

## Summer Fun

We now have in the store a product called Sweet Spot from Nature's Variety they are in the freezer section. They are \$4.99 for a 4pk. You can get a FREE sample to see if your dog likes them(while supplies last) Good ingredients and around 100 calories each. I was in the grocery store the other day and saw that Frosty treats for dogs for around \$6.00 for 4pk then I looked at the ingredients and was shocked...in my opinion it's was nothing but garbage. You can make them for so much cheaper and with better-controlled ingredients. So here is a recipe for those that want to make their own Frosty treats, I use only organic ingredients but you have the control as to what you want to make them with. As with any treat please consider the calorie count so your dog doesn't go over their calorie's a day this has to be included in that count. Plus a real bonus is you could enjoy one with your dog if you wanted.

Paws-Frosty

### Peanut butter

1 cup organic Stoneyfield farms plain fat free yogurt (or whatever kind you use)

1/8 - 1/4 cup organic peanut butter.

Mix well and freeze. I put in ice cube trays and freeze, then when frozen pop out and put in a freezer bag in the freezer.

### Carob

1 cup organic Stoneyfield farms plain fat free yogurt (or whatever kind you use)

1/4 cup carob powder.

Mix well and freeze. I put in ice cube trays and freeze, then when frozen pop out and put in a freezer bag in the freezer.

### Honey

1 cup organic Stoneyfield farms plain fat free yogurt (or whatever kind you use)

1/8 cup honey

Optional (with about 2 tsp bragg's apple cider vinegar)

Mix well and freeze. I put in ice cube trays and freeze, then when frozen pop out and put in a freezer bag in the freezer

### Fruit (if your dog eats fruit)

1 cup organic Stoneyfield farms plain fat free yogurt (or whatever kind you use)

1/4 cup banana, raspberries, strawberries, melon, blueberries, or whatever fruit your dog likes..

Mix well and freeze. I put in ice cube trays and freeze, then when frozen pop out and put in a freezer bag in the freezer.

### Pumpkin

1 cup organic Stoneyfield farms plain fat free yogurt (or whatever kind you use)

1/4 - 1/2 cup pumpkin not pie mix

1 tsp cinnamon

Mix well and freeze. I put in ice cube trays and freeze, then when frozen pop out and put in a freezer bag in the freezer.

So you get the idea you can make your own combination of whatever ingredients your dog likes and freeze them as long as you have the yogurt base. If you didn't want to use ice cube trays you can use small containers, or get one of those plastic Popsicle makers they have in the stores now. You won't be seeing any recipes for making your own biscuits from me for a number of reasons. 1. The dogs will get to many treats. 2. Who has the time? 3. The time and cost to get really good ingredients I would rather just buy biscuits from a bakery that specializes in such things, one comes to mind it's Petlicious. 4. I don't bake for myself!

## Summer pet safety tips.

During the summer months, pets love to be outside, but several precautions should be practiced.

Never leave a pet in a parked car on a hot day. This can lead to brain damage or death from heatstroke. And leaving a window cracked or open won't help. Dogs and cats can't perspire and can only release body heat through panting and through their feet pads.

Avoid taking a dog for ride in the back of a pick-up truck. Flying debris cause serious injury, and the dog can be tossed up in the event of a sudden stop or swerve.

Pets should have access to plenty of water and shade outdoors to help them stay cool.

Lawn fertilizer poses a serious health danger to pets, who may be tempted to ingest it. Also, it is important to learn whether any toxic plants exist in an area where a dog or cat frequents.

A pet should always wear a collar with an identification tag

Pets and pools don't always go together. A dog can drown just as easily as a human. They should always be supervised.

Daytime heats can cause hard surfaces, especially cement and asphalt to become very hot. This can burn a pet's paw.

Leave a pet home when heading out to crowded summer events, such as concerts or fireworks displays. Loud noises, heat and crowd can disorient pets.