

## What is a Kong? Will your dog like one?

A Kong is a non-toxic rubber toy with a hollowed center. When stuffed, in this case, with cool liquids or treats, it can play into your pet's natural desire to lick and chew. For the summer, this is a perfect way to keep your dog cool and comfortable.



Will your pet like one?

In my experience as a pet owner and as a [pet sitter](#), the simple answer is YES!

Dogs (cats as well), have a natural desire to hunt, scavenge and work for their meal. A Kong plays into this by giving your dog a toy that varies in size and also in what you can fill it with as a reward for their natural reaction to their inner hunters.

### Stuffing and freezing a Kong for your dog

There are two methods to stuffing and freezing a Kong for your dog. Depending on what you are using for filling, the size of the Kong and your dog, and your own personal preference, one will be better for you and your furkid.

The first way is much easier. Basically you are plugging the smallest hole with something edible. Foods like a piece of apple, kibble soaked in water or a piece of meat all work nicely. You then fill the rest of the Kong with a liquid and freezing it.



# FREE DOG KONG RECIPE BOOK

Here is the full explanation for you!

1. Use a safe, edible food to plug the small end
2. Cover this with a layer of low fat peanut butter, low fat cream cheese or Kong Stuff'N, or similar product
3. Make sure the small hole is completely sealed
4. Place the Kong with the small hole down into a mug, cup, or small bowl
5. Fill the large hole with the liquid or runny filling
6. Place the entire thing in the freezer for 4 to 5 hours

The second way is a bit harder, and can be messier to perform. Plug the larger hole in much the same way as this first method. Make sure the large hole is completely sealed.

Next, cover the large hole with a flat plate and flip it over so that the plate is on the bottom and the end of the Kong with the small hole is now on top. This is a temporary 'plug' for the filling that you will be using for your furkid and their Kong.

Fill a plastic bag with the liquid or runny food. Cut a small corner of the plastic bag. Pipe the food into the small hole at the top of the Kong.

Press firmly down on top of the Kong so that it sits tightly on the plate and carry it to the freezer. Place it onto a flat shelf on the freezer and let sit for 4 to 5 hours. Some liquid may pool on the plate; this is fine.

To remove the Kong from the plate after the insides are frozen, gently rock the Kong back and forth or run a small amount of hot water onto the plate to melt the ice that is keeping it stuck.

When the center is frozen using either method, usually after about 4 to 5 hours in the freezer, it is ready to be given to your dog.

Keep in mind that this is a messy treat so your dog should be kept confined to an area easily cleaned like a tile floor or their crate.



# FREE DOG KONG RECIPE BOOK

## A word about these recipes

The following are some recipes that are available across the internet, and have been used by myself and/or other pet owners. Some require freezing, and others offer some fun and exciting ways to include your furkid in your meals at home.

## Bluedoggie Yogurts

- 1 cup of plain, unsweetened yoghurt.
- 1 handful of fresh or frozen blueberries.

This recipe is simple, but is extremely sweet. Good for all dogs that seem to be more on-the-go and “nature” adventurers.

## PB and Cheese

- 1 cup of cottage cheese.
- 1 cup of organic crunchy peanut butter.
- 1 teaspoon of raw, local honey.

This recipe is more for the working dog. Long hours of steady watching over a yard or various playtoys. Nothing says “we had a good day” like a PB and Cheese!

## Thanksgiving All Year

- 2 small jars of turkey and sweet potato baby food.
- 1 cup of plain unsweetened yogurt.
- 1 handful of beef liver treats.

This is a fun recipe for including your furkid in holiday meals.



# FREE DOG KONG RECIPE BOOK

## Cheesy-Spud Pie

- 1 cup of boiled white potato, chopped into small cubes.
- 1/2 cup of shredded cheese.
- 1/2 cup of plain cottage cheese.

This recipe is for that “on the go” dog that only has time for a quick baked potato. The cheese really gives it the solid punch of protein that an active pooch might need.

## Cookie Crunch-N-Munch

- 1 cup of plain, unsweetened yogurt.
- 1 cup of plain cottage cheese.
- 1 large handful of your dog's favorite cookies.

The cookie monster in every furkid will love this one! Stuff the Kong with semi-crushed cookies and cottage cheese, and fresh the ends with yogurt...YUM!

## Tropical Chow

- 1 cup of mashed bananas.
- 2 tablespoons of virgin, unrefined coconut oil.
- 1 cup of plain, unsweetened yogurt.

Every dog wants to go on an exotic vacation. This recipe gets them there fast!

## Peanut Butter Yogurt Bites

- 1 cup of crunchy organic peanut butter.
- 1 cup of plain unsweetened yogurt.
- Small handful of dehydrated liver treats.

This all-around favorite packs a solid dose of protein and yummy peanut butter.



# FREE DOG KONG RECIPE BOOK

## **Need some more help with recipes?**

For cool treats, use plenty of liquids. Even what humans might feel as soggy food, your furkid will see as a yummy treat full of flavor and good tastes.

If you are not using a “cream” liquid for frozen treats, like yogurt or cottage cheese, the BEST thing to use are broths. A good beef broth or chicken broth will open up more flavors in your treats.

Don't forget about canned fish either. Canned salmon and tuna water (no oil!), gives a healthy and different flavor of broth for your dog and his or her Kong.

For other fillings, don't be afraid to use frozen vegetables for some healthy, but sweet treats. Things like carrots are a great way to give a sweet treat, while staying healthy for your dog.