

## 1. Choose & Prepare Your Sweet Potatoes

- Use firm, **fully cured** sweet potatoes for the best results.
- **Peeling is optional**—keeping the skin adds fiber, but removing it gives a smoother flour.

## 2. Slice Thin for Dehydration

- Cut into **thin slices (1/8" or thinner)** for faster drying.
- The thinner the slices, the easier they are to grind later.

## 3. Dehydrate Until Crisp

- Set your dehydrator to **125-135°F**.
- Dry for **8-12 hours**, or until pieces snap instead of bend.
- If using an oven, bake at **lowest temp (around 170°F) with the door slightly open** until fully dry.

## 4. Grind into Flour

- Use a **high-power blender, grain mill, or coffee grinder** to process the dried slices into a fine powder.
- Sift through a fine mesh sieve to remove any coarse bits, then re-grind the larger pieces.

## 5. Store for Long-Term Use

- Keep in an **airtight jar or vacuum-sealed bag** to prevent moisture absorption.
- Store in a **cool, dark place**—it lasts **6-12 months** if properly dried and stored.

## Tips & Uses

- ✓ **For baking:** Use as a gluten-free alternative or blend with other flours.
- ✓ **For thickening soups & sauces:** Works like cornstarch when mixed with water.
- ✓ **For baby food or emergency rations:** Just mix with warm water.