

UNDER THE SEA CAT TREATS

PREP TIME:
10 MIN

INGREDIENTS

- 1 cup low-sodium skinless boneless canned sardines, drained
- 1/2 cup 100% canned pumpkin (like [Nummy Tum-Tums 100% pure organic pumpkin](#))
- 1 tablespoon fish oil (like krill oil or [Nordic Naturals Omega-3s with sardines and anchovies](#))
- 1 tablespoon kelp

DIRECTIONS

1. Mix together and roll into balls.
2. Put leftovers in a container, separating each layer of balls with waxed paper to keep from sticking together.

NOTES

Treats can keep in the refrigerator for 3-4 days.

Pumpkin is great for your cat's digestion and helps prevent hairballs.

*Adapted from recipes found on [chewy.com](#)



NO-BAKE PUMPKIN PIE NIBBLES

TOTAL TIME:
20 MIN

INGREDIENTS

- ½ cup nut butter, natural organic
- 1 cup pumpkin, organic (not pie filling)
- 1 tsp. cinnamon³
- 1 tbsp. honey
- 2½ cups oats

NOTES

They are also human safe!! They taste good!

Calories: 59, Fat: 2.6, Cholesterol: 0, Sodium: 1.1, Carbs: 7, Fiber: 1, Sugar: 2, Protein: 2

*Adapted from a recipe from www.peanutbutterandpeppers.com

DIRECTIONS

1. Add parchment paper to a baking sheet; set aside.
2. In a bowl, add nut butter, pumpkin, cinnamon and honey; mix until incorporated.
3. Add the oats; mix well. If the consistency seems too wet, add a pinch more oats.
4. Grab a chunk of the batter and roll into balls and place on prepared baking sheet. Do the same until no more batter remains. I rolled my balls into the size of a golf ball, maybe a little bigger.
5. Place the baking sheet in the fridge to let the balls harden a bit, then store in the refrigerator in an airtight container for up to 3 weeks or place in the freezer for up to 3 months.



3-COURSE THANKSGIVING DINNER

FOR OUR CANINE COMPANIONS

TOTAL TIME:
10 MIN

INGREDIENTS

- Turkey bone broth
- Sweet potato, softened and chunked
- Cooked or canned peas
- Apple cut into small pea size pieces

MATERIALS

- Ice cube tray or mold
- Knife
- Cutting Board

DIRECTIONS

1. Bake sweet potato until soft.
2. Cut sweet potato and apples into pea sized pieces.
3. Layer peas, sweet potato and apple pieces loosely into the trays
4. Pour bone broth over the top leaving room to account for expansion when freezing
5. Place into freezer for at least four hours or overnight

NOTES

Share this delicious three-course thanksgiving dinner with your canine companion while you enjoy your own meal. For easy access and storage, you can transfer the frozen cubes to zip lock bags or containers for up to 3 months.

*Recipe by Paw Prints Around Town LLC

