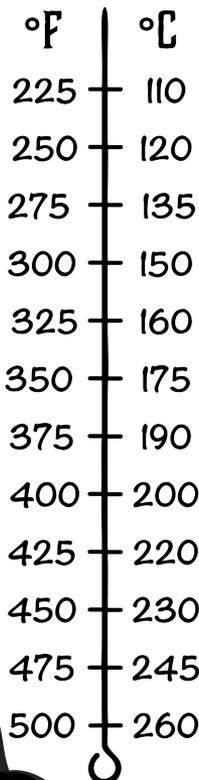


- 1 ounce            30 grams (28.35 g)
- 2 ounces            55 grams
- 3 ounces            85 grams
- 4 ounces            1/4 pound    125 grams
- 8 ounces            1/2 pound    240 grams
- 12 ounces           3/4 pound    375 grams
- 16 ounces           1 pound    454 grams
- 32 ounces           2 pounds    907 grams
- 1/4 pound           4 ounces    125 grams
- 1/2 pound           8 ounces    240 grams
- 3/4 pound           12 ounces   375 grams
- 1 pound            16 ounces   454 grams
- 2 pounds            32 ounces   907 grams
- 1 kilogram        2.2 pounds/ 35.2 ounces  
or 1000 grams

SOOTS HELPING PAW TIPS

KITCHEN CONVERSIONS

# Meat TEMPS



Preparation Guidelines:

# FISH SAFETY



**Temperature Check:** Use an instant-read thermometer in the thickest part of the fillet to ensure it reaches 145°

**Visual Cues:** Fish should be opaque and separate easily with a fork.

**Special Cases:** While 145° is standard, some, like salmon, are often cooked to 125° for better texture.

**SUSHI/ RAW FISH:**



These require specialized, high-quality, or previously frozen "sushi-grade" fish to reduce parasite risk.

**Storage:** Keep raw fish refrigerated at or below 40° and use within 1-2 days.