

Pumpkin Treats for Dogs and Cats!

by VetDepot (10/28/11)

Fall is the season for pumpkins! Cooking pumpkins are plentiful this time of year and relatively inexpensive. Canned pumpkin is also an easy ingredient to include in autumn treats for your family without spending a lot of money.



What many people do not know is that pumpkin is healthy for your four-legged family members too! Pumpkin is rich in vitamins A, C and E. It has plenty of zinc, potassium and magnesium for minerals. Pumpkin also has both alpha and beta carotenoids which act as antioxidants and help to fight or prevent cancer. Pumpkin has plenty of fiber so it can also help cats and dogs with diarrhea or constipation. Best of all, virtually all dogs and many cats love the taste of pumpkin.

The below recipe makes a for a tasty fall treat for your canine and feline friends. (The ingredients are safe for human consumption too!)

Pumpkin Peanut Butter Wafers Treats

Ingredients:

- 15 oz. can pureed pure pumpkin (not filling)
- 3/4 cup uncooked cream of wheat (if wheat sensitive, use rice cereal instead)
- 1/2 cup dry powdered milk
- 1/4 cup creamy peanut butter

Directions:

1. Preheat oven to 300 degrees Fahrenheit
2. Mix all ingredients together. Drop small spoonfuls onto a lightly greased cookie sheet
3. Bake at 300 degrees for 15-20 minutes