

In addition to your pet's regular dry dog food and dog biscuits, as well as canned versions of dog food, the following are some human foods that you might consider stuffing inside your dog's Kong toy.

<i>Apples</i>	<i>Applesauce</i>	<i>Apricots</i>	<i>Baby Food</i>
<i>Bananas</i>	<i>Beef (cooked)</i>	<i>Beef Jerky</i>	<i>Black Olives</i>
<i>Bouillon</i>	<i>Bran Cereal</i>	<i>Bread</i>	<i>Broccoli (raw)</i>
<i>Carrots</i>	<i>Cashews</i>	<i>Cauliflower (raw)</i>	<i>Celery</i>
<i>Cheerios</i>	<i>Cheese</i>	<i>Cheese Whiz</i>	<i>Chicken Broth</i>
<i>Cream Cheese</i>	<i>Croutons (plain)</i>	<i>Dried Fruit (bananas, apricots, apples)</i>	<i>Eggs (cooked)</i>
<i>Honey</i>	<i>Liver (Freeze dried)</i>	<i>Macaroni & Cheese (leftovers)</i>	<i>Nectarines</i>
<i>Nut Butter</i>	<i>Oatmeal</i>	<i>Orange Slices</i>	<i>Pasta Noodles (cooked)</i>
<i>Peaches</i>	<i>Peanut Butter</i>	<i>Potatoes (instant mashed, no skins)</i>	<i>Pumpkin (canned)</i>
<i>Ravioli</i>	<i>Rice</i>	<i>Rice Cakes</i>	<i>Steak (LOW FAT scraps)</i>
<i>Tomatoes (no greens or stems)</i>	<i>Tortellini</i>	<i>Tuna</i>	<i>Turkey (leftovers)</i>
<i>Velveeta</i>	<i>Wheat Germ</i>	<i>Yogurt (plain, unsweetened, unflavored)</i>	

- ARCHAEOLOGY KONG:** *For the advanced dogs.* Layer 1: (deepest): Roasted, unsalted cashews, dried fruit, Freeze-dried liver bits. Layer 2: Dog kibble, cookies or liver biscotti, Cheerios, sugar free/salt-free peanut butter, dried banana chips, apples and apricots. Layer 3: Carrot sticks, turkey or leftover meat. Place the above ingredients inside an inverted Kong (small open should be on the counter) in the order listed above. Pack all ingredients in the Kong as tightly as possible. Serve immediately or freeze for several hours for a longer lasting treat.
- BANANA YOGURT:** Plain yogurt and mashed bananas. (You can also add a little peanut butter or other fruits.) Then freeze it.
- CHEESY ELVIS:** Combine a ripe banana, 3 spoonfuls of peanut butter, and a slice of cheese. Mix until blended well. Fill the Kong and freeze.
- FRUIT SALAD:** Combine peaches, apples, carrot chunks, 1/4 banana. Place apples and carrots in Kong toy. Mash banana in large hole to hold fruit in place. You can include other fruits and veggies: orange slices, plums, and/or nectarine chunks, celery sticks, broccoli and/or cauliflower, tomato and black olive mixture.
- KONGSICLE JERKY POPS:** The equivalent of a popsicle... Seal the small hole of the Kong toy with peanut butter. Fill to the rim with water and a pinch of bouillon (or just use chicken broth instead). Place a stick or two of beef jerky inside. Freeze. (This one gets messy in a hurry, so it's recommended only for outdoor use.)

