

Flower Power Treats



These treats made us think of Mother's Day - so it seemed appropriate for our May newsletter. But you can create them in any shape or size silicone mold you would like!

Ingredients, Layer 1:

16 strawberries, cleaned and stalks removed

Ingredients, Layer 2:

1 apple, peeled, cored and chopped

2 tablespoons peanut butter

1 tablespoon water

Instructions:

- 1) Place your silicone mold on a sheet tray (so you can lift it easily without bending it)
- 2) Place your strawberries into a small blender and puree until totally mixed
- 3) Pour strawberry mixture into your molds, filling only half way
- 4) Place your mold/sheet tray in the freezer until frozen through (about 30-45 minutes depending on the size)
- 5) While this freezes make your second layer by putting the peanut butter, apples and water in the blender and puree until mixed
- 6) Pour on top of the frozen strawberry layer until the mold is full
- 7) Put in the freezer until frozen through (another 30-45 minutes or more)

We suggest popping them out of the molds and keeping in a ziplock bag. They will keep for three months. To serve we suggest defrosting slightly, especially if they are as large as the ones we made or they will be too hard to chew. We like to drop one in a dog bowl so it doesn't make a mess.