

Frozen Peanut Butter & Yoghurt Bites

For Walter and Jet. A cold treat for after a long walk. Two ingredients, a mixing spoon and an ice cube tray.

Makes about 14

Prep 5 min

No cooking

plus 3 hours in the freezer

You'll need

- ☐ 150g plain Greek yoghurt.
Nothing added: no sugar, no sweetener, no flavour
- ☐ 30g smooth peanut butter
(100% nuts). Check the label for xylitol, see below
- ☐ A few blueberries (optional)

Method

- 1 Mix the yoghurt and peanut butter in a bowl until smooth.
- 2 Spoon into a silicone ice cube tray or mould.
- 3 Push a blueberry into the top of each one, if you're using them.
- 4 Freeze for at least 3 hours until solid.
- 5 Pop them out and keep them in a freezer bag.

TIP

One or two is plenty for a medium-sized dog. Give them outside or on a mat, they can get messy.

SWAPS

Use half a mashed ripe banana instead of the peanut butter.

STORING IT

In a freezer bag in the freezer for up to 3 months.

KEEPING YOUR DOG SAFE

Never use anything containing xylitol (also called birch sugar, or E967). It's very poisonous to dogs, even a small amount. Some peanut butters and "sugar-free" yoghurts contain it, so check every label. Never give dogs the sweet recipes on this site: chocolate is poisonous to dogs, and the sweeteners aren't meant for them. Treats should be no more than about a tenth of what your dog eats in a day. If your dog has a health problem or a sensitive tummy, check with your vet first.