



Okinawan Sweet Potato Doggie Biscuits

07-Dec-2022

Level: Easy

Makes: About 98 biscuits
when using a 2.75" bone-shaped
cookie cutter

Prep Time: 1 hour

Cooking Time: 11 to 13 minutes per batch



1½ cups Okinawan sweet potato (about 2 medium sized
potatoes)

3 cups whole wheat flour

1 cup all-purpose flour

2 cups old-fashioned whole grain oats (rolled)

¼ cup honey

½ cup virgin coconut oil (unrefined, cold pressed); in liquid form (see Notes)

About ¾ cup water

Wash sweet potatoes with a vegetable brush to clean. Place potatoes in steamer and cook until fork tender, about 30 minutes or so depending on the size of your potatoes. Cool potatoes before peeling and mashing. Set aside.

Preheat oven to 375°F. Line a cookie sheet with parchment paper. Set aside.

In a large bowl, mix whole wheat flour, all-purpose flour, and oats until combined. Add the mashed sweet potatoes, honey, and coconut oil. Mix ingredients until combined (I use my hands to mix since the dough is thick.) Slowly and gradually add water with one hand while mixing the dough with the other hand, until mixture holds together and can be formed into a ball. (You may not use the entire ¾ cup water. I used a scant ¾ cup.) Place half of dough on a flat surface sprinkled with a little all-purpose flour, and roll dough to a ¼-inch thickness. Dip 2.75" bone-shaped cookie cutter in a small bowl of all-purpose flour, then cut shapes in dough (re-dip cookie cutter in flour as needed to prevent dough from sticking to cutter.) Place bone-shaped dough pieces 2-inches apart on prepared cookie sheet. Bake for 11 to 13 minutes, until edges of biscuits are browned. Place biscuits on wire rack to cool. Repeat rolling, cutting, and baking with remaining dough. Store cooled biscuits in an airtight container.

Notes:

- Don't bake biscuits when there's high humidity.
- Because I live in a tropical climate where room temperatures normally exceed 75°F, my virgin coconut oil is almost always in its liquid form. I have not prepared this recipe when my virgin coconut oil is in its solid (lumpy) form.
- The outside of this biscuit turns out crunchy while the inside is a little chewy. If your dog prefers crunchier biscuits, roll dough to a thinner thickness (about ⅛-inch) and watch the biscuit as it bakes, it may finish browning in a shorter amount of baking time.