

# Diagram of a Well-Stuffed Kong Toy

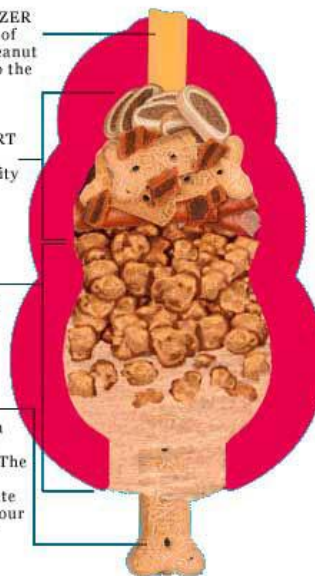
EXAMPLE - Step One: Start with a few clean Kong toys appropriately sized for the largest dog that could access them.  
NOTE: Small breeds need medium Kongs for stuffing.

Step Two: TANTALIZER  
Place a little morsel of freeze dried liver, peanut butter or cheese into the little hole on top.

Step Three: DESSERT  
Fill approximately one-third of the cavity with doggie treats such as biscuits, marrow bites, etc.

Step Four: MAIN COURSE  
Fill the last two-thirds with canned food or food roll mixed with kibble or food nuggets.

Step Five: APPETIZER  
Leave a nice tidbit sticking out of the opening. The "easy pickins" will provide an immediate pay off and entice your dog to "get serious" about the job.



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## Banana Rama

Fresh banana

1 tablespoon plain yogurt (can use your pet's favorite as well)

In a bowl, mash up banana. Then add yogurt. Mash ingredients together and use spoon to add to Kong. Freeze for 4 hours.

Makes 1 serving for Medium Kong. (Double for every Kong size that is bigger.)

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## Cheesy Dental Kong Delight

*(A very simple and creative way to make any pet drool in delight)*

3 slices of your pet's favorite cheese

Just place the 3 slices of cheese directly onto the grooves of your pet's Dental Kong (if your model has rope - make sure cheese does not get onto it).

Melt in microwave for 20 to 30 seconds. Give to pet after it cools.

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## Philly Steak

Steak scraps

1 ounce cream cheese

Place small scraps of the steak inside Kong toy.

Spread cream cheese in large hole to hold scraps.

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### **Fruit Salad**

Peaches, apples, carrot chunks and 1/4th of a banana

Place apples and carrots in Kong toy. Mash banana in large hole to hold fruit in place.

You can include other fruits and veggies: orange slices, plums, and/or nectarine chunks, celery sticks, broccoli and/or cauliflower, tomato and black olive mixture.

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### **Veggie Kong Omelet**

1 egg

Your choice of shredded cheese

Any vegetable that your pet may like

Scramble egg and fold in vegetables. Put in Kong toy.

Sprinkle some cheese over the top of Kong toy opening and microwave for about 20 seconds. Cool thoroughly before giving to dog.

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### **Aunt Jeannie's Archeology Kong - Famous Recipe**

*(for the advanced dogs)*

Layer 1: (deepest): Roasted, unsalted cashews, dried fruit, Freeze-dried liver bits

Layer 2: Dog kibble, cookies or liver biscotti, Cheerios, sugar free/salt-free peanut butter, dried banana chips, apples and apricots

Layer 3: Carrot sticks, turkey or leftover meat.

Place the above ingredients inside an inverted Kong (small open should be on the counter) in the order listed above. Pack all ingredients in the Kong as tightly as possible. Serve immediately or freeze for several hours for a longer lasting treat.

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### **Kong on a Rope - Famous Recipe**

*(For the advanced dogs)*

Take the rope, pull it through the Kong toy and knot it.

Hang this upside down from a tree, deck or post. The small hole should be facing the ground.

Take the kibble and fill the Kong toy. Make the toy hang just low enough that it is out of your dog's reach.

The dog will spend hours trying to retrieve the kibble from the Kong toy. At the end of the day, take the remaining kibble and give to your pet as a reward.

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### **Frozen Jerky Pops**

Peanut Butter

Bouillon

Jerky Strips

Water

Smear a small amount of peanut butter over small hole in our Kong toy. Fill the toy with cool water and add a pinch of bouillon. Place a jerky stick inside Kong toy and freeze. This also can be put (once frozen) in a children's size swimming pool for a fun day of fishing for your pet.

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## **Simple, Tried and True**

Peanut Butter

Smear peanut butter inside the cavity of your Kong toy. It's that easy!

or

Try mixing turkey, chicken, or marrow bites with slightly moistened food nuggets.

Freeze inside the Kong.

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*If you have an allergy-prone pup, use a canned-grain-free food (like Evo) and add to it:*

- \* grated low-fat mozzarella weld it together - 15 seconds in the microwave*
- \* grated carrots*
- \* canned-pumpkin (freeze the Kong)*
- \* canned-fish - jack mackerel is good, inexpensive plus high in Omegas, as is water-pack sardines*
- \* frozen veggies: peas, diced-carrots, broccoli*
- \* ground turkey*
- \* dried cranberries, frozen blueberries...*
- \* low-fat cream-cheese - but CHECK for corn-starch!*

*Corn is one of the BIG BAD 3 - corn, wheat, soy - the 3 most-likely k9-allergens, in ANY form...*

*CORN-syrup, SOY-protein isolate, WHEAT gluten, etc.*

*When freezing a Kong:*

*String-cheese cut in half length-wise makes a stubby popsicle-stick stuck it in the middle, and the*

*dog has to work on the cheese to make an opening to get to the rest - a carrot-stick can serve, too.*

*I usually try to add no more than 1/3 the volume of the food in the form of 'goodies' - avoids too-much change and possible gut-reactions, and too-many added calories as well.*

*I like using the dog's regular-diet as the basis, b/c we are then feeding part of a meal in a more natural form, licking, pulling etc. It means fewer add-on calories, more-activity per meal, and slower-eating - dogs who gulp increase their odds of bloat*