



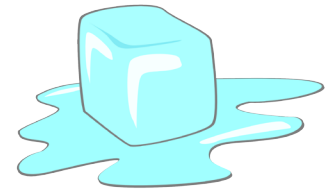
Photo by J. Vutton

Beat the Heat With... An Ice Lick Treat!

Everyone wants a cool treat on a hot day, and your dog couldn't agree more. Here is a fun, safe ice lick you can make at home using a few simple ingredients and a lot of fun toys and treats!

Ingredients:

- 1 bucket or large freezer-safe bowl
- 1-2 cans of low-sodium chicken or beef broth (don't use regular, high-sodium broth)
- Treats (see below)
- Water as needed



Directions:

1. Select a couple of your dog's favorite toys. A Nylabone or rubber Kong are excellent for this recipe.
2. Prepare a few "treat" items such as baby carrots or chopped apple.
3. Fill the bucket or bowl with water and add the broth. Mix well.

4. Drop the selected toys and treats into the liquid, making sure they are as spread around the mixture as possible.
5. Set bucket/bowl in the freezer. This may take a few hours.
6. Release frozen ice lick onto the patio or grass outside and watch how fun it is for your dog!



Yummy!!

You can also make this recipe with a few tablespoons of sugar- and salt-free peanut butter swirled into the water. Either way, it's a tasty treat to help dogs beat the heat.