

**MOUTH-FRIENDLY RECIPE:**

# Buddy's peanut butter berry pops

Buddy wants to share his favorite snack recipe with you. These treats are easy to make and are good for kids and dogs alike! The plain yogurt, fruit, milk and peanuts are all good for your smile. Buddy is drooling just thinking about them!



Pets and kids should only eat treats once in a while. That's why they're called treats! Always have a grown-up check to make sure anything you feed a pet is safe for them. Don't give dogs anything that has xylitol, also known as birch sugar. It's like poison to us dogs.

## Here's what you need

- A grown-up to help
- Blender 
- Ice cube tray 
- Wooden ice pop sticks 
- 1 cup plain low-sugar yogurt 
- 1/2 cup bananas 
- 1/2 cup peanut butter 
- 1/2 cup blueberries 
- 1/2 cup milk 
- 2 tablespoons honey 

## Here's how to make it

- 1 Mix the yogurt, bananas, peanut butter and blueberries in a blender.
- 2 Add the milk and honey and blend well.
- 3 Pour the mixture into an ice cube tray.
- 4 Place ice pop sticks in each cube.
- 5 Freeze for 3 hours.
- 6 Pop them out of the ice cube tray and enjoy!