



Strawberry Banana Smoothies

This basic smoothie recipe is just one option. Add other nutrient dense pet-safe fruits, like pineapple for some variety. A few tbsps. of goat's milk or plain yogurt can also be added for a creamier smoothie consistency.

Prep time: 10 minutes

Freeze time: 1 hour

Total time: 1:10 hours

INGREDIENTS:

· 2 overripe bananas

·1 cup of strawberries

DIRECTIONS:

- 1. Blend the fruits together into a puree.
- 2. Add a little water to thin the mixture if needed.
- 3. Pour or spoon the mixture into a silicone treat mould or ice cube tray.
- 4. Freeze for at least 1 hour before serving.
- 5. Store in freezer bags or freezer-safe Tupperware for up to 1 month.

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Notes:		