



Sweet Potato Chews

My dogs love these!

It just takes one ingredient to make these healthy dog chews – and a whole lot of time...

But for the majority of the time, it's completely hands-free. My kind of baking!



Start by slicing your sweet potatoes with skins on into lengthwise slices about 1/3-inch thick. Any thinner, and they'll turn into chips, but any thicker, and you'll have to cook them for ages. What we want are sweet potato chews with a lot of "chew" to them.



Set your oven to the lowest heat setting and let them cook away all day. It may end up taking about 6 hours (+ or -) to get them to that perfect texture – not too soft, but not brittle either. A flip at about the 3-hour mark will let you know that they are about halfway there.



Once the cooking is complete, let the sweet potato chews cool in the oven as it cools down, which helps to dehydrate the chews even further.