



Apple Snax

These are super easy, and an excellent source of vitamins C and E. With a little creamy yogurt, these frozen snacks are an excellent food topper for picky eaters and sensitive tummies.

Prep time: 5 minutes

Freeze time: 1 hour

Total time: 1:05 hours

INGREDIENTS:

- 2 apples, peeled and cored
- 1 cup of plain yogurt

DIRECTIONS:

- 1. Dice the apple and puree with the yogurt in a blender until smooth.
- 2. If the mixture is too thick, add a little bit of water ot thin.
- 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:		