



WELCOME TO OUR

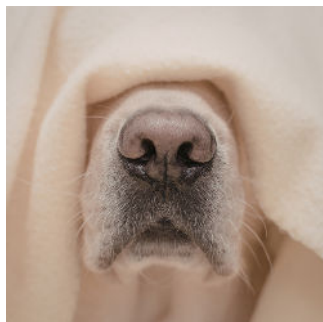
Monthly Newsletter



THE SECRET LIFE OF PETS



A DOG'S NOSE PRINT IS UNIQUE. JUST LIKE A HUMAN FINGERPRINT, NO TWO DOGS HAVE THE SAME NOSE PRINT.



👃 DOGS CAN SMELL UP TO 100,000 TIMES BETTER THAN PEOPLE. THEIR INCREDIBLE SENSE OF SMELL HELPS THEM DETECT ILLNESSES, TRACK SCENTS, AND EVEN FIND MISSING PEOPLE.



CATS HAVE 32 MUSCLES IN EACH EAR. THEY CAN ROTATE THEIR EARS NEARLY 180 DEGREES TO PINPOINT SOUNDS WITH AMAZING ACCURACY.



DOGS DREAM, TOO! IF YOU'VE EVER SEEN YOUR DOG TWITCH, PADDLE THEIR LEGS, OR QUIETLY BARK WHILE SLEEPING, THEY'RE LIKELY DREAMING.

❤️ DOGS READ OUR EMOTIONS. RESEARCH SUGGESTS DOGS CAN RECOGNIZE FACIAL EXPRESSIONS AND CHANGES IN OUR TONE OF VOICE, HELPING THEM RESPOND TO HOW WE'RE FEELING.



PURRING ISN'T ALWAYS A SIGN OF HAPPINESS. CATS MAY ALSO PURR WHEN THEY'RE ANXIOUS, IN PAIN, OR RECOVERING FROM AN ILLNESS, MAKING IT IMPORTANT TO PAY ATTENTION TO THEIR OVERALL BEHAVIOR.

😴 CATS SLEEP 12-16 HOURS A DAY. THAT'S PERFECTLY NORMAL! CATS CONSERVE ENERGY FOR SHORT BURSTS OF ACTIVITY.



July is National Blueberry Month



BLUEBERRIES ARE A GREAT TREAT FOR MOST DOGS. THEY'RE LOW IN CALORIES AND CONTAIN FIBER AND ANTIOXIDANTS, BUT LIKE ANY TREAT, THEY SHOULD BE FED IN MODERATION. HERE ARE A COUPLE SIMPLE, DOG-FRIENDLY RECIPES YOU CAN MAKE WITH YOUR DOG.



BLUEBERRY & BANANA FROZEN BITES

INGREDIENTS:

1 RIPE BANANA

½ CUP FRESH OR FROZEN BLUEBERRIES

½ CUP PLAIN, UNSWEETENED GREEK YOGURT



DIRECTIONS:

BLEND ALL INGREDIENTS UNTIL SMOOTH.

SPOON INTO SILICONE MOLDS OR ICE CUBE TRAYS.

FREEZE FOR 3–4 HOURS.

SERVE AS A COOL SUMMER TREAT.



BLUEBERRY BANANA PEANUT BUTTER POPS

INGREDIENTS:

½ CUP BLUEBERRIES

2 TABLESPOONS NATURAL PEANUT BUTTER (XYLITOL-FREE)

1 BANANA

½ CUP PLAIN GREEK YOGURT



DIRECTIONS:

BLEND EVERYTHING TOGETHER, POUR INTO MOLDS, AND FREEZE OVERNIGHT.



BLUEBERRY TRAINING TREATS

INGREDIENTS:

1 CUP OAT FLOUR

¼ CUP BLUEBERRIES, MASHED

1 EGG

2 TABLESPOONS WATER (IF NEEDED)



DIRECTIONS:

MIX INTO A FIRM DOUGH.

ROLL INTO TINY PEA-SIZED BALLS OR FLATTEN AND CUT INTO SMALL SQUARES.

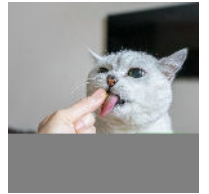
BAKE AT 325°F FOR 12–15 MINUTES.

GREAT FOR TRAINING BECAUSE THEY'RE SMALL AND SOFT.



Hot Take

FROM DR. MATT



BLUEBERRIES AREN'T JUST A TRENDY SUPERFOOD—

THEY'RE ONE OF THE HEALTHIEST TREATS YOU CAN SHARE WITH YOUR PET. PACKED WITH ANTIOXIDANTS, FIBER, AND VITAMINS, BLUEBERRIES MAKE AN EXCELLENT LOW-CALORIE SNACK FOR MOST DOGS (AND EVEN SOME CATS, IF THEY'LL EAT THEM!).

BUT REMEMBER—THE HEALTHIEST TREAT IS STILL A TREAT. KEEP SNACKS TO NO MORE THAN 10% OF YOUR PET'S DAILY CALORIES, AND SKIP ANYTHING LOADED WITH SUGAR, XYLITOL, OR ARTIFICIAL SWEETENERS.

SO GO AHEAD—SHARE A FEW FRESH BLUEBERRIES WITH YOUR FURRY FRIEND THIS SUMMER. THEY'LL NEVER KNOW THEY'RE EATING SOMETHING HEALTHY.

OTHER HEALTHY TREATS

CARROTS

APPLES

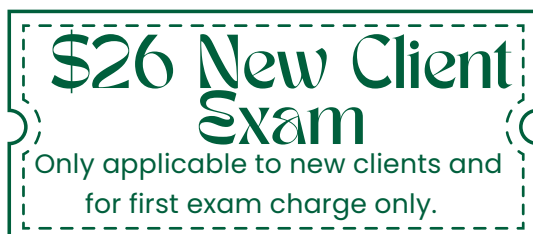
GREEN BEANS

BROCCOLI

CUCUMBERS

BANANAS

PEANUT BUTTER
(XYLITOL FREE)



Thank you for being part of our Maplewood family — here's to a happy, healthy spring for you and your furry companions! If you have any questions or need to schedule an appointment, give us a call at **563-888-5850** or **click below to schedule online!**

[BOOK HERE!](#)

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