

Pilly Putty

CULTIVATED CARE · HEARTLAND BOTANICALS

Makes: About 45 pockets, each the size of a commercial capsule-size pill pocket.

A soft, foldable putty that seals around a capsule or tablet. Halve everything for a smaller batch or double it for a larger one.

Step 1 Make the dough (10 min + 20 resting on counter)

DRY — THE SHELF-STABLE MIX

INGREDIENT	HOW MUCH	NOTES
Oat flour, certified gluten-free	1½ cups (150 g)	Plain oat flour is often cross-contaminated with wheat
Tapioca starch	3 Tbsp (25 g)	This is what makes it stretch and seal
Citric acid powder	¼ tsp	Slows mold. More turns it sour
Your flavor base, table below	¼ to ½ cup	Dry ones go in the mix; baby food or peanut butter goes in wet

WET

INGREDIENT	HOW MUCH	NOTES
Unflavored gelatin (<i>optional</i>)	1 Tbsp, or 1½ envelopes (10 g)	Bloom it in the warm water, never in the jar. Holds the seam shut. Without it, 1 Tbsp less water
Pumpkin puree	¼ cup	Plain canned pumpkin, not pie filling
Vegetable glycerin, food grade	3 Tbsp	The ingredient that keeps them soft
Water, warm	2 Tbsp	Filtered or RO. Add a little at a time; stop before it gets sticky

FLAVOR BASE — CHOOSE ONE, OR BLEND TWO

BASE	HOW MUCH PER BATCH	NOTES
Freeze-dried liver powder	¼ cup	Strongest smell, highest acceptance, costs the most
Defatted peanut flour	⅓ cup	Roasted peanut aroma, about 50% protein, inexpensive
Nutritional yeast	½ cup	Savory and mild, costs the least
Sardine or bonito powder	¼ cup	Very strong — good for dogs off poultry and beef
Stage 1 baby food, single-ingredient meat	One 2.5 oz jar, in place of the pumpkin	Chicken, turkey, beef or lamb without cooking. Fridge only, 5 days. Stay in Stage 1; skip the ham
Creamy peanut butter	3 Tbsp with ¼ cup pumpkin, or 6 Tbsp alone	Check the jar for xylitol, also listed as birch sugar. Use 2 Tbsp glycerin and 2 Tbsp water

HOW TO DO IT

- 1 **Toast the oat flour.** Dry stainless skillet, medium-low, 4–5 minutes, stirring, until it smells nutty. Cool it completely.
- 2 **Bloom the gelatin,** if you're using it and making dough today. Sprinkle it over the warm water, wait 3 minutes, stir until dissolved. It may set up stiff in that little water. If it does, stir the glycerin into it while it's still warm and it loosens.
- 3 **Whisk the dry together:** cooled flour, tapioca starch, flavor base, citric acid. Break up any lumps now.
- 4 **Stop here if you want the shelf-stable mix.** The dry blend keeps for months in an airtight container.
- 5 **Stir the wet together:** pumpkin, glycerin, and the gelatin water.
- 6 **Mix to a dough.** Pour wet into dry, work it with a spoon and then your hands. You're aiming for **soft modeling clay** — dense, holds a thumbprint, doesn't stick to your palms. Adjust a teaspoon at a time: too sticky, add flour; too crumbly, add water.
- 7 **Rest it 20 minutes,** covered, on the counter. Don't skip this step, or they will be crumbly and fall apart.

Step 2 Shape them

Shaping is optional. The putty works as a treat exactly as it is — pinch off a piece and hand it over.

- 1 Roll the dough into a log about ¾ inch thick and cut it every inch.
- 2 Each piece is about a **heaping teaspoon** — it rolls into a ball a little smaller than a grape.
- 3 Press a hole most of the way through with the round end of a chopstick or the back of a wooden spoon handle. **Don't push through the bottom.**

Step 3 Storing it *(shelf life & what to watch for)*

WHAT YOU MADE	WHERE	HOW LONG
No baby food	Airtight, counter or fridge	About 2 weeks
Baby food	Airtight, fridge only	5 days
Dry mix	Airtight	Cupboard 3 months · fridge 6 months · freezer 1 year

Label the container with the flavor base, the date you made it and the discard-by date.

If you store the dry mix in the fridge or freezer, let it come back to room temperature before you open it. A cold jar opened in a warm kitchen pulls condensation straight into the mix. Moisture will ruin it.

Freeze the dry mix, not the putty. Made-up putty is hydrated starch and gelatin, and both of those weep when they thaw.

THROW IT AWAY IF YOU NOTICE ANY OF THESE

Smell: Sour, musty, or rancid. Fresh putty smells like whatever flavor base you used.

Look: Fuzzy mold, any spotting, or moisture beading on the surface.

Texture: A slick or tacky film, or pockets that have gone slimy.

Serving and nutrition

Makes	About 45 pockets	YOUR DOG	POCKETS A DAY
Serving	1 pocket, one per pill	15 lbs	1
Per pocket, pumpkin version	21 calories · 3.5% fat · 11.7% protein	30 lbs	1
		45 lbs	2
		60 lbs	3