

LICK MAT RECIPE *Guide*

Simple Spreads (Use Alone or as a Base)

Plain Greek yogurt
Canned pumpkin (no added sugar)
Unsweetened applesauce
Mashed banana
Xylitol-free peanut butter
Cooked sweet potato mash
Dog-safe bone broth (freeze for longer use)

Add-Ons for Extra Flavor or Texture

Chia seeds (soaked)
Shredded cooked chicken or turkey
Frozen blueberries or sliced strawberries
Chopped spinach or apple pieces
Small training treats or kibble bits

Freezer-Ready Lick Mat Combos

Freeze 1-2 hours for longer engagement



Tuna Melt

Canned tuna (in water) + small amount of plain Greek yogurt



PB & Jelly

Xylitol-free peanut butter + mashed blueberries or strawberries



Strawberries & Creme

Fresh strawberries + plain Greek yogurt
Dollop of unsweetened applesauce



Yogurt and Fruit Parfait

Apple sauce + plain Greek yogurt
Add peanut butter and banana

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Pumpkin Cheesecake

Canned pumpkin + plain Greek yogurt
Add a sprinkle of chia seeds



Salmon Poke Bowl

Cooked salmon + diced cucumber, edamame beans and chickpeas



Egg and Fish Salad

Chopped lettuce with hard-boiled eggs and small pieces of cooked whitefish



Summer Splash

Applesauce + Frozen berries + Spinach
Perfect frozen treat for hot days



Breakfast Delight

Mashed banana + Peanut butter + Kibble bits
Add a blueberry on top for fun!



Savory Chicken Medley

Canned food or shredded chicken
Mix with broth, freeze, and serve cold

BONUS Tips from a Vet

- ✓ Always supervise your dog during use
- ✓ Wash lick mat thoroughly after each session
- ✓ Introduce new foods slowly
- ✓ Use lick mats for grooming, crate time, or vet visits



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