

Lava Dogs Treats 'n Things

Yield: 12 Treats

Difficulty: Easy

Puppy Pops

Ingredients

- 5 ounces Organic Plain Yogurt
- 1/2 of a Medium Banana
- 2 Tablespoons Organic Peanut Butter
- 12 Organic Pretzel Sticks

Directions

1. Add yogurt, banana and peanut butter to a blender or food processor and puree until mixture is smooth and creamy.*
2. Spoon mixture into an ice cube tray, filling each compartment to the brim.
3. Insert one pretzel (or use a meat chew) into the center of each pop. Mixture should be thick enough to hold pretzel upright.
4. Place ice cube tray in freezer until treats are completely frozen, about 1 - 2 hours.

To store: place treats in an airtight container in the freezer to prevent freezer burn.

*At this point, instead of making Pops, you could put the mixture in a Kong.



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