

# HOW TO KEEP

## Your Senior Dog Cool in the Summer Heat + Pupsicle Recipe

### Bonus Tip: Try Pupsicles!

We love pupsicles, and so will your dog. These tasty treats are easy to make and great for keeping your pup cool (and entertained)! You can make these frozen treats in your standard ice trays. Here are a few of our favorite combos:

- ✓ **Peanut butter + banana:** Simply add 2 tablespoons peanut butter, half a banana, and 1 tablespoon water to a blender, pour the mixture into ice trays, and freeze for 4 to 5 hours.
- ✓ **Chicken broth + blueberries:** Pour low-sodium chicken broth into ice trays, and drop a few blueberries in the middle. Freeze for 4 to 5 hours.
- ✓ **Watermelon + coconut milk:** Blend one can of coconut milk plus flesh from a quarter of a watermelon. Pour into ice trays and freeze 4 to 5 hours.

As your pup enters their golden years, it's harder and harder for them to get comfortable. And when you add soaring temperatures into the mix, it only gets worse. Just a few simple shifts will make a world of difference to your senior dog, helping them to stay cool, calm, and comfy all summer long.

