**Frosty Paws**

A little water (about 1 cup)

1 cup canned pumpkin

1 cup plain Greek yogurt

2 Tbls. peanut butter

1 banana

Put everything in a blender (Bullet works, too).

Blend until very blended. Should be slushy. Can add more water if necessary.

Pour into 1/2-cup containers. Can purchase these from Target. Get ones with wider tops so that the dogs don’t get frustrated as they eat it.

Freeze.

Notes:

Each Frosty Paws lasts for about 10 minutes.

Watch if ingredient is listed as sugar-free, like sugar-free yogurt. Xylitol will kill dogs. Use plain yogurt with no sugar added, instead of yogurt with artificial sweeteners.

Cheri uses Skippy creamy peanut butter, not sugar-free.

If your dog has an allergy to yogurt, you can use rice and chicken, instead. Maybe add pumpkin.

You can add whatever your dog likes to eat.

Hold onto the container as the dog eats so that your dog won’t chew on the container.

You can pop out the frosty paw from the container.

Recipe by Cheri Van Pelt (CCI)