

For the **Dog Days of Summer**, why not make a few healthy treats for your dog, your neighbor’s dog, or dogs at the local shelter (check with the shelter to see if they have any restrictions first). This recipe and more from <https://www.cesarsway.com/recipe-ideas-for-quick-and-healthy-homemade-dog-treats/>

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**Healthy Pumpkin Balls** This snack is not only delicious but is also filled with fiber, vitamin A, beta-carotene, potassium, and iron.

Ingredients

* 1/2 cup canned pumpkin
* 4 tbsp molasses
* 4 tbsp water
* 2 tbsp vegetable oil
* 2 cups whole wheat flour
* ¼ tsp baking soda
* ¼ tsp baking powder
* 1 tsp cinnamon (optional)

Directions

1. Preheat oven to 350 degrees
2. Mix pumpkin, molasses, vegetable oil, and water together in a bowl
3. Add the whole wheat flour, baking soda, baking powder and cinnamon to the mixture and stir until dough softens
4. Scoop out small spoonfuls of dough and roll into balls on your hands (wet hands work best)
5. Set the balls onto a lightly greased cookie sheet and flatten with a fork
6. Bake approximately 25 minutes until dough is hardened