



AS THE WEATHER IS WARMING UP FOR EVERYONE,  
HOW ABOUT A REFRESHING TREAT TO HELP COOL DOWN  
- SAFE FOR DADS AND DOGS!

# STRAWBERRY BANANA FROZEN TREATS

## INGREDIENTS

- 1 CUP FRESH STRAWBERRIES
- 1 BANANA MASHED UP
- ½ CUP PLAIN UNSWEETENED SOY YOGURT

\*THE FRUIT IS SUGARY ENOUGH TO GIVE SWEETNESS\*

## UTENSILS

- MIXING BOWL
- MEASURING CUP
- FORK OR MASHER

## DIRECTIONS

- 1 PLACE STRAWBERRIES IN A MIXING BOWL AND MASH UNTIL WELL BLENDED
- 2 ADD THE MASHED-UP BANANA AND MIX WITH THE STRAWBERRIES
- 3 WHEN WELL BLENDED ADD THE UNSWEETENED PLAIN SOY YOGURT
- 4 POUR INTO A SILICONE MOLD OF YOUR CHOICE, OR AN ICE CUBE TRAY
- 5 FREEZE FOR 4-5 HOURS THEN POP OUT FOR A REFRESHING SWEET TREAT FOR DAD AND DOGS!

