



THE CANINE KITCHEN:

Tasty treat recipes for your pup
that are fun and enriching



blueberry yogurt treat

SDF Alum Cooper's favorite!

 5 servings

 5 hours



INGREDIENTS

1 cup low fat, plain
Greek yogurt

½ cup blueberries

DIRECTIONS

1. Put blueberries and yogurt in a blender and blend to smooth consistency. (or you can simply mix ingredients in a mixing bowl with a spoon)
2. Pour into silicone molds or ice cube trays.
3. Freeze for at least 4 hours.

NOTE: We substitute applesauce for plain yogurt that many recipes call for as we have learned that dairy can cause gastrointestinal upset in some dogs. If your dog does not have any issue with dairy, feel free to use yogurt too!



pumpkin pupsicles

 1 serving

 5 minutes



INGREDIENTS

Mini dog biscuits

Canned pumpkin

Applesauce

Cups

DIRECTIONS

1. Mix 3 tablespoons of pumpkin puree into a full container of yogurt.
2. Spoon the mixture into paper cups.
3. Stick mini dog biscuits into the mixture and freeze overnight!

NOTE: We substitute applesauce for plain yogurt that many recipes call for as we have learned that dairy can cause gastrointestinal upset in some dogs. If your dog does not have any issue with dairy, feel free to use yogurt too!



banana and sweet potato muffins

Courtesy of SDF Alum Cooper!

 5 servings

 30 minutes



INGREDIENTS

1 ripe banana, mashed

½ cup mashed sweet potato or canned pure pumpkin (NOT pie mix)

1 egg

1 cup oat flour

¼ teaspoon cinnamon (optional)

DIRECTIONS

1. Preheat oven to 350F and grease muffin tin.
2. In a mixing bowl, combine banana, sweet potato or pumpkin, and egg. Mix until smooth.
3. Gradually add the oat flour and cinnamon, stirring until the batter is well-combined.
4. Spoon batter into prepared muffin tin, filling each cup to about $\frac{3}{4}$ full.
5. Bake for 20-25 minutes or until an inserted toothpick comes out clean. Allow to cool completely before serving.



apple delight

 1 serving

 5 minutes



INGREDIENTS

Fresh apples

Apple corer

Xylitol-free peanut
butter

DIRECTIONS

1. Core an apple. (be sure to remove ALL seeds)
2. Fill center with xylitol-free peanut butter.
3. Freeze and serve when frozen!



peanut butter banana stack

 1 serving

 5 minutes



INGREDIENTS

Frozen bananas

Xylitol-free peanut
butter

Applesauce

DIRECTIONS

1. Place one spoonful of peanut butter into a hollow chew toy. Holding the toy upright, tap the bottom against the countertop until peanut butter drops to the bottom of the toy.
2. Place frozen banana chunk into the toy. Then place one more spoonful of peanut butter into toy and tap again.
3. Top with 1-2 spoonfuls of applesauce, then 1 last spoonful of peanut butter.

NOTE: We substitute applesauce for plain yogurt that many recipes call for as we have learned that dairy can cause gastrointestinal upset in some dogs. If your dog does not have any issue with dairy, feel free to use yogurt too!



INGREDIENTS

Diluted beef broth,
 chicken broth,
 or apple juice

Dry kibble

Soft dog treats or
 biscuits

DIRECTIONS

1. Fill your freezer with empty containers of varying sizes.
2. Pour enough dry food into each container so that the bottom is covered, but the food forms a layer no more than 1" thick.
3. Add either 1-3 soft dog treats or 1 biscuit to each container.
4. Fill each container with the broth or apple juice of your choosing and let freeze overnight.

pumpkin feast

 1 serving

 5 minutes



INGREDIENTS

Dry kibble

Canned pumpkin (NOT
pumpkin pie mix)

Dehydrated chicken
pieces

Fresh bananas or
applesauce

DIRECTIONS

1. Mix one large can of pumpkin and $\frac{1}{2}$ cup chicken pieces. Stir in 2 mashed bananas or 1 cup applesauce.
2. Place a few pieces of dry dog food into a hollow chew toy, covering any opening on the bottom. Add 3–4 spoonfuls of pumpkin mixture into the toy.
3. Place 1 large treat or biscuit so that one end is stuck in the pumpkin mixture, and the other is poking out of the toy. You can squish a little more pumpkin mix in to secure the biscuit if needed!



choose your own Kong recipe

 1 serving

 5 minutes



INGREDIENTS

Applesauce
Bananas
Blueberries
Cooked ground turkey
Frozen peas/carrots
Kibble
Strawberries
Xylitol-free peanut butter

DIRECTIONS

1. In a Ziplock bag, mix any combination of ingredients listed at left with warm water (50/50 ratio works well) and let it soak until the kibble is mushy.
2. Snip off corner of bag and pipe into kongs.
3. Freeze and serve when frozen!

NOTE: You can also substitute low sodium chicken broth for the water if your dog would like more flavor!



fishy KONGs



INGREDIENTS

Diced sweet potato

Olive oil

Chopped cucumber
(about half the width of your
KONG's opening)

Canned tuna

Canned pumpkin

Baby spinach
(sliced into long strips)

DIRECTIONS

1. Preheat oven to 400F.
2. Lightly coat sweet potato with olive oil, spread in a single layer on a baking sheet and roast about 25 minutes, or until tender.
3. In a large bowl, combine cooled sweet potato, cucumber, tuna, pumpkin, and spinach.
4. Fill the KONG with the mixture, pressing it in gently.
5. Add a fun dog treat on top and freeze for a longer-lasting enrichment experience!



no-bake pumpkin & peanut butter bites



INGREDIENTS

2 ½ cups rolled oats

1 cup pure pumpkin puree
(not pie filling)

½ cup natural peanut butter
(be sure it doesn't contain
xylitol)

DIRECTIONS

1. Mix all ingredients in a bowl until well combined.
2. Scoop out small portion and roll into bite-sized balls, placing them on a tray lined with parchment paper or a mini muffins tin.
3. Chill in the fridge for about one hour to firm up.

cucumber tuna boats



INGREDIENTS

Large cucumber with seeds scooped out

Can of tuna in water
(unsalted and drained--
avoid oil or added salt)

1-2 tbsp plain Greek
yogurt or pumpkin
puree

DIRECTIONS

1. Wash cucumber and slice lengthwise into halves.
Scoop out the inside to create a "boat."
2. In a small bowl, mix drained tuna and Greek yogurt or pumpkin puree. Use just enough to hold it together to be scooped.
3. Spoon the tuna mixture into the cucumber halves, pressing gently so the filling stays in.
4. Give whole or cut into smaller enrichment chunks, depending on your dog's size.
5. Freeze for a longer-lasting enrichment experience!