



# Wilmette Pet Center

*A place for people who love pets*

## Cool summer treats for a cool dog.

We all love our iced lattes, coffees, and teas during the hot summer months. But did you know that frozen treats are a great way to help keep your dog cool and occupied, too? Here are some of the coolest ideas and products we have for your pup.

**Basic recipe ideas:** There are tons of recipes you can use for your dog, or use these as a starting off point for your own creation. These recipes can be used in multiple ways: stuff them inside a Kong or in one of our sterilized bones for a long lasting chew, or made into Pupsicles:



- Mashed potatoes and frozen peas (great way to get rid of leftovers)
- Combine some plain yogurt, canned pumpkin, and cooked brown rice.
- Try a “Cheesy Elvis”: Combine a ripe banana, natural peanut butter (so there’s no sugar added), and a slice of cheese. Melt this mix slightly in microwave to make mixing easier, mix until blended well, and allow to cool.
- Mashed bananas, strawberries (fresh or frozen), organic apple juice or sugar free applesauce, and yogurt (plain or vanilla).
- Vanilla yogurt and peanut butter
- Vanilla yogurt and pure mashed pumpkin (TIP - Use pure pumpkin and NOT the spiced pie filling!)



Plain or vanilla yogurt is a great source of protein and probiotics

### Want something meatier for your carnivore?

- Soak some of your dog’s regular food in water (or chicken broth) for a brief time or mix the kibble with their favorite canned food before placing it inside a Kong.
- Try a doggy omelet: combine a scrambled egg, some beef, yogurt, melted cheese and mashed potatoes all together in a Kong and freeze.
- Mix tuna or your favorite freeze dried meat treat, like [Stella and Chewey’s](#) or [Whole Life](#), with some yogurt and freeze in the Kong.

**To stuff a Kong or sterilized bone:** Mix the ingredients well inside the bag, then snip off a corner of the bag and squeeze it into the Kong toy. For fillings that are very wet, use a chewy treat or food piece to fill the small hole in the end to make filling easier. Freeze overnight and give the toy to your pup somewhere mess-safe – the back porch, the mudroom, or any place that will be easy for you to clean up when they're done.



**Sterilized bones are one of our hardest chews**

Is your dog a big chewer? Fill the Kong completely to make getting the goodies out more difficult. You can also fill the Kong, then place it in a larger container and pour low-sodium chicken or beef broth over it. Freeze the whole thing, and then give the entire block to your dog so they have to work through the flavored ice to get to the Kong to then work to get the treat inside! You can also try running a rope through the Kong, fill and freeze it, and then hang from a branch in a shady spot for a fun doggy piñata.

**To make pupsicles:** Mix all the ingredients and freeze them in dedicated ice cube trays for small dogs, Dixie cups for medium dogs, and large paper cups or popsicle trays for larger dogs. Remove the paper or pop out of the tray and serve!

## Frozen Bones



Frozen bones are one of the most natural treats you can give your dog.

Frozen bones, like those by [Primal](#), are one of the most popular coolers for your dog, and the most natural. Available in a variety of sizes and types - such as bison, venison, and beef - these are a great way to keep your dog happy on the porch all day, and a great for their jaws and teeth. Frozen bones can be fed two ways: 1) allow your dog to chew on it for a couple of hours, then take it away, rinse it off, and refreeze it. You can repeat this three or four times in a row. 2) Give your dog the frozen bone all day long, taking it away at the end. If your dog manages to remove all the meat and marrow, you can allow them to chew on the bone for as long as it lasts (taking it away when

it is too small). If there is still some meat or marrow left at the end, throw the bone away. As always, treat frozen bones as raw meat and be sure to sanitize your hands and their play area afterward.

Use care when giving raw bones. Most dogs can handle chewing on them, but, if your dog has weak or cracked teeth, consider a softer option, like a refrigerated Kong instead. While chewing on bones is one of the most natural actions for dogs, it can be risky for our pets if they have dental problems. Bones, fed young, are actually a great way to help keep your dog's teeth clean. You should also always monitor your pup's play time.

Warmer weather can present different challenges than cold weather. Be sure to always provide plenty of fresh water for your pet, keep an eye out of dehydration, and limit their time outside during the hottest part of the day. With a little thought and preparation, you can make it a fun and safe time with your dog. **Bone Appétit!**