

Doggy popsicles

This is a great way to keep those hounds busy for hours, away from your plants and furniture and without all the risks that bones present.

You will be able to alter this recipe depending on your dogs' size, health issues, taste preferences and what you have on hand at the time. Please remember peanut butter is fattening, so it should be used sparingly and some pets stomachs cannot tolerate it.

You will need:

- A container – for large dogs, a bucket will work well, and for toy breeds, even a paper cup will do. Tupperware, ice trays or even plastic bags will work.
- Peanut butter
- Banana – cut into small cubes
- Dog food – what your dog normally eats
- Grated apple or carrot
- Water

There are a few ways to do this:

- The Frozen Smoothie:
 - Blend the peanut butter, fruit and banana into water (can soften dog pellets and blend in as well) so the water is all equally flavoured and textured, and then freeze.
- The Frozen Crush:
 - Crush ice and mix ingredients in chunks and slivers into it, then freeze for an hour.
 - Once the ice/yummy stuff is frozen, add cold water to fill the spaces in the container and then freeze that solid.
- The Fancy Freeze: Freeze the different ingredients in layers.
 - First blend some peanut butter into water – make enough for about ½ the containers' volume.
 - Add a few dog pellets and some grated carrot or apple.
 - Freeze half of this mix in the container.
 - Blend banana and softened dog pellets into water – make enough for ½ the container.
 - Add half this on top of the frozen mix in the container and then freeze.
 - Then add the rest of the peanut butter mix and freeze, and repeat for the rest of the banana mix.
- Run some water over the outside of the container to loosen the ice blocks
- Serve immediately (Advised to serve outdoors – will be messy)