



## Kong Stuffing Recipes



Kongs are great toys for dogs that help develop and maintain appropriate chewing behaviors. They are great toys to occupy the dog for long periods of time – during crating for example. When done, the Kong can safely be washed in the upper rack of your dishwasher. Here are a couple ways to stuff the Kong to entice them!

### Recipe #1:

Fat-free yogurt

1 banana, mashed OR 2 TBSP peanut butter

In a bowl, combine mashed banana or peanut butter and enough yogurt to fill the Kong.

Place the filled Kong upright in a plastic container and place in freezer for several hours.

**TIP: Cover the small hole with a piece of aluminum foil. It will prevent your stuffing from seeping out and removes easily!**

### Recipe #2:

Fat-Free yogurt or ¼ cup peanut butter

¼ to ½ cup of your dog's kibble.

Combine yogurt or peanut butter with your dog's kibble and stuff. Remember to reduce your dog's meal by the same amount of kibble you place in your dog's Kong. If you use yogurt, stuff as in Recipe #1 and freeze.

Here are some other things you might use to stuff your dog's Kong. You are only limited by your imagination!

Apples	Applesauce	Apricots
Baby Food (fruit & meat varieties)	Beef Jerky	Bran Cereal
Carrots	Cheese (American, Cheddar) or Cheese Whiz	Cheerios
Cream Cheese	Croutons (plain)	Dried Fruit (bananas, apricots, apples)
Honey	Liver (Freeze dried)	Macaroni & Cheese (leftovers)
Nut Butter	Oatmeal	Pasta Noodles (cooked)
Popped Popcorn	Potatoes (instant mashed, no skins)	Pumpkin (canned)
Steak (scraps)	Tuna	Turkey (leftovers)