

# St. Patrick's Day Bones



## **Ingredients:**

- 1 banana**
- 1 golden delicious apple**
- 1 cup spinach**
- 1 cup parsley**
- 1 cup water**

## **Directions:**

- 1) Core apple and remove all seeds and stem - up to you if you take off the skin**
- 2) Take the parsley leaves off the stems and discard stems**
- 3) Put all items other than water into your blender and blend until mixed**
- 4) Add enough water to make a pourable, mostly smooth texture**
- 5) Pour into silicone molds or an ice cube tray (we suggest putting whatever you use on a sheet pan to make moving easier)**
- 6) Put in your freezer and freeze overnight**
- 7) Keep in a ziplock bag in your freezer for up to three months.**

**Just a tip - we found these 2" bones to be fairly large for serving - also we put it in our dogs bowl so it didn't make a mess as it started to defrost. These are great for a treat and for fresh breath!**