

LAKESHORE RECYCLING SYSTEMS

TRASH TALK

TREAT OF THE WEEK

PEANUT BUTTER BANANA DOG TREATS

Why not treat your pup (or other pets) to a delicious treat that you both can enjoy! Believe it or not these are actually human friendly too! With these 3 simple ingredients, why not give it a try and see if you pet likes it!



INGREDIENTS

- 1 1/2 cups of gluten-free old fashioned rolled oats or regular rolled oats
- 1/2 cup natural peanut butter or your preferred peanut butter and almond butter
- 1 large ripe banana (or 2 medium bananas), smashed

INSTRUCTIONS

1. Preheat the oven to 350 degrees and line a baking sheet with parchment paper.
2. Blitz the old-fashioned rolled oats in a blender until you have a fine flour or alternatively use oat flour instead. Set aside.
3. In a large mixing bowl, smash the peanut butter, ripe banana, and the oat flour with a fork until the dough is thick and well combined. If it's crumbly, add 2-4 tablespoons more peanut butter and recombine. You want the dough to be firm, sticky, and pliable.
4. Roll dough into a thin slab, about 1/4 inch thick, and cut into shapes with a cookie cutter. Alternatively, you can roll them into 1 tablespoon balls and flatten with your hands for a simple circular cookie.
5. Bake for 15 minutes until lightly brown underneath or to your liking. Allow 10-15 minutes to cool before serving to your pup!
6. Store in an airtight container in the fridge for the tasty treats to last up to 2 weeks!

Calling all pet owners! National Dog Day is August 26 and August 30 is National Holistic Pet Day. Adopting a pet can have a lot of benefits such as companionship, protection, reduced stress and increased exercise depending on the type of pet you adopt. Be sure to also check out [Clear The Shelters](#) to donate to the campaign or to adopt an animal in need of a home! Utilize the tips below to find out if adopting a pet (and which kind) is right for you!

WHAT YOU SHOULD KNOW BEFORE ADOPTING A PET

Thinking about adding a pet to your home? Any advice is helpful especially if it's your first time adopting. Click any of the links below to learn more about adopting a pet!

[TOP REASONS TO ADOPT A PET](#)

[WHAT YOU SHOULD CONSIDER BEFORE ADOPTING A PET](#)

[BENEFITS OF ADOPTING A PET](#)

TIPS ON PET ADOPTION

Adopting a pet means things will change in your household. A little preparation could be beneficial before bringing your new family member home. Click any of the links below for helpful before and after tips on adoption!

[TAKE THIS QUIZ TO FIGURE OUT WHAT TYPE OF PET YOU SHOULD ADOPT](#)

[FIND THE CLOSEST LOCATION TO YOU TO ADOPT A PET](#)

[WHAT YOU SHOULD DO AFTER YOU ADOPT A PET](#)

RECIPE OF THE WEEK

STUFFED PEPPER SOUP

If you're not into the homemade dog treats, have you ever thought about turning stuffed peppers into soup? If not, this recipe has everything you like about a classic stuffed pepper but in soup form!



INGREDIENTS

- 1 tbsp extra-virgin olive oil
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 lb. ground beef
- Kosher salt
- Freshly ground black pepper
- 6 cups of Swanson Chicken Broth
- 1 (28-oz) can crushed tomatoes
- 1 (14-oz) can fire-roasted diced tomatoes
- 2 tsp dried oregano
- 1 cup white rice or brown rice
- Shredded white cheddar, for serving
- Freshly chopped parsley, for serving

INSTRUCTIONS

1. In a large pot over medium heat, heat oil. Add bell peppers and onion and cook until soft, 7 minutes. Add garlic and cook until fragrant, 1 minute. Add ground beef and season with salt and pepper. Cook until no longer pink, 7 minutes. Drain fat and return to heat.
2. Add broth, crushed tomatoes, diced tomatoes, and oregano. Bring to a boil then reduce heat to a simmer. Add rice and simmer, covered, until rice is tender, about 40 minutes, adding water if necessary. Season with salt and pepper to taste.
3. Garnish with cheddar and parsley before serving.

HAVE A RECIPE OR TIPS YOU WOULD LIKE TO SHARE?

SEND TO [MARKETING@LRSRECYCLES.COM](mailto:MARKETING@LRSRECYCLES.COM)!