



39 HEALTHY TREATS YOU CAN STUFF IN A KONG

Apple Slices

Applesauce

Asparagus

Baby Food

Bananas

Blackberries

Blueberries

Broccoli

Brussels Sprouts

Cantaloupe

Carrots

Cauliflower

Celery

Cheese

Cottage Cheese

Cucumber

Eggs

Flax Seeds

Green Beans

Honey

Kale

Oatmeal

Oranges

Peanut Butter

Peas

Pineapple

Pumpkin (canned)

Rice (cooked)

Rutabaga

Salmon

Spinach

Squash

Steak

Strawberries

Sugar Snap Peas

Sweet Potato

Watermelon (seedless)

Yogurt

Zucchini