

## Fall Holiday Pet Treats

You shouldn't feed your animal any candy or pie, but that doesn't mean they can't be a part of the fun! Here are some fall-inspired pet treat recipes to try this year!



### Pumpkin Frozen Yogurt Bites

- You don't need a pumpkin ice cube tray for these, but they're so darn cute we highly recommend it!
- Mix 1 cup nonfat plain yogurt, ½ cup of canned pumpkin puree, and ¼ cup of water. Fill the tray, freeze, and give to your pet to enjoy!

### Sweet Potato Chews

- Preheat the oven to 225 degrees Fahrenheit.
- Thoroughly wash a few large sweet potatoes and cut them lengthwise into ½ inch strips. Place them on a parchment-lined baking sheet and bake the strips for 3 to 4 hours, depending on preferred crunchiness.
- You and your pup can share these treats – though you might prefer a bit of seasoning on yours!

### Pumpkin Cream Cheese Frosting

- You can make all sorts of fall-themed doggie cupcakes and cookies, but what's the fun without the frosting?
- Blend together 4 oz. of room temperature cream cheese with 3 teaspoons of canned pureed pumpkin until creamy. Use a frosting knife, spatula or piping bag to decorate your dog treats.

### Pumpkin

You already know chocolate is bad for pets, but did you know pumpkin is great for both dogs and cats? Here are some facts about pumpkin and pets!

- Canned pureed pumpkin is a great low-calorie treat, but stay away from pumpkin pie filling as it is filled with various spices and lots of sugar.
- Pumpkin contains vitamins A, C, and E as well as alpha carotene (antioxidant), iron, calcium, potassium and lutein (supports healthy skin, eyes & coat).
- Pumpkin has lots of fiber, so it can help your pet with weight control, constipation, diarrhea, and even hairballs!