

Kong recipes

Remember dogs cannot eat cooked chicken bones, chocolate, raisins or grapes and avoid anything with too much salt in.

Watching their weight

Even dogs on a diet can enjoy a kong! When using their regular meal biscuits, take it out of their regular meals so they don't have extra food.

1. Regular biscuits + hot water and mash into a mush. Stuff into the kong and leave to cool before giving to your dog.
2. Regular biscuits + low fat plain yoghurt then freeze.
3. Crumbled rice cakes and fat free cream cheese mixed together.

KONG TOP TIP: For liquid fillings plug the ends with a biscuit, cheese or mashed banana and stand in a cup whilst it freezes. It takes about 30 minutes to freeze or always have one ready in the freezer and just defrost for half an hour before giving to your dog.

Fruit & Veg

1. Mashed banana + low fat plain yogurt then freeze.
2. Mashed carrot, swede and/or potato.
3. Leftovers, including meat either blended or just stuffed in. You can make a stock cube gravy and freeze to make it extra difficult to get out.

KONG TOP TIP: Mashed potato is a great way to slow your dog's metabolism down. If he has bursts of energy after eating both the slow eating and the potato will help him be more stable. Don't add butter when you mash though – keep it dry or add a little water if needs be.

Extra treats

1. Stand a dentastix or jerky strip and stuff biscuits or other filling around it – they can chew the big treat as well as the filling.
2. Smear the inside with natural peanut butter, fill half with regular biscuits and shake to make them all sticky. Fill up the whole kong and close the top with a thin slice of cheese squidged into the biscuits to hold.
3. Cottage cheese and biscuits.

WHY NOT TRY: The Bob-A-Lot toy is a plastic weeble that dogs knock with their paws and noses to get the treats to fall out. Available in our Pet Store or our online shop.

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Sensitive bellies

1. Boil rice until its quite overdone, leave to cool and mash up with weak stock cube gravy, some sensitive dog biscuit treats and maybe some plain yoghurt if they can take it.
2. Regular biscuits + mashed potato. Leave to cool before giving to your dog.
3. Wrap some chicken in foil and bake in the oven until done. Rip into pieces and stuff into the kong along with sensitive dog biscuits, mashed potato or boiled rice.

KONG TOP TIP: Your dog not interested? Make it enticing to start the kong by adding a titbit sticking out the end that is easy to get and starts them off – a half a dentastix or chew perhaps. Plug the small end with something really good – dried liver, cheese or peanut butter so they keep working to get to it! Start by loosely packing it, and make it tougher as they learn what to do.

**Please buy your kongs from our on-site or online shop –
our profits help our animals.
www.bcdh.org.uk**

