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SUPERFOOD POWER TREATS

- 1 small sweet potato
- 4.375 oz. canned sardines or mackerel, preferably water packed, no salt added, drained
- 1 large egg
- 2 tablespoons unsalted peanut butter. (Avoid peanut butter with artificial sweeteners, which are dangerous for dogs. The only ingredient on the label should be peanuts.)
- 3 cups rolled oats
- 2 tablespoons flaxseed meal

We'd love to feature a dish from your KP kitchen that friends and family ask for (we consider dogs to be both). Email the details to editor@keypen-news.org with your phone number; we'll be in touch. (Don't worry, we do most of the writing.)

Preheat oven to 350°. Line a baking sheet with parchment paper.

Pierce the sweet potato with a fork and microwave on high 4 to 5 minutes or until soft. Cool and remove skin.

Using a food processor fitted with a metal blade, process the rolled oats for 2 to 3 minutes to grind into a meal. Transfer to another bowl. Add flaxseed meal, mix well and set aside.

Place cooked sweet potato, sardines, egg and peanut butter in the food processor and pulse until thoroughly mixed. Add dry ingredients and pulse until just mixed (as you would if making pie dough or biscuits) without allowing the dough to form a ball.

At this stage the mixture will appear dry and crumbly but don't be deceived — it should hold together when pressed. If too crumbly, sprinkle up to 1 tablespoon of water and pulse the dough a few more times to make it workable. The less water added, the better.

Using a 1-teaspoon measuring spoon, roll pieces of dough into balls and press onto the lined baking sheet to ¼ inch thickness. Or roll the dough out on parchment to ¼ inch thickness and cut into 1-inch square pieces to save labor. With crunchy treats like these, smaller is better.

Bake for 30 minutes or until the treats appear dry and the bottoms are lightly browned. Turn off the oven and allow the treats to dry in the warm oven until completely cool.

Store in an airtight container for up to a week or store frozen for up to 3 months.

Makes 72 yummy and highly addictive dog treats.

A word to the wise: Turn on your exhaust fan while baking these bad boys. That funky fish smell in your kitchen will dissipate as quickly as your heart melts over how much your dog loves 'em.