



Mui Mui's Sweet Potato and Chicken Crispies.

Ingredients:

3 cups chicken mince

3 cups boiled and mashed sweet potato

Optional, add a teaspoon of turmeric powder to the mix for additional medicinal benefits.

Method:



Mix the sweet potato and mince until combined, I use my Kenwood Chef, but any mixer will do or using your hands. It is best to get an even distribution of mince to potato.



Spread onto baking paper to about ¼ inch thick. Place a Teflon sheet or baking paper over the mix and flip onto the dehydrator tray. Score the long lines with a knife.



Place in dehydrator at 75 degrees Celsius for about 3 hours, then carefully flip the mix and remove the backing sheet. Return to dehydrator for another 3 hours or until completely dry.



Remove from dehydrator and break into bite size chunks. Store in airtight container for up to a week or 2 weeks if refrigerated. You can use as treats or crush and sprinkle over their meal.