

# BONE APPETREAT

## Healthful recipes for your furry friend

### Ruffogies\*

1 medium-large sweet potato – enough to make 1 cup (240 ml) mashed

- **Wash** the potato thoroughly. Do NOT poke any fork holes into the potato.
- **Place** the whole sweet potato on a baking sheet covered with parchment paper.
- **Bake** the potato in a 400°F (205°C) oven until soft all the way through (approx. 40-50 minutes). Let “sit” and cool!

Note: This can be made ahead of time when you are roasting some for yourself.

#### Prepare:

1 cup (240 ml) all purpose spelt flour or barley flour  
1/2 cup (4 oz./125 lb./100 g) goat cheese, grated fine  
1/4 tsp (1.25 ml) sea salt

#### Set aside:

2 cups (474 ml) all purpose spelt flour or barley flour for kneading and rolling

- **Peel** the skin off the prepared sweet potato. Put into bowl and **mash** with a fork.
- **Add** all purpose spelt flour and sea salt; continue to mash and mix with a fork (this is a chunky mixture)
- **Add** the finely grated cheese and mix thoroughly.
- Once combined, put the dough onto a floured surface and **knead** until flour, cheese and sweet potato are mixed together thoroughly (about 2-3 minutes of kneading). Keep the dough well floured and roll to 1/4 inch (6 mm) thickness.
- **Cut** into 1 inch (2.5 cm) by 1 inch (2.5 cm) squares with a pizza cutter. With a fork, **poke** holes into each biscuit. This will keep them from “puffing up” in the oven. Optional – cut into 2 inch (5 cm) circles and then cut in half to represent the traditional pierogi.
- **Place** on a baking sheet covered with parchment paper.
- **Bark** them in a 350°F (175°C) oven. Bake for a tail-wagging 4 minutes. Roll them over and bake for an additional tail-wagging 4 minutes.
- For a crisp biscuit: Bake 8 minutes per side.

**Refrigerate** in a container for up to two weeks or freeze until ready to be devoured.

**Yield:** 100 biscuits.

\*This Ruffogies recipe was taken from page 26 of *Bone Appetreat* by Laurie Southall.

