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# Junior ZooKeepers: Boil ‘em. Mash ‘em. Stick ‘em in an ice tray?



## Activity

- Dogs, as well as other canines, are not strict carnivores! While the majority of their food is meat, they enjoy and derive nutrients from plant-based treats as well. Make a sweet potato mash for you dogs at home!

## Try it out!

### Materials

- 1 sweet potato
- Peeler
- Knife
- Cutting board
- Pot
- Tongs or slotted spoon
- Medium to large bowl
- Fork or electric/handheld mixer
- Ice cube tray (silicone preferred)

### Steps

1. Peel and cut the **sweet potato** on a **cutting board**.
2. Add the sweet potato to your **pot**, then fill with water to the halfway point
3. Boil water for 30 minutes or until sweet potatoes are very soft.
  - a. How long this step takes will depend on the size of the potato chunks.
4. Using **tongs/slotted spoon**, remove the sweet potato from the water and put in the **bowl**.
5. Once the sweet potatoes have cooled, use your **fork or mixer** to mash the potatoes to a thick paste.
6. Transfer mashed potatoes to the **ice cube tray**. You may not have enough for the whole ice tray.
7. Either serve immediately, or for an added challenge **FREEZE** the potatoes and then serve.
8. Clean all your materials when you are finished.