

KONG RECIPES AND TIPS

These are suggestions to put in Kongs (dog toy) for dogs. Freezing the mixture of Kong helps the treat to last longer. We also use beef soup bones from the store. Boil bones in quart or two of water 10 to 15 minutes to prevent spoilage of meat. Broth can be added to food. It is high in nutritional value. After the bone is "cleaned", it can be washed with dishes and used like a Kong toy because the insides will be hollowed out.

- Peanut butter, diced/crushed banana, chunks of apple.
- Lite cream cheese and apple chunks
- Rice cooked in broth (chicken or beef), cooled, and stuffed into opening
- Kibble mixed with broth (chicken or beef), cooled, stuffed into opening
- Kibble mixed with meat flavored baby food (chicken or beef), cooled, stuffed into opening
- Canned dog food chunks stuffed into hollow
- Canned pumpkin and dry treats, cooled and stuffed into hollow
- Plain yogurt and apples or bananas chunks, mixed and stuffed into hollow
- Canned pumpkin can be frozen and mixed with brown rice with a peanut butter plug in hollow
- Dog biscuits, PB, banana, carrots, wet food, pizza crusts can be combined and inserted in the kong.
- Smear some peanut butter on a slice of bread. Fold up the bread and cram it into Kong. Freeze.

NOTE: It is important for dogs to succeed at their "work". Make it easy to remove the filling at first. It can be more challenging later by tighter packing or freezing the contents or whole Kong with the mixture.

FREEZE IT! Try various combinations of canned food, gravy, noodles, rice and mashed potatoes mixed with food nuggets and freeze. **KONGSICLES** are a favorite in summer! Put a dab of peanut butter in the small end of the Kong to plug it. Turn it upside down in a cup. Fill it full of water, chicken broth or fruit juice and freeze. (outdoor use!)

Frosty Paws

Mix one part instant oatmeal to two parts water and a bit of bullion powder and let sit for a few minutes until the oatmeal absorbs most of the liquid. It isn't even necessary to heat it, spoon into Kong, freeze. (Optional: yogurt, peanut butter)

Frozen Jerky Pops

Fill a bowl with cool water and add a pinch of bouillon. Place into Kong, place a Jerky Stick inside and freeze.

Doggie Omelets: Combine a scrambled egg, some beef, yogurt, cheese and mashed potatoes

Kongsicle Jerky Pops: Seal the small hole of the Kong with peanut butter. Fill to the rim with water and a pinch of bouillon (or chicken broth). Put a stick of beef jerky inside. Freeze. (This one gets messy fast, so it's for outdoor use only.)

Goey Cheerios: Combine cheerios and peanut butter. Freeze.

Fruit Kitty Noodles: Mix together some dried fruit, cooked pasta, banana and dry cat food.

Apple Pie: Squeeze a small piece of apple into the tiny hole. Fill the Kong with a small amount of plain yogurt. Add a few slices of mashed banana, more apple, yogurt, banana. End with a slice of banana and chunk of peanut butter on the top.

Pumpkin Pieces: Combine some plain yogurt, canned pumpkin, and cooked rice in a small baggie. Mix well inside the bag, then snip off a corner of the bag and squeeze it into the Kong toy. Freeze.

Kibble-Sicle: Put a glob of peanut butter into the Kong first. Add some dry dog food. Pour in some chicken broth. Add more peanut butter, followed by more dry dog food. End with another glob of peanut butter at the very top. Freeze

Frozen Tuna Salad: Mix together 1 can of light tuna, 2 Tblspn. plain yogurt, and 1 grated carrot. Spoon into KONG toy. Freeze. This treat is healthy and high in Omega-3 contributing to healthy skin and glistening coat.