

Banana Peanut Butter Pupsicles

<http://userealbutter.com/2013/06/20/banana-peanut-butter-pupsicle-recipe/>

6 ripe bananas
3 tbsps creamy peanut butter
1/2 cup carrot, shredded
2 slices bacon, cooked and crumbled

Note: The add-ins and flavorings are entirely up to you, but bananas are the base of the “ice cream”. Please, don’t add things like chocolate, grapes, or other ingredients that are toxic or dangerous for dogs!

Peel the bananas and slice into 1/2-inch thick disks. Place the slices in a bowl or ziploc bag and freeze the slices solid (about 2 hours or more, depending on the enthusiasm of your freezer). Place the frozen slices of banana into a food processor or a blender and pulse to break down the fruit. This will require scraping down the sides of the bowl often, but keep doing it because the bananas will eventually become a soft-serve consistency. If using a blender that just spins its blades, you can add a little liquid (milk, almond milk, water, juice – **no grape juice!**, beef broth) to help it along. When the ice cream is smooth, add the peanut butter (if using) and blend for a few seconds to incorporate. Stir in the carrot and bacon (or other mix-ins). Divide the soft ice cream among ramekins or shallow vessels and freeze. Makes 3 cups of ice cream (about 6-8 ramekins).