Get tails wagging with these delicious, simple, plant-based recipes.

**Frozen carrot and apple pupsicles**

**INGREDIENTS**
- 3 carrots, peeled and chopped
- 1 large apple peeled and chopped (discard seeds and core)
- ½ cup water

**METHOD**
1. Blend the chopped carrots, apple slices and water together until smooth.
2. Spoon the mixture into ice cube trays or molds.
3. Place in the freezer until frozen solid.

**Sweet potato dog treats**

**INGREDIENTS**
- 200 grams rolled or quick oats
- 100 grams cooked sweet potato (skin removed)
- 2 tablespoons olive oil
- ¼ cup water

**METHOD**
1. Grind oats in a food processor. Can use oat flour instead!
2. Add the cooked sweet potato, olive oil and water, and mix until well combined.
3. Roll out your mixture with a rolling pin (dough should be 1/4-inch thick).
4. Cut into shapes—we love bone-shaped biscuit cutters!
5. Lay them out on an oven tray covered with baking paper.
6. Bake at 180 C for 20 minutes or until the treats are dry and hard.
7. Let cool before serving!

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