

Sweet Potato Bark

Ingredients:

- 1 large or 2 small Sweet Potatoes (approx. 13 ounces before peeling)
- ½ cup Apple Juice
- 1 Tbsp Real Maple Syrup
- 1 tsp Cinnamon (may include nutmeg)

Cook It

Peel sweet potatoes and cut into chunks.

Boil until soft, drain, and mash.

Stir in apple juice, maple syrup, and cinnamon. If you like nutmeg, you may replace half of the cinnamon with nutmeg.

Blend It

Run the mashed sweet potatoes through a blender until creamy. If your blender struggles with the mixture, add a few more spoonfuls of juice or water.

Dry It

Cover dehydrator trays with non-stick Excalibur Paraflexx® sheets, parchment paper, or the fruit leather inserts that came with your dehydrator.

Spread thinly and as evenly as possible on covered dehydrator trays. Shoot for an eighth inch thickness. The quantities in this recipe will cover one Excalibur Dehydrator tray.

Dehydrate at 135° for eight to ten hours. The sweet potatoes will form a sheet that may have cracks running through it.

Flip It

After about six hours of drying, peel the bark off the non-stick sheets and flip it over to expose the bottom side to more hot air for the remainder of the drying time. Place the bark directly on the mesh dehydrator trays without the non-stick sheets.

Depending on how long you dry it, the sweet potato sheet will either tear like fruit leather or break into bark. For snacking and short term use, you may prefer to dry it to the leather stage. If packing for a trip that will last more than a month, dry it longer to the snappy bark stage.

Yield:

One large or two small sweet potatoes (approx. 13 ounces before peeling) will yield approximately ¾ cup of bark and weigh 2½ ounces. Increase the ingredients proportionately for larger batches.

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