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 INGREDIENTS	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

Pumpkin puree - ¼ cup
Plain canned pumpkin

Vegetable glycerin, food grade - 3 Tbsp
The ingredient that keeps them soft

Water - 4 to 6 Tbsp, depending on the flavor base
Heated, then added last (step 5).

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 or cheddar cheese powder	⅓ cup	Interchangeable. Peanut flour: 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 3 Tbsp glycerin and 4 to 6 Tbsp water. Peanut butter does not cut the liquid

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. **Whisk the dry together:** cooled flour, tapioca starch, flavor base, citric acid. Break up any lumps now.
3. **Stop here if you want the shelf-stable mix.** The dry blend keeps for months in an airtight container.
4. **Combine the wet.** Stir the pumpkin, baby food or peanut butter into the glycerin.

5. **Heat the water.** Use a hot pot or microwave to bring it to about 180°F: steaming, short of a boil. Add the hot water last, stir and add to the dry immediately. The heat cooks the tapioca starch so it stretches and seals.
6. **Mix to a dough.** Work it with a spoon and then your hands, or use a stand mixer. You're aiming for **soft modeling clay**: dense, holds a thumbprint, doesn't stick to your palms. Too sticky, add a little oat flour a teaspoon at a time. Too crumbly, add water just off the boil, a tablespoon at a time, and rest it 5 minutes after each.
7. **Rest it 20 minutes**, covered, on the counter. Don't skip this step, or they will be crumbly and fall apart.
8. **Check it again.** Too sticky or too crumbly, fix it the same way as in step 6.

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.

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

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 only the dry mix. Made-up putty weeps when it thaws. **Frozen in a mylar bag, the dry mix keeps for a year.**

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.

Nutrition

Serving	1 pocket, one per pill
Makes	About 45 pockets
Per pocket	20 to 29 calories · 9 to 13% protein · 3.6 to 18% fat, depending on the flavor base

Full recipe and troubleshooting: heartlandbotanicals.com/recipes/pilly-putty

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