

TWO INGREDIENT NO-BAKE DOG TREATS

This is a fun activity that teaches cooperation and self-regulation.

We did this at a Boys and Girls Club with as many as ten kids.

You can have the kids work in teams of 2-4. Some can measure, some can mix, and all can roll the treats,

You will need a container to mix the ingredients (foil roasting pan works well), mixing spoons (or hands!), measuring cups (just a 1c size), a couple of spoons (large and small) for making the treats, plastic sandwich or zip lock bags, waxed paper for the treats to dry on and a plastic tablecloth to protect the work surface.

All of this can be found at a dollar store. The total cost including the oats and pumpkin should be about \$10 depending on what you need to purchase.

Ingredients:

1 1/2 cups uncooked Oatmeal (plus a little extra to coat completed treats) Plain rolled oats work best. Do not use steel cut oats.

1/2 cup canned pumpkin puree (this can be hard to find sometimes due to the seasonality of pumpkin, but organic brands are available on Amazon.)

(Use a ratio of 3:1 oatmeal to pumpkin to increase or decrease quantity)

Yield will vary based on the size of the treats.

Instructions:

In a medium container, add oats and pumpkin.

Stir to combine well (or let the kids mix with their hands!)

You want the mixture to be soft but not too sticky.

If you pick up a generous spoonful, you should be able to roll it into a ball and only make a minimal mess (it should stick together when rolled but still feel tacky on your hands).

Again, it's ok if it's a little sticky because the oats will absorb some of the moisture after a little time passes, but unworkable sticky isn't the goal.

To make sure each treat is the same size, you can use a measuring spoon to scoop out a somewhat precise amount of the mixture, roll into a ball, and repeat for the remainder of the mixture. Or you can just eyeball the amount.

Add additional pumpkin if the dough is too dry or additional oats if too sticky.

You can roll the treat in the extra oats once formed. This helps the treat to dry faster.

Allow to dry for about 10 minutes on some waxed paper and then bag in a sandwich or zip lock bag for the kids to take home.

These will keep these in the fridge for up to a week, or in the freezer for much longer. Ella was the taste tester and approved!

NOTE: You can add peanut butter to this recipe if you want. **Make sure no one has a peanut allergy**

Reduce the amount of pumpkin by the amount of peanut butter you are using, Use organic peanut butter. Do not use peanut butter with xylitol or artificial sweeteners.