

Patriotic Doggy Ice Cream Bones

Ingredients:

- Plain low fat yogurt
- Real Maple syrup - not pancake syrup
- Strawberries
- Blueberries

Directions:

Wash the fruit and chop into $\frac{1}{4}$ " to $\frac{1}{2}$ " pieces. Mix the yogurt with the Maple syrup using a ratio of about 1 tbsp. Maple syrup to each 1 cup yogurt. Sprinkle fruit randomly in the bone molds. Cover the fruit with the yogurt mixture - make sure to get the yogurt all around the fruit pieces so there are no air bubbles or empty areas. Place the mold in the freezer for at least 2 hours. Release ice cream from the molds and serve or store in an airtight container in the freezer.

