

Banana Coconut Frosty Bones

Source: www.prouddogmom.com

Ingredients:

½ cup coconut oil, melted
1 banana
¼ tsp. ground ginger

Directions:

1. Measure out ½ cup of coconut oil and then melt either in a double boiler or microwave for quick convenience. You don't want any clumps leftover.
2. With a fork, mash your banana.
3. Mix the banana and coconut oil, sitting until the two ingredients are thoroughly combined. You will be left with a thin pudding-like mixture.
4. Add ¼ teaspoon of ground ginger to your mixture and stir.
5. Grab your silicone mold and fill each bone (or whatever shape you are using) to the top.
6. Freeze for approximately one hour, or until set.
7. Store in freezer for up to 2 months.