



## Peanut Butter-Banana Pupsicles

**Prep: 5 minutes plus freezing**

**Makes: 20 pupsicles**

- 2 medium bananas
- 1 cup plain nonfat Greek yogurt
- ½ cup all natural creamy peanut butter

**1.** In medium bowl, using a fork, mash bananas; whisk in yogurt and peanut butter until smooth.

**2.** Transfer mixture to large zip-top plastic bag; snip bottom corner with kitchen scissors. Place dog bone- and/or paw-shaped silicone molds on rimmed baking pan; pipe banana mixture into molds. Freeze 6 hours or up to overnight. Makes about 20 pupsicles.

## Bacon, Pumpkin & Apple Pupsicles

**Prep: 10 minutes plus freezing**

**Makes: 20 pupsicles**

- 1 can (15 ounces) 100% pure pumpkin purée
- ½ cup unsweetened applesauce
- ¼ cup chopped bacon-flavored dog treats
- 20 baby carrots

**1.** In medium bowl, whisk pumpkin, applesauce and dog treats until combined.

**2.** Transfer mixture to large zip-top plastic bag; snip bottom corner with kitchen scissors. Pipe into ice cube trays or dog bone- and/or paw-shaped silicone molds placed on rimmed baking pan. Freeze 6 hours or up to overnight, sticking a carrot into each cube as the “stick” after 1 hour. Makes about 20 pupsicles.

### Dietitian’s Dish

- > Avoid xylitol as a sweetener ingredient in your yogurt and peanut butter ingredients as it is extremely toxic to dogs. And, remember that “pupsicles” are a treat so your dog should not consume in excess.