

Pill Pockets

Have to give your canine buddy pills regularly?

Why not give these home made pill pockets a try?

Ingredients:

½ cup peanut butter (please make sure there is NO XYLITOL in it)

½ cup low fat milk (can substitute with water, or use half milk, half water)

¼ cup oats

¼ cup whole wheat flour

A big pinch of cinnamon

1. Combine all the ingredients in a bowl and mix well.
2. Knead till it forms a pliable putty ball.
3. If it is too dry, add a bit more liquid. If too sticky, add a little more flour.
4. Form Small round balls of the dough (depending on the size of the pills you need to give) – on average this recipe will make around 30 pockets.
5. Use your baby finger/chopsticks/a pen to poke a hole in the balls to fit the tablet into.
6. Put into an airtight container or wrap them in plastic – if you want to you can even freeze them and defrost them in small batches. If you use milk, the milk expiry will determine the shelf life.

If your dog cannot have oats, use chunky peanut butter and double the amount of flour.

If your dog is sensitive to wheat, use rice or potato flour.

