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KONGsicle Recipe Guide

What are your dog's daily needs? Sleep, eat, and activity, right? If your dog is not getting enough of any one of these things, they could become anxious, depressed, or even destructive due to boredom. I'm guessing if you're reading this, they probably exhibit one if not all of these behaviors already (or maybe you just want to try a fun new activity for your dog which is a fabulous idea!).

So, why not prevent/address the problem and make them a KONGsicle!

I'm in! What's a KONGsicle? A Kong is a nontoxic, highly durable, and all natural rubber food puzzle toy that is made in the U.S. It comes in various sizes and will satiate your dog's natural desire to hunt and gnaw because of its unpredictable bounce and nearly indestructible material.



A KONGsicle is a KONG stuffed with your dog's food and then frozen overnight.

They are quick and easy to make and can release pent up energy in your dog and encourage a natural self-play activity.

They help stimulate your dog and provide them exercise even when you don't have the time. This also means they help minimize if not eliminate problem behaviors like barking, digging, and chewing on furniture or your favorite shoes.

They are recommended by veterinarians and professional dog trainers around the world.

They promote strong jaws, clean teeth, and good oral hygiene. They also force your dog to eat slower, which helps to reduce gas as well as the occurrence of bloat.

Get the Kong Extreme for medium to large dogs and the Classic Kong for smaller dogs. We also suggest getting 2-3 so you can have them on a rotation.

Ok, so let's make some KONGsicles!



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You'll Need:

- Kong
- Less than 10 minutes
- Wet dog food or pumpkin (*NOT pumpkin pie filling*)
- Dry dog food
- 1-2 tablespoons water
- Mixing bowl and spoon
- Classic or Extreme Kong Dog Toy
- Freezer

1.) In mixing bowl, combine the wet dog food/pumpkin, dry dog food, and water, which helps with freezing. Ratio should be 2/3 dry food to 1/3 wet food or pumpkin and have a goopy consistency.

2.) Pack your KONG with the mixture. You don't have to pack it super tight. Air pockets are not bad.

3.) Freeze in an upright position overnight.

4.) Give your dog their KONGsicle with plenty of room to have supervised fun.

Tip: Make each KONGsicle be the same amount of food you give your dog with each meal and give it to them BEFORE they start behaving badly (barking, chewing, etc) otherwise you are rewarding that behavior and they are training you!

Make 2-3 at a time and add some variety. Toss some treats into one, meat into another, just like they are chocolate chips, at least in size. Do NOT actually put in chocolate chips!



Share a photo or video on our Facebook page of your dog enjoying their homemade KONGsicle!

<https://www.facebook.com/feetandpaws>