

# Berry Fruity

## Frozen Treat

### Ingredients

- Blueberries
- Raspberries
- Strawberries
- Kale
- Kefir

### Method

1. Pop some blueberries, raspberries, strawberries and kale into a blender,
2. Add some kefir
3. Blitz and ta da!
4. Pour your mix into No Fuss Pawsicle Moulds, ice cube trays for bigger treats, or use a pyramid mat for tiny cubes of yumminess.
5. Pop in Freezer and freeze until set

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