

07-Dec-2022

Level: Easy Prep Time: 1 hour

Makes: About 98 biscuits Cooking Time: 11 to 13 minutes per batch

when using a 2.75" bone-shaped

cookie cutter

 $1\frac{1}{4}$ cups Okinawan sweet potato (about 2 medium sized potatoes)

3 cups whole wheat flour

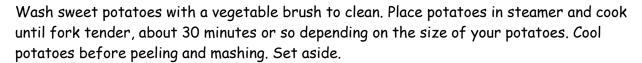
1 cup all-purpose flour

2 cups old-fashioned whole grain oats (rolled)

½ cup honey

 $\frac{1}{2}$ cup virgin coconut oil (unrefined, cold pressed); in liquid form (see Notes)

About ³/₄ cup water



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 $\frac{3}{4}$ cup water. I used a scant $\frac{3}{4}$ cup.) Place half of dough on a flat surface sprinkled with a little all-purpose flour, and roll dough to a $\frac{1}{4}$ -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 <u>not</u> 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 $\frac{1}{8}$ -inch) and watch the biscuit as it bakes, it may finish browning in a shorter amount of baking time.

