



KONG RECIPES

What to stuff in your Kong to keep your dog happy and healthy.

By Fernando Camacho



A QUICK KONG HISTORY LESSON

Back in 1976 while working on a VW Bus, Joe Markham began throwing out car parts to Fritz, his beloved trained police dog. Fritz took a quick liking to a rubber suspension part and started playing with it gleefully. The erratic bounce and toughness of the rubber inspired Joe and the Kong was born. Since then Kongs have been one of the most popular dog toys worldwide.

I love them because they are so versatile - not only can you freeze them but they're also dishwasher safe (top rack). Although many dogs like to play with them as is, the real magic happens when you stuff them with some yummy goodies. This takes it up to a whole new level and encourages your dog keep occupied without much involvement from you.

It's the perfect way to provide passive stimulation and exercise - a true win-win.

HOW TO USE

Giving your dog stuffed Kongs is a great way to give him something constructive to do so he stays out of trouble. It's a great way to give him something constructive to do, as well as some much needed stimulation.

Although it's very useful for dogs that are being destructive in your house, it's also a great reward for those good dogs who also deserve some fun in their day.

TIP1: Supervise your dog with his Kong at first to see how long it takes him to get through it and how messy it gets.

TIP2: Use them in place of feeding. Mix your dog's food with a binder (see pg. 3) into a few Kongs and give them to him throughout the day to keep him busy and help him work off some energy.

TIP3: Freeze Kongs to make them last longer.





WHAT TO STUFF

There's so many different types of food you can put into a Kong that your dog will love and is good for them. Many of the Kong recipes you'll find online are often not the healthiest choices for your pooch. In this guide you'll only find the best stuff for your dog (that he'll also find amazingly yummy).

You're really only limited by your imagination.

There's two different kinds of food categories that go into a good Kong: pieces and binders.

Pieces are small cut up chunks of various solid food items.

Binders are the gooey, creamy or liquid ingredients that will hold it all together.

INGREDIENT IDEAS

Here's a list of some possible ingredients that you can mix and match inside your Kong concoctions.

Pieces:

- ▶ Hot dogs
- ▶ Bacon
- ▶ Chicken
- ▶ Steak
- ▶ Carrots
- ▶ Apples
- ▶ Blueberries
- ▶ Mango
- ▶ Banana
- ▶ Freeze dried liver
- ▶ Peaches
- ▶ Dry dog food
- ▶ Cranberries

Binders:

- ▶ Peanut butter
- ▶ Apple sauce
- ▶ Yogurt (plain)
- ▶ Canned pumpkin
- ▶ Baby food
- ▶ Canned dog food
- ▶ Cream cheese
- ▶ Mashed potatoes



QUANTITIES

You won't see any specific quantities for the ingredients in any of the recipes that follow. I've intentionally left them out because different sized Kongs will need different amounts of foods.

I also encourage you to be a bit of a mad scientist and experiment with the quantities to see what makes the best mixtures for you and your dog.

Types of Kongs Available:



Classic

[BUY ON AMAZON](#)



Puppy

[BUY ON AMAZON](#)



Extreme

[BUY ON AMAZON](#)



Senior

[BUY ON AMAZON](#)

P.B. BACON BOMB

Hand grenade of yumminess.



Ingredients:

- ✓ Peanut butter
- ✓ Bacon
- ✓ Dry dog food

Take a portion of your dog's dry food and mix it together in a small bowl with a tablespoon or two of peanut butter then add in some pieces of either cooked or raw bacon.



Ingredients:

- ✓ Canned pumpkin
- ✓ Turkey chunks
- ✓ Dried cranberries
- ✓ Carrots

Take some cooked turkey pieces and mix them together with a couple tablespoons of canned pumpkin. Then add in some diced carrots and dried cranberries.

THE GOBBLER

Thanksgiving dinner in a Kong.

HOT APPLE POPSICLE

Fruit and meat in an icy treat.



Ingredients:

- ✓ Apple
- ✓ Apple sauce
- ✓ Hot dogs

Mix together apple chunks and hot dog pieces and combine with apple sauce. Then stuff your Kong and freeze.



Ingredients:

- ✓ Plain yogurt
- ✓ Apple
- ✓ Freeze dried liver

Cut up an apple into pieces and mix with the yogurt (regular or greek) and add in some freeze dried liver to spice it up (you can substitute freeze dried raw dog food as well).

MORNING DELIGHT

Wake up happy & smiling.

FRUIT BOWL

A sweet treat that's good to eat.



Ingredients:

- ✓ Apple sauce
- ✓ Banana
- ✓ Dry dog food
- ✓ Blueberries

Mix the dry dog food with the apple sauce then add in some banana slices and blueberries.

Jam it in the Kong, (freeze if you like) and enjoy.



Ingredients:



- ✓ Canned dog food
- ✓ Grilled steak pieces
- ✓ Sliced hot dog chunks

Mix half a can of wet dog food with grilled steak (any kind will do) and hot dogs pieces. A guaranteed canine favorite!

HAPPY CARNIVORE

Satisfy that inner wolf!

FUN ON A STICK

Because food is always more fun when it's impaled.



Ingredients:

- ✓ 1 carrot stick
- ✓ Bacon pieces
- ✓ Cream cheese

Mix bacon into cream cheese. Stick a carrot stick into the Kong with about 2 inches sticking out (trim carrot if necessary), then use a spoon to fill Kong with cream cheese mix around carrot.



Ingredients:

- ✓ Grilled chicken chunks
 - ✓ Carrot pieces
 - ✓ peas
 - ✓ Mashed potatoes (instant or home made)
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Make the mashed potatoes (you can have some too), mix in the carrots, peas and grilled chicken. Then stuff it all into the Kong.

Mmmmmmmmmmmmmmm

KONG POT PIE

Comfort food for your pooch.

SWEET POTATO SURPRISE

Healthy sweets with a meaty kick.



Ingredients:

- ✓ Sweet potato baby food
- ✓ Mango
- ✓ Grilled chicken

Mix mango pieces with then baby food and add some cut up grilled chicken into the mixture as a special surprise.



Ingredients:

- ✓ Yogurt
- ✓ Blueberries
- ✓ Peaches
- ✓ Apples



FRUIT SMOOTHIE

Vitamin energy boost.

Cut the fruit into pieces of various sizes and mix it with plain yogurt. Stuff it and freeze.

JOINT BOOSTER

Yummy with a little something to help the joints.



Ingredients:

- ✓ Canned dog food
- ✓ Fish oil softgel capsule
- ✓ Glucosamine & Chondroitin capsule(s)

Fill the Kong 1/3 way with wet dog food then drop in a 1000mg fish oil softgel (which is 300mg of Omega-3). Then fill in 1/3 more wet dog food and drop in Glucosamine & Chondroitin capsule (200-300mg). Fill the remainder of the Kong up with wet dog food.

FUN & GAMES

You can use your Kong treats in some backyard fun. Hide a frozen Kong in your yard before you let your dog out and encourage him to sniff it out and enjoy it outside.

If you're using a crate for your dog, only give him his Kong in his crate to make it a very rewarding and positive place. He'll happily stay locked up and out of trouble (also keeps the mess contained).

TIP: After you're done mixing up your Kong concoction place it in a cup when putting it in your freezer so all that good stuff doesn't ooze out.

LET THE EXPERIMENTING BEGIN

Okay, now it's up to you.

Try these recipes out and then start mixing and matching your own ingredients to create even more choices for your dog to enjoy. You're really only limited by your imagination.



You'll find more great info and tips on my website: [FernDogTraining.com](https://www.FernDogTraining.com)

