



FOR YOUR PUP (AND YOU!)



PUMPKIN AND RICE BALLS

INGREDIENTS

- 1 CUP OF 100 % PURE PUMPKIN PUREE
- 1 CUP OF COOKED BROWN RICE
(RINSE WELL BEFORE COOKING)
- 1/4 CUP OF UNSWEETENED APPLESAUCE

UTENSILS

- MEASURING CUP
- MIXING BOWL AND SPOON
- BAKING TRAY
- WAX PAPER

DIRECTIONS

- 1 PREHEAT YOUR OVEN TO 350 DEGREES
COVER THE BAKING TRAY WITH THE WAX
PAPER
- 2 ADD THE PUMPKIN, RICE AND APPLESAUCE TO
THE MIXING BOWL AND MIX WELL
- 3 ROLL SMALL AMOUNTS OF THE MIXTURE INTO
BALLS— ABOUT THE SIZE OF A CHERRY
TOMATO AND PLACE THEM ON THE BAKING
TRAY
- 4 BAKE FOR 15 TO 17 MINUTES – OR UNTIL FIRM
AND THEN REMOVE FROM THE OVEN AND LET
COOL
- 5 SERVE THEM TO YOUR DOG AS A HEALTHY
TREAT – YOU CAN ALSO ENJOY THEM TOO!

