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[ccieastbaymiracles] Frosty paws recipe

1 message

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To: "ccieastbaymiracles@groups.io Group Moderators" <ccieastbaymiracles@groups.io>

CCI people,

Thanks to all who joined the Canine Companions East Bay chapter meeting today!

Here is the rough recipe that I used to make "Frosty Paws" for the dogs.

3/4 to 1 cup water or chicken broth
1 cup canned pumpkin (no sugar added, just pure pumpkin)
1 cup plain greek yogurt
2 Tbsp peanut butter
1 banana

Add the above ingredients to the blender. Blend for about 1 minute until smooth and the texture of a milkshake (add liquid, as needed).

Pour the mixture into 1/2 cup sized containers and freeze. You can add or subtract ingredients that you have at home, my dogs are always happy with the outcome.

Sometimes I skip the yogurt and sometimes I substitute chicken broth for water. Be creative, but make sure you are giving foods that dogs can have... for example, NO GRAPES!

Here are the containers that I use:

<https://www.target.com/p/twist-and-store-round-food-storage-container-6ct-4-fl-oz-up-38-up-8482/-/A-75663601#lnk=sametab>

Make sure that the yogurt and peanut butter DO NOT contain xylitol which is lethal to dogs! I completely stay away from all sugar substitutes for the dogs. Natural peanut butter is always a good choice and just plain greek yogurt. In addition, after your dogs have a frosty paw, it's always a good idea to brush their teeth too!!!

If you have a dog with a sensitive belly, you could blend up chicken broth, chicken, rice and pumpkin.

I use the frosty paws when I'm cutting the dog's nails, it gives the dogs something fun to focus on. You could use these in many situations where your puppy is unsure or resistant. For those pups who don't prefer the vest or gentle leader, you could use a frosty paw to make it more fun. After they put their head through the vest, let them lick for about a minute and repeat! Be creative.

For those people that host dog parties, these make an excellent treat for the Birthday dog and their guests and you'll get super cute pictures!

Take care everyone!
Cheri

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