

# 3-Ingredient Sweet Potato "Jerky"

Source: Dogvills

## Ingredients:

1 large sweet potato

1 Tbsp olive oil or melted  
coconut oil (see below)

Cinnamon (see directions for  
alternative spices to add)

## Directions:

1. Preheat oven to 250° F.
2. Line baking sheet with foil or parchment paper.
3. Wash & dry the sweet potato, then slice into thin circles (about ¼ inch thick).
4. Combine your oil and cinnamon. If you are using coconut oil, melt it in the microwave for about 10 seconds. If it's still not melted, just add a few seconds at a time until it is. If you're using olive oil, no need to melt.
5. Toss the sweet potatoes in the oil & cinnamon mixture.
6. Place on your cookie sheet evenly spaced.
7. Bake for 2-3 hours, until they are nice and chewy, like a jerky texture.
8. Cool and serve! Store left overs in an airtight container.