



Filling Kongs

Simple fillings:

Avoid using just a dry biscuit wedged in – most dogs find that too boring to work at. Instead, try the following:

- Soaked kibble (dry dog food), or wet dog food, or a mixture of the two
- Cream cheese – Primula cheese spread in tubes is easy to use. Put 2-3 lines of cheese up the Kong. Or use smears of peanut butter (but please check it does not contain xylitol, which is poisonous to dogs.)
- Mix your dog's kibble with cream cheese or peanut butter and use it to stuff the Kong

Try layering the Kong with lots of different shapes and textures of treats and food and then wedge chews or larger biscuits across the hole.

More complex recipes:

All these can be frozen!

When you make up these recipes, measure how much will fit in your Kong, other food toy or hollow bone. Freeze the spare in those amounts separately. When you need to refill the Kong simply defrost and fill the bone or Kong.

- Mashed potato, mixed with grated cheese bits of sausage and liver. Add a sprinkle of garlic powder and white fish meat
- Cooked Chicken mince mixed with grated carrot and soaked kibble, or pasta if your pup does not have wheat intolerance
- White fish mixed with mashed potato, a little cream cheese with garlic and herbs
- Steamed chicken or baked liver. Add powdered garlic, mashed potato to bind and add bits of cheese and frankfurter. Freeze it in Kong or bone size fillers. Defrost, fill the Kong or bone and refreeze before giving the treat. Great for gums and teething
- Kongcicles, these are especially good for teething gums when pups often experience an itching sensation and a heightened need to gnaw intently.
 - Make a broth/stock from either a leftover chicken carcass or beef or lamb joint by putting carcass in pan with a few herbs, not bay leaf, add some chopped carrot, clove of garlic, half fill with water, bring to boil, reduce to a simmer until liquid reduced by half. Leave to cool, plug small end of the Kong with peanut butter or cheese, pour in stock and place in freezer. When frozen take out and give to puppy.
 - Some pups like real fruit juices: try diluting and freezing but watch the acid content, as it can damage your pup's teeth as it can ours.