

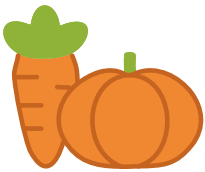
JACK-O'-LANTERN TREATS



HALLOWEEN IS FAST APPROACHING, SO THIS MONTH'S KITCHEN IS A FUN (AND HEALTHY) SPOOKY-INSPIRED TREAT FOR YOU AND YOUR PUP.

INGREDIENTS

- 1 CUP OF PURE PUMPKIN
- 3 LARGE CARROTS – APPROXIMATELY HALF A CUP GRATED
- 1/2 CUP OF PLAIN SOY YOGURT
- 1 CUP OF ROLLED OATS
- A FEW SPINACH LEAVES (OR ANOTHER DOG FRIENDLY GREEN VEGGIE) FOR A PUMPKIN STEM



UTENSILS

- MEASURING CUP
- MIXING BOWL
- GRATER
- SPOON/POINTED TOOL
- WAX PAPER



DIRECTIONS:

- 1 USING THE GRATER CAREFULLY GRATE ALL THE CARROTS APPROXIMATELY ½ A CUP
- 2 IN A MIXING BOWL COMBINE THE PURE PUMPKIN, GRATED CARROTS AND SOY YOGURT AND MIX WELL
- 3 ADD THE CUP OF ROLLED OATS AND CONTINUE TO MIX UNTIL WELL COMBINED
- 4 IF YOU NEED TO, YOU CAN ADJUST THE CONSISTENCY BY ADDING MORE OATS OR YOGURT IF MIXTURE IS TOO DRY OR WET
- 5 SCOOP OUT A LITTLE OF THE MIXTURE IN YOUR HANDS AND ROLL INTO A BALL SHAPE AND PLACE ON THE WAX PAPER – DO THIS WITH ALL THE MIXTURE, YOU CAN MAKE THE PUMPKINS ANY SIZE YOU LIKE
- 6 TAKE THE SPOON/TOOL AND USE THE HANDLE END TO POKE TWO EYE HOLES AND A MOUTH FOR A SPOOKY PUMPKIN, AND
- 7 ADD A TINY PIECE OF SPINACH FOR THE STEM
REFRIGERATE UNTIL SET – APPROX. A COUPLE OF HOURS

