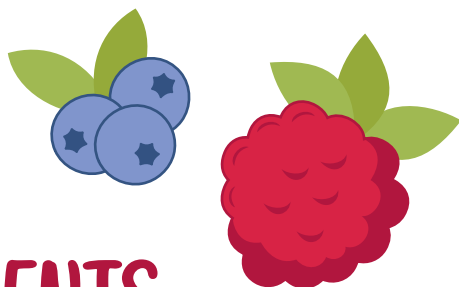
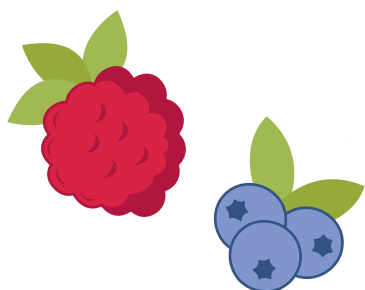


# RED, WHITE & BLUEBERRY STARS



## INGREDIENTS

- 1 CUP OF PLAIN UNSWEETENED SOY YOGURT
- ½ CUP FRESH BLUEBERRIES MASHED
- ½ CUP FRESH RASPBERRIES MASHED



## DIRECTIONS

- IN A LARGE BOWL MASH UP THE BLUEBERRIES AND RASPBERRIES
- ADD THE UNSWEETENED PLAIN SOY YOGURT AND MIX WELL
- CAREFULLY FILL THE MOLDS WITH THE MIXTURE
  - YOU CAN ALSO USE A SMALL ICE CUBE TRAY.
- PLACE IN THE FREEZER AND LEAVE FOR APPROXIMATELY 5 HOURS
- POP, EAT AND SHARE ONE WITH YOUR PUP

## SUPPLIES

- MIXING BOWL
- MEASURING CUP
- SPOON
- STAR SHAPED FREEZER SAFE MOLDS  
(OR ANY SHAPE YOU LIKE)

