

Red, White and Blueberry “Pup-sicles”

1 SERVING



These summertime ice-licks will keep your pup hydrated, cool and entertained.

What is needed:

- Small (e.g. 1 cup) freezer-safe container(s) to use as a mold

INGREDIENTS

- Your pup's favorite fruit* (cut-up strawberries and watermelon, sliced banana and blueberries)
- Plain yogurt**
- Water

* Do not use grapes, as they are toxic to dogs.

** If your pup has any dairy-related digestion issues, skip the yogurt and just use mashed banana or banana slices.



TIPS

If you don't want to get out the blender, or don't wish to make a layered pup-sicle, just drop small pieces of fruit into the mold and cover with water or water-yogurt solution. It won't be as pretty, but will still do the job!

Serve outdoors, on a tray for easy clean-up.

Be creative: try frozen carrots, peas, bits of cheese, diluted with low-sodium beef or chicken broth, maybe with a layer of peanut butter.

DIRECTIONS

- Using a blender, liquify the cut-up strawberries and watermelon with water. You can adjust the ratio of fruit to water to best meet your pup's needs (e.g. more water for a low-calorie treat and less water for a heartier one).
- Fill bottom third of container with the strawberry mixture. Let freeze until solid (30- 45 min. pending size of container).
- Stir together plain yogurt and water until of a pourable consistency. Pour over frozen strawberry layer. Push slices of banana into the yogurt.
- Let freeze until solid.
- Using a blender, liquify blueberries with water. Pour over frozen yogurt layer.
- Let freeze until solid.
- When ready to serve, soak container in pan of hot water until mold loosens from the ice. Turn over onto serving tray.

