

All American Parfaits for dogs

Ingredients:

Coconut Oil - melted (3-5 tsp for 12 parfaits)
Kibble - finely ground (1 cup makes about 12 parfaits)
Strawberries
Blueberries
Plain non fat yogurt
Silicone cupcake molds



Directions:

Pre heat oven to 375 degrees. Finely puree the dog kibble. Slowly add the melted coconut oil to the kibble until it is moist. Press the "crust" about 1/4 inch thick into the silicone cupcake molds. Bake in the oven for 7 - 8 minutes. Take the molds out of the oven and let cool.

While the crusts are baking and cooling, puree up the strawberries.

When the crusts are cool, add a layer of the strawberry puree to the top of the crust about 1/2 inch thick. Add a layer of the plain yogurt to the top of the strawberry puree being careful not to get the red into the white. Top the parfaits with whole blueberries. Place in the freezer to set for several hours, or overnight. Remove from the silicone molds, cover, and place in the refrigerator to soften for several hours. Serve, or keep covered in the refrigerator for several days.

