



## Frozen Peanut Butter Banana Pops

Three 6-oz. containers of plain, low-fat yogurt  
1/2 cup of low-sodium peanut butter  
1- 4 oz jar of baby food (or small ripe banana)  
1 Tbsp of honey

Blend all ingredients well and pour into small paper cups (like Dixie). Put a dog bone in each one to act as a handle. Freeze and then peel away cup to serve!