

Frozen Pupsicles

TCM action: Cold and Damp

Ingredients:

32 oz vanilla yoghurt

6 caps of any good probiotic

1 banana, mashed

2 Tbsp natural grind peanut butter

2 Tbsp raw honey

Procedure:

1. Combine all ingredients
2. Add to ice cube trays or small cups.
3. Freeze overnight.
4. Remove from freezer and enjoy!