### Ingredients\n

1-3 lbs sweet potatoes\n

\n

### Instructions\n

Preheat oven to 350°F (180°C).

\n

Wash and trim any blemishes from sweet potatoes. Pierce each sweet potato 3-5 times with fork or knife. Place on baking tray and bake for 35-45 minutes until tender throughout. Remove from oven, let cool and peel.\n

\n

Sliced or Diced Pieces: Cut sweet potatoes into consistent sized slices about 1/8-1/4 inch thick or into 1/4-1/2 inch dices. Lay out evenly on mesh dehydrator trays. Place any squished or odd sized pieces on a separate dehydrator tray so you can watch them to see if they dry more quickly than intact pieces.\n

\n

Dehydrate sliced, diced or shredded pieces at 125°F (52°C) until brittle or very tough and leathery throughout. Split in half to ensure inside is thoroughly dry with no soft or damp spots. The photo below shows the outside completely dry while the inside is still soft and damp. Dehydrating time will vary, shreds will take 6-8 hours, sliced will take 8-10 hours and diced will take 10-12 hours.\n

\n

Allow dried sweet potatoes to cool thoroughly before storing. Turn dehydratoroff and let rest for 1-2 hours to ensure there won’t be any condensation build up.\n

\n

Store in airtight containers in a cool, dry, dark place. Vacuum seal for even longer storage.\n

\n