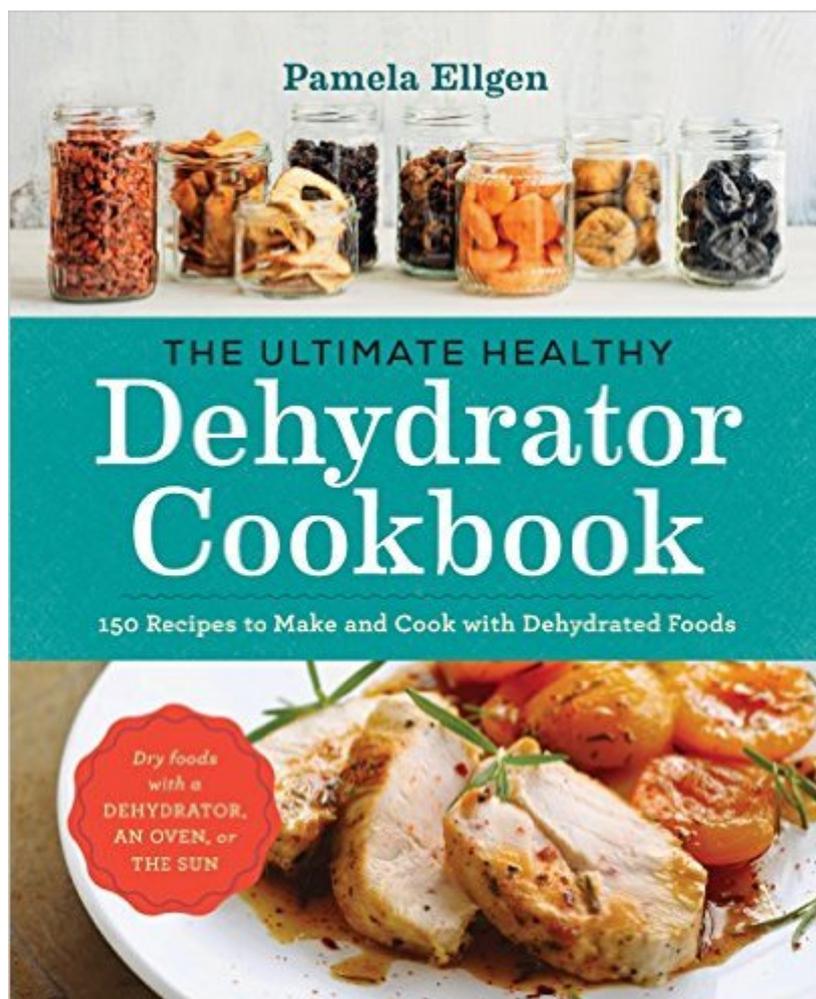


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# The Ultimate Healthy Dehydrator Cookbook: 150 Recipes To Make And Cook With Dehydrated Foods



## Synopsis

Dehydrating is the perfect solution for those who want to make the most of their garden's output, create unprocessed snacks, and prepare meals that cost dimes instead of dollars. The Ultimate Healthy Dehydrator Cookbook is the first book of its kind that shows how to affordably build a pantry full of dried foods and use them to make healthy dishes. The reasons for dehydrating food are as compelling today as they were thousands of years ago— it's environmentally sustainable, simple, quick and delicious. The Ultimate Healthy Dehydrator Cookbook is your all-in-one reference to dehydrating food and your definitive guide to delicious and health-centered recipes. No matter which dehydration technique you choose— sun drying, oven drying, or electric food dehydrator drying— The Ultimate Healthy Dehydrator Cookbook will show you that making preserved foods is easier to prepare than you might think and lasts longer than canning or freezing. Filled with innovative ideas for making meals with dehydrated food, The Ultimate Healthy Dehydrator Cookbook also includes: Instructions for dehydrating food using a range of simple, fun methods Valuable nutritional information with every recipe Tried and true methods for food safety and storage Creative options for dehydrated vegetarian and vegan entrees such as Eggplant, Zucchini, & Spinach Lasagna, Loaded Sweet Potato Tacos, and Root Vegetable Gratin Tips for preparing desserts and snacks kids will love The Ultimate Healthy Dehydrator Cookbook features: Perfect Pretreatment \* How to Rehydrate Foods \* Essential Tools and Equipment \* Homemade Savings \* What Not to Dehydrate \* Ideas for the Raw Food Diet \* Getting Kids Involved

## Book Information

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## Customer Reviews

I have a dehydrator that I use for sun dried tomatoes every year. I have to confess, it gets little use otherwise. That's part of the reason I was so excited to read this book and it doesn't disappoint. The author starts by describing the various ways to dry fruit and veggies from actual sun drying to using the oven to the various types of dehydrators. She then goes on to give basics for drying all sorts of items including any natural pretreatment that will help with successful drying. Finally, she ends by giving some wonderful recipes using those dehydrated items. I was especially pleased to see vegan, vegetarian, raw and gluten free recipes or alternatives. The one I'm most excited about is dehydrating various veggies, grinding them in the blender and combining to be used in soups, stews, etc for added flavor. Brilliant! I received this product for free in exchange for my honest and unbiased review.

This is a great book for anyone who is interested in cooking with a dehydrator or who is new to it. Pamela Ellgen includes information about a dehydrator and includes easy to follow recipes for all levels. There are instructions for dehydrating pretty much anything you can think of - fruit, vegetable, herbs, and meats. I especially liked the recipes for using dehydrated ingredients in recipes, including snacks, entrees, and desserts. I would have liked to see more photos of the finished products, especially the dehydrated products, especially for the benefit of beginners. I received this product for free in exchange for my honest and unbiased opinion.

I have dehydrator that I haven't used. I'm sure I could Google, how and what, to dehydrate. I don't have to, at least for now. This book consists of 150 recipes. I can dehydrate herbs, nuts, fruits and veggies. It has recipes to dry a variety of meats. Beef and turkey jerky are included. What is exciting, is, I can dry fruit to make fruit leather for the grandkids. You can rehydrate the fruits, to make smoothies. Dehydrating keeps food fresher and lasts longer. I received this e-book, for, my honest and unbiased opinion.

LOVE LOVE LOVE! I didn't think I could ever be obsessed with a book, especially a recipe book but this book has been helpful. I've been able to dehydrate so many things! When I tried to dehydrate potatoes before this book they turned out so ugly looking. \*\*I received this book at a discounted price in exchange for my honest review\*\* and now I know that I need to blanch certain veggies to keep their colors nice and vibrant!! I've been able to save so much money on produce as well! Thanks for this book and all these wonderful secrets it entails

I love dried fruit and jerky, but they can be expensive to buy. We have been wanting a cheaper method and decided to start dehydrating ourselves. I received this product at a discounted rate in exchange for my honest and unbiased review. The Ultimate Healthy Dehydrator Cookbook is packed full of recipes. The sections include dehydration education, simple dehydrated food, dehydrated food recipes, and recipes with dehydrated ingredients. I am really excited about the variety of jerky recipes including ginger soy chicken and duck jerky. Most of the recipes require minimal ingredients and most I have on hand. Many of the items I had never thought to dehydrate like melon, grapes, or cabbage. The recipes included appear healthy and I look forward to trying them. I found the book to be well written with lots of information and recipes. There are some pictures, but could be more. The Seven Tips for first time success provides some good ideas for making your first batch a tasty perfection.

Dehydrating food was new to me, and this book really gave me all the information I needed to get started. The author provides a history of dehydration and talks about why it's great, and how it saves money and reduces waste. You'll read about the whole process of dehydration and different methods. The author talks about necessary equipment and how to properly store your dehydrated food. She provides you with lots of tips and tricks, plus troubleshooting advice. Then you have an A to Z recipe database of things you can dehydrate. Each recipe tells you how to dehydrate in the sun, oven and a dehydrator. I never realized there were multiple ways to dehydrate food, and how easy it can be. It's a lot less work than I thought. There are recipes for fruit, veggies, herbs, nuts and seeds and even meats. I can't wait to try some dehydration for myself. These recipes look amazing. I received this product for free for my honest unbiased review.

Another great book added to my collection. The recipes in the book are pretty simple. I tried several recipes in the book like the strawberry like fruit leather, basic energy bars and the pear crisp. They all turned out really tasty. My kids loved it especially the fruit leather. This book was a great hit with not only me but my kids too. If you love baking and cooking then you will love this book. It has an array of recipes from cookies to soup and even rice. I received this product for free in exchange for my honest and unbiased review.

Our family enjoys going camping and hiking. I wanted to get this book for the instructions on how to dehydrate different fruits and veggies and recipes that use them. With our backyard garden, we always have an abundance of produce that gets canned and frozen. This cookbook offer a new

solution to storing that produce. The recipes and dehydration instruction are easy to follow and simple to understand. The practical tips offered are perfect for the beginner. I received this product at a discounted rate in exchange for my honest and unbiased review.

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Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40)  
The Ultimate Dehydrator Cookbook: The Complete Guide to Drying Food, Plus 398 Recipes, Including Making Jerky, Fruit Leather & Just-Add-Water Meals  
Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss  
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Williams-Sonoma Foods of the World: Florence: Authentic Recipes Celebrating the Foods of the World  
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