

## KONG RECIPES AND INFORMATION

Kongs are terrific play and chew toys, giving your dog both mental and oral stimulation. To make your dog think Kongs are wonderful and provide hours of canine activity stuff them with food. The tighter you stuff the Kong the longer your dog will have to work to get the food out. Make sure that you adjust their normal feeding so that they maintain a healthy weight. The following is how to stuff Kongs:

You can use different recipes, and as you create recipes, be sensitive to your dog's tummy as you experiment. Following are recipes created by veterinarians, dog trainers and dog lovers worldwide. You can always include their dog food in the stuffing.

**EXAMPLE – Step One:** Start with a few clean Kong toys appropriately sized for the largest dog that could access them (see size chart). 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**

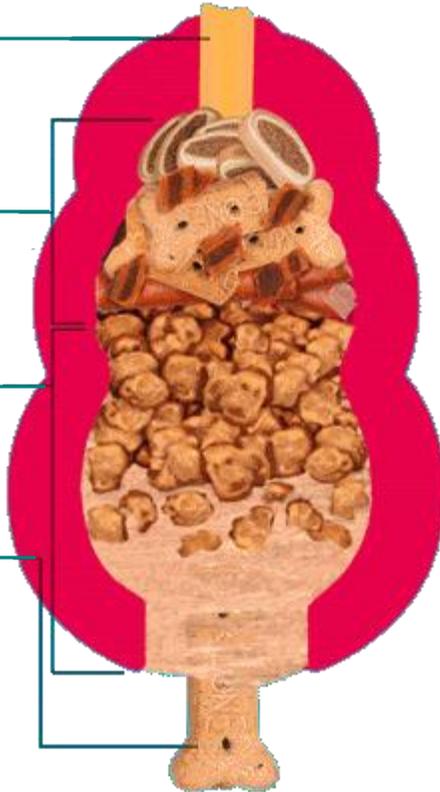
Fill appropriately one-third of the cavity with doggie treats such as biscuits, marrow bites, etc.

**Step Four: MAIN**

**COURSE** Fill the last two-thirds with canned food or food roll mixed with 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.



- **BANANA RAMA:** 1 fresh banana - 2 Tbsp wheat germ - 1 Tbsp plain yogurt (can use your pet's favourite flavor as well) - Kong Toy that best fits your pet's chewing temperament. In a bowl, mash up banana. Then, add wheat germ and yogurt. Mash all 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.
- **CHEESY DENTAL KONG DELIGHT:** 3 slices of your pet's favorite cheese - Dental Kong Toy. A very simple and creative way to make any pet drool in delight. Just place the 3 slices of cheese directly onto the grooves of your pet's Dental Kong (if 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.

- **PHILLY STEAK:** steak scraps - 1 ounce cream cheese - appropriate Kong Toy. Place small scraps of the steak inside Kong toy. Spread cream cheese in large hole to hold scraps.
- **FRUIT SALAD:** apple and carrot chunks - 1/4 of a banana - appropriate Kong Toy. Place apples and carrots in Kong Toy. Mash the banana in large hole to hold fruit in place. You can include other fruits and veggies: orange slices - peach and/or nectarine chunks - celery sticks - broccoli and/or cauliflower - tomato and black olive mixture.

- VEGGIE KONG OMELET: 1 egg - your choice of shredded cheese - any vegetables that your pet may like - appropriate Kong Toy. Scramble egg and fold in vegetables. Put into Kong toy. Sprinkle some cheese over the top and microwave for about 20 seconds. Cool thoroughly before giving to dog.
- MAC 'N CHEESE: Leftover macaroni and cheese - small cube of Velveeta - appropriate Kong Toy. Melt Velveeta in microwave until gooey. Add mac 'n cheese to Kong Toy. Pour heated Velveeta into Kong. Make sure it has cooled before giving to your pet.

## Famous Recipes

- AUNT JEANNIE'S ARCHEOLOGY KONG (for advanced dogs)
  - LAYER ONE (deepest): roasted, unsalted cashews - freeze dried liver bits
  - LAYER TWO: dog kibble, cookies or liver biscotti - Cheerios - sugar-free, salt-free peanut butter - dried banana chips, apples and apricots
  - LAYER THREE: carrot sticks - turkey or leftover ravioli or tortellini - Kong Toy (the larger the better!)
  - Pack as tightly as possible. The last item inserted should be an apricot or piece of ravioli, presenting a smooth "finish" under the main opening.
  - LIGHT VERSION: substitute crumbled rice cakes for cashews, Caesar croutons for freeze-dried liver, fat free cream cheese for peanut butter. - by Jean Donaldson
- KONG ON A ROPE: Dry dog kibble - appropriate Kong Toy – Rope. 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. This is advanced work for your dog. - by Ian Dunbar
- FROZEN JERKY POPS: Peanut butter – bouillon - Jerky Strips – Water - appropriate Kong Toy - muffin tin. Smear a small amount of peanut butter over small hole in your Kong Toy. Fill with cool water and add a pinch of bouillon. Place a Jerky Stick inside Kong Toy and freeze. This can also be put (once frozen) in a children's size swimming pool for a fun day of fishing for your pet. - by Terry Ryan
- SIMPLE, TRIED AND TRUE: Peanut butter - appropriate Kong Toy. Smear peanut butter inside the cavity of your Kong Toy. It's that easy! - by trainers and vets worldwide
- TRIXIE'S FAVORITE: Trixie, a 50 pound Aussie/Springer mix, loves turkey, chicken or marrow bites mixed with slightly moistened food nuggets frozen inside her Kong. She is very clean about unstuffing - some dogs are not! - by Joe Markham

Every dog has a favourite recipe – finding your dog's favourite will be fun! REMEMBER: Some foods are not healthy for dogs. Check with your vet first.

For more information, visit [www.kongcompany.com](http://www.kongcompany.com).