



ENRICHMENT RECIPES FOR DOGS & CATS



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RECIPES FOR DOGS



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SUMMER FROZEN PARFAIT



INGREDIENTS

Plain Greek Yogurt
Frozen Blueberries
Frozen Strawberries
Hard plastic popsicle mold,
tall enough for layering

DIRECTIONS

1. Add a dollop of yogurt to the bottom of mold sections
2. Next, add a couple of frozen berries
3. Keep layering with yogurt and berries until you reach the top
4. Freeze until ready to eat

SUBSTITUTIONS

You can use any combination of dog-safe ingredients. See page 9 for details.

TIPS

Make several at one time so you have them on hand.

OTHER COMBOS TO TRY

- Cottage cheese, frozen melon, diced cucumber
- Chicken broth with cut broccoli, and your dog's favorite treats
- Peanut butter mixed with applesauce and add diced mozzarella cheese

PUMPKIN SPICE NYLABONE

*Makes more than one depending
on Nylabone size*

INGREDIENTS

1 cup canned pumpkin puree
½ cup soft cream cheese
½ teaspoon pure honey
¼ teaspoon cinnamon
Plain cheerios
Nylabones suited to your dog's size

DIRECTIONS

1. Mix all of the ingredients together in a bowl
2. Spread onto Nylabone in an even layer
3. Stick on a few Cheerios for added texture
4. Freeze for longer lasting enjoyment

TIPS

- You can also spread on Licki Mats, inside dog-safe bowls, or plastic containers (anything that is dog safe and accessible for your dog)
- Try spreadable mixtures between dog biscuits for a fun cookie sandwich



OTHER COMBOS

- Peanut butter
Applesauce
Bacon-flavored dog treats
- Rolled Oats
Mashed bananas (add a little peanut butter to thicken if needed)
Diced apples

PEANUT BUTTER & MOZZARELLA CHEESE BAKED TREATS



Makes about 30 treats



INGREDIENTS

- 3/4 cup yellow cornmeal
- 1 cup plain oatmeal
- 1 egg
- ½ cup smooth peanut butter
- 1 cup warm water
- ½ cup shredded mozzarella cheese
- 2 cups whole wheat flour
- *Fun-shaped cookie cutters

DIRECTIONS

1. Preheat oven to 350 degrees
2. Line two baking sheets with parchment paper
In a large bowl, combine the cornmeal, oatmeal and warm water
3. Add the peanut butter and egg and mix well
4. Add just enough flour to make a workable dough
5. Roll out dough to ¼ inch thick, cut shapes with cookie cutter
6. Place cut-outs on baking sheets, 1 inch apart
7. Bake 30-35 minutes, until the edges start to brown
8. Turn off oven, but leave treats inside to dehydrate (for better storage)
9. Store inside a tightly-lidded container

THANKSGIVING FEAST DOG KONG

*Makes more than one depending
on Kong size*

INGREDIENTS

1 cup shredded cooked turkey
½ cup sweet potato puree (no added sugar or
syrup)
¼ cup dried cranberries
Peanut butter

DIRECTIONS

1. Plug smallest kong hole with a dab of peanut butter
2. Layer sweet potato puree, turkey, and cranberries until you reach the top
3. Seal the larger kong hole with peanut butter
4. Add a carrot stick to the larger hole as a tantalizer
5. Freeze for added challenge and longer lasting enjoyment

TIPS

- You can use other stuffable toys
- Loosely pack stuffable toys for less challenge, more tightly pack for greater challenge



OTHER COMBOS

- Cooked white rice
Shredded carrots
Shredded zucchini
Cream cheese as a plug and sealer
- Cooked mashed potatoes
Diced cooked chicken
Peas
Peanut butter as a plug and sealer

NO BAKE DOG TREAT



INGREDIENTS

- 1 can pumpkin puree
- ¼ cup peanut butter
- ¼ cup plain Greek yogurt
- 3 cups rolled oats

DIRECTIONS

1. Mix pumpkin, peanut butter, and yogurt in a bowl
2. Gradually add 2 ½ cups oats, mix well
3. Roll mixture into 1 ¼ to 1 ½ inch balls, then roll into remaining oats
4. Cover and refrigerate until firm (about one hour)
5. Store in a tightly-lidded container in refrigerator

DOG ENRICHMENT



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DOGGY DECONSTRUCTION BOX



SUPPLIES

- Cardboard Box (large enough for your dog to forage for treats)
- Newspaper or packing paper
- Your dog's favorite treats (you can use diced hot dogs or cheese for extra yummy-ness)
- Dried Oregano or Rosemary for an interesting scent

INSTRUCTIONS

1. Layer crumpled paper with a few treats and a sprinkle of seasoning throughout box
2. Fold flaps closed for added challenge
3. Present the box to your dog and let the destruction begin!



DOG-SAFE PEOPLE FOOD

- Apples (no seeds)
- Applesauce (unsweetened)
- Baby food (made with dog-safe ingredients)
- Bananas
- Beef (lean, fully cooked)
- Blueberries
- Broccoli
- Cantaloupe
- Carrots
- Celery
- Cheerios (plain)
- Cheese (low fat is best)
- Cottage Cheese
- Cream cheese (soft works best)
- Mozzarella string cheese
- Chicken (skinless, fully cooked)
- Chicken broth (low sodium, check ingredients for additions that may be toxic to dogs)
- Cinnamon (ground, small amounts on occasion)
- Corn
- Cranberries (small amounts on occasion)
- Cucumber
- Eggs (fully-cooked)
- Green beans
- Honey (small amounts on occasion)
- Mango
- Oatmeal (plain)
- Peanut Butter (no xylitol)
- Peaches (no pits)
- Peas
- Pineapple
- Potatoes (fully-cooked)
- Pumpkin
- Rice (white, fully-cooked)
- Salmon (fully-cooked)
- Sardines
- Sweet potatoes
- Tuna (fully-cooked)
- Turkey (skinless, fully-cooked)
- Watermelon
- Yogurt (plain, Greek works best)
- Zucchini

TOXIC HUMAN FOOD FOR DOGS

DO NOT give any of these to your dog.

Almonds
Avocado
Chives
Chocolate
Coffee
Garlic
Grapes
Macadamia nuts
Mushrooms
Pecans
Raisins
Yeast
Walnuts

RECIPES FOR CATS



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BAKED CHICKEN CAT TREAT



INGREDIENTS

- 1 cup shredded chicken
- 1 jar chicken baby food
- Optional: shredded sardines

DIRECTIONS

1. Preheat oven to 325 degrees
2. Line a baking sheet with parchment paper
3. Mix all ingredients in a bowl
4. Spread onto baking sheet in an even layer
5. Bake for 50 minutes
6. Cool, then cut or break into bite-sized pieces
7. Keep refrigerated

TUNA CAT-SICLES

INGREDIENTS

Canned tuna, packed in water

Water

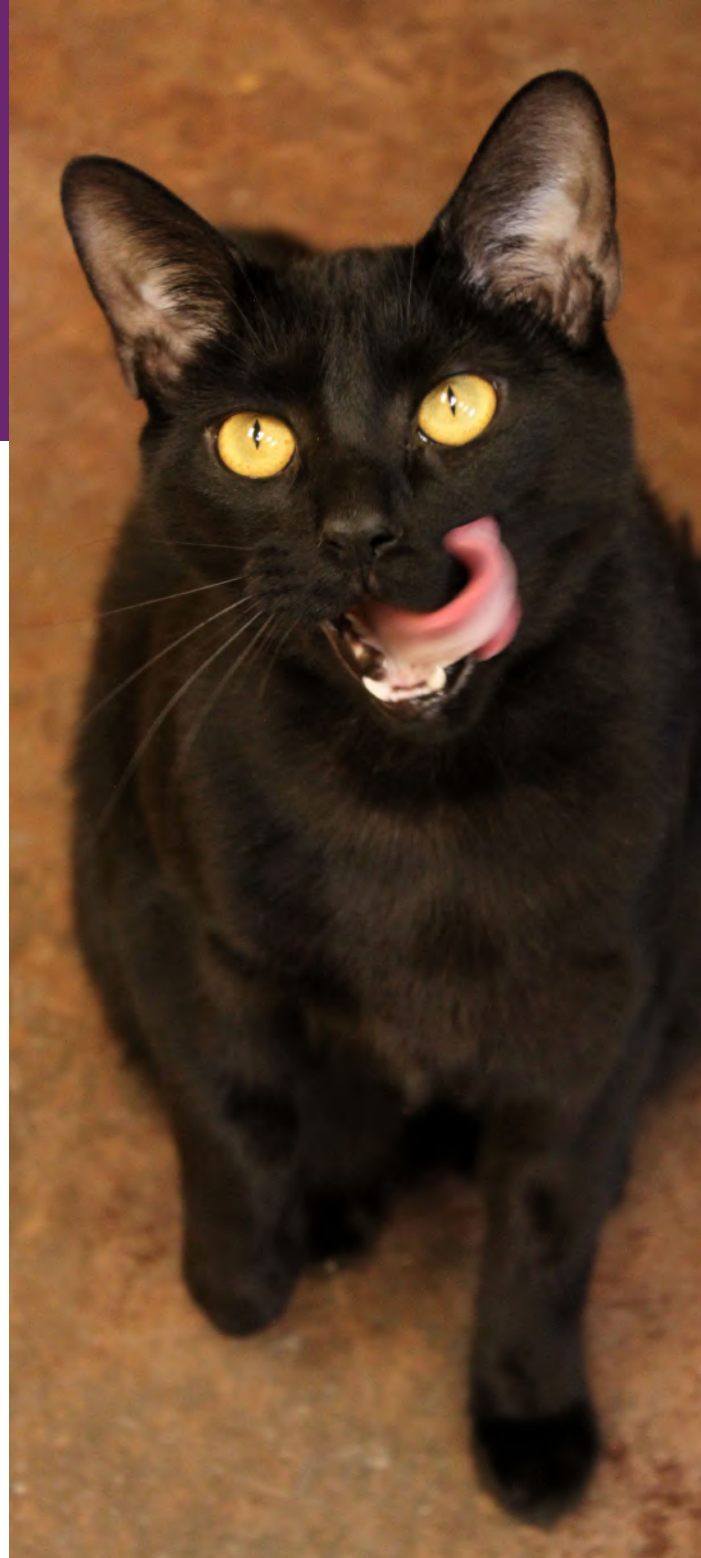
Fun silicone popsicle mold or ice cube tray

DIRECTIONS

1. Place some bits of tuna into the mold section
2. Fill remainder of section with water
3. Freeze

SUBSTITUTIONS

- Shredded/canned chicken
- Turkey



TIP

Use some of the water from the canned tuna or chicken

SPREADABLE KITTY TREAT



INGREDIENTS

Beef baby food
Canned Pumpkin Puree
Dry Cat Kibble

DIRECTIONS

1. Mix baby food and pumpkin in a bowl
2. Spread mixture along the insides of a plastic container, such as a yogurt tub
3. Stick on a few pieces of dry kibble
4. Freeze for added challenge and longer lasting enjoyment

SUBSTITUTIONS

Chicken baby food

TIP

A fun twist for this treat is to attach a plastic spoon to a chopstick (or similar "stick"), dip the spoon into some of the mixture, then hold the spoon-stick above cat's head to reach for it

MOIST FOOD & CARROT CAT KONG

INGREDIENTS

Your cat's favorite canned food (gravy style works great)

Soft-cooked carrots (finely diced)

Cat Kong

DIRECTIONS

1. Plug the smallest kong hole with piece of cooked carrot
2. Layer the kong with canned food and carrots
3. Seal the larger kong hole with a bit of pate style canned food
4. Freeze for added challenge and longer lasting enjoyment



SUBSTITUTIONS

- Finely diced soft-cooked beans
- Use dry kibble in place of carrots/green beans if your cat isn't big on veggies

CATNIP TEA



INGREDIENTS

- 1 cup hot water
- 1 tablespoon dried catnip

DIRECTIONS

1. Add catnip to hot water and steep until cool
2. Strain using cheesecloth or a strong paper towel
3. Serve about a $\frac{1}{4}$ cup serving into a shallow bowl
4. Store remaining tea in the refrigerator

CAT ENRICHMENT



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FELINE FUN BOX



INGREDIENTS

- Small box
- Newspaper or packing paper
- Your cat's favorite treats (add diced cooked chicken for extra yummy-ness)
- Dried catnip

INSTRUCTIONS

1. Layer crumpled paper, a few treats, and a sprinkle of catnip throughout box
2. Present the box to your cat and let the party begin!



CAT-SAFE PEOPLE FOOD

Carrots (soft-cooked)
Chicken (skinless, fully-cooked)
Baby food (made with cat-safe
ingredients)
Beef (lean, fully-cooked)
Broccoli (soft-cooked)
Green beans (soft-cooked)
Eggs (fully-cooked)
Pumpkin
Salmon (fully-cooked)
Tuna (fully-cooked)
Turkey (skinless, fully-cooked)

TOXIC HUMAN FOOD FOR CATS

DO NOT give any of these to your cat.

Avocado
Chocolate
Coffee
Chives
Garlic
Grapes
Onion
Raisins
Yeast

*Dairy - should be avoided due to
high fat content and potential
stress on a cat's digestive system