### ****Healthy Pumpkin Balls****

NOTES

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 180 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**

## ****Please Note: Some Things to Watch Out For****

When preparing homemade dog treats, make sure you take into account any allergies that your pet has to specific ingredients. You will want to avoid adding any ingredient that you know that your pet has reacted poorly to in the past. If you are experimenting with new flavors, feed the treat to your dog in a small amount to see how he reacts to it before distributing an entire treat. Store your homemade dog treats in an airtight container and place them in the freezer. Allow the treat to thaw for 10 – 20 minutes prior to serving to your dog. Treats can last for up to 6 months in the freezer.