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.