**There’s what in your Kong!?** 9/16/11 SJC Blog

Tonight I discovered a Kong mixture that stumped Rio and eventually made him give up–Shayne has now been working on it for 2 hours and there is still some left inside.  So what exactly has given my dogs hours and hours of entertainment?  Well, I lined the Kong with peanut butter and then jammed in 1/2 a Wendy’s Jr. Cheeseburger that I ripped into pieces.  The peanut butter adhered to the bun to make it difficult to begin with and then the bun, it seems, became rather mushy as it got licked and became quite stuck. Both dogs licked, chewed, and threw the Kong all around and there is still a little mushy cheeseburger left in the top!  It’s been awesome!  Because it’s stuffed with something so high value (cheeseburger) both dogs spent a good 2 hours each working on it… that’s 4 hours of piece and quiet (other than the sometimes wonky sounds of dogs licking out Kongs).  Ooo just as I write this, there is breaking news… Shayne has left the Kong and Rio is back at it!

I got to thinking about the other concoctions I use to stuff Kongs. Now, I almost always feed my Kongs frozen because I get more bang for my buck so to speak—a frozen Kong simply lasts longer. But frozen is much more difficult to eat—be sure to start easy. Here are my favorite Kong mixtures that I use for my monsters.

**Simple Kong Stuffers**

|  |  |
| --- | --- |
| Peanut Butter  | Ground/chopped/shredded meat |
| Cottage Cheese  | Kibble |
| Greek Yogurt   | Canned Pumpkin  |
| Canned Premium Dog Food   | Applesauce/mashed fruits (sealed in w/ PB) |
| Cheez Whiz  | Small commercial treats (zukes, well bites, etc) |

**Two-ingredient Kong Stuffers**

(pick one from column A one from column B)

|  |  |
| --- | --- |
| **A** | **B** |
| Peanut Butter | Shredded/cooked chicken |
| Greek Yogurt | String cheese/cubed cheese/shredded cheese |
| Cottage Cheese | Left over meats (steak/pork/deli meats) |
| Cream Cheese | Bananas, blueberries, strawberries, etc. |
| Canned Pumpkin | Kibble  |
| Canned Dog Food | Commercial treats (zukes, wellbites, etc) |
| Applesauce (cap w/ PB to prevent leaks) | Green beans, carrots, peas/etc. |

**Favorite Multi-ingredient recipes**

**The “I almost eat this before I fill the kongs….”**

* Peanut butter (melted a little in the microwave)
* Greek Yogurt (added to the melted PB)
* Mashed Banana (add to the PB and Yogurt)—or other fruit mashed
* Dash of Honey

**Kitchen Sink**(Quite literally whatever I have handy just gets thrown in the mix)

* Greek Yogurt
* String cheese
* Kibble
* Peas/Beans
* Little bit of canned pumpkin
* Fruit I have handy

**Apples and Peanut Butter, Oh My!**

* Applesauce
* Melted peanut butter
* Mashed banana
* A few Kibble (or other dry treats)

**CHEEEZY Dreams**

* Cottage Cheese (put in the Kong first)
* A Little Melted Cheez Whiz (canned cheese)–or Velveeta
* Cream Cheese (mixed into the melted cheez whiz)
* Diced String cheese (mixed into the cream cheese/cheez whiz mixture)

**Sweet Pumpkin**

* Greek Yogurt
* Smashed Banana
* Melted Peanut Butter
* Canned Pumpkin

**Meaty Meat** (use any or all of the meats listed)

* Cooked Chicken (chopped up)
* Cooked Steak  (chopped up)
* Cooked Pork   (chopped up)
* Package of Tuna
* Lunch meat
* (Other meat you have handy)
* Melt Cheez Whiz or velveeta and pour over meat mixture in the kong
* OR you can mix the meats in with canned dog food and skip the melted cheese

It’s nothing terribly innovative or ground breaking, but maybe my list of Kong recipes have given you an idea or inspiration to try something new in your Kong.  I know my Kong experimentation with the cheeseburger turned out to be an *awesome* experience!