

The Dehydrator Bible Includes Over 400 Recipes By Mackenzie Jennifer Nutt Jay Mercer Don Unknown Edition Paperback2009

"Dehydrating is one of the most effective ways to preserve food for maximum nutrition at very low cost. Sales of dehydrators are soaring as many cooks reject the suspect ingredients in commercially prepared foods. Dehydrating with the recipes in this book is one way to control all ingredients and please the whole family. "--From publisher description.

The Dehydrator Bible Robert Rose Incorporated

This essential companion for putting your food dehydrator to work features instructions and techniques for drying all the most popular fruits and vegetables, along with meat and herbs. You'll learn to dry fruits and vegetables at their peak, giving you an easy and economical way to stock your pantry with apple rings, mango slices, banana chips, dried soup beans, tomatoes, and much more for year-round enjoyment. In addition, drying guidelines for specialty items like meat jerky, fruit leather, dried herb and spice mixtures, backpacking meals, and even baby food round out this friendly handbook.

The Cosori Dehydrator Cookbook: 300 easy & delicious recipes to help smart people save time and money. Dehydration is one of the oldest, most versatile and best ways of taking advantage of a surplus of fresh produce. This can help save you tons of money, especially if you're buying seasonal fruits or vegetables when they're at their cheapest. Dehydration creating foods that are compact, perfect for traveling, and great for a quick snack or backup meal. The Cosori Dehydrator Cookbook is your all-in-one guide to easy, affordable home drying, pairing delicious dehydrated foods with easy-to-navigate guidance to get you drying in no time. This Cosori Dehydrator Cookbook contains the following categories: Meat Fruits Vegetables Herbs & Powder Crackers Sweets & Desserts Chips Soup Dairy Flour From this cookbook you will learn: What is the COSORI Premium Food Dehydrator? How Does It Work? Best Foods to Dehydrate FAQs About Using a Dehydrator And More... Get a copy of this great Cosori Dehydrator Cookbook and Whether you're on the go or snacking at home, the portable dishes in this cookbook will add some deliciousness to your pantry. Tags: cosori dehydrator, dehydrator cookbook, dehydrator cookbooks, dehydrator cookbook for outdoor adventurers, dehydrator cookbooks for beginners, dehydrator cookbook the complete guide, dehydrated food recipes, dehydrated foods recipes, food dehydrator cookbook, dehydrator recipe book, drying food recipes, vegetable dehydrator

How to Dehydrate Fruit, Vegetables, Meat & More

My Ultimate EXCALIBUR Food Dehydrator Recipe Book

The Dehydrator Cookbook for Outdoor Adventurers

Lipsmackin' Backpackin'

A Modern Forager's Recipes for Curing, Canning, Smoking & Pickling

Mary Bell's Comp Dehydrator Cookbook

Dried & True

This early work is a fascinating guide to canning and preserving food. Its 56 pages are extensively illustrated with text and full page photographs. Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

Learn to use your Excalibur Food Dehydrator like a Pro! Get the most out of your Excalibur Dehydrator with 100 delicious recipes and illustrated "how to" instructions tailored specifically for the Excalibur. Want to spend your time creating delicious meals, sides and desserts instead of reading a manual? Then this book is for you!

Designed to be the perfect companion for anyone who owns an Excalibur Food Dehydrator, this book contains the following: LEARN HOW TO: - make a huge selection of perfect meat and fruit jerky and fruit rolls - make delicious gluten-free bread and crackers - create an amazing variety of teas - make exotic and healthy spices - get the absolute most out of your Excalibur. LEARN HOW TO AVOID: - wasting food (and save money while your at it) - longer than needed dehydration times - messy, sticky dehydrator trays - mediocre results instead of consistent, reliable results. OUR SIMPLE, NO-RISK GUARANTEE: Learn how to prepare food with your Excalibur like a pro and enjoy the most tender and flavorful meals, sides and desserts your family and friends will love or we will happily refund you! If you're ready to enjoy the best meals you've ever tasted, then hit that "Add to Cart" button now! FREE SHIPPING for Amazon Prime members.

Dry your favorite fruits, vegetables, and meats, making incredible meals with the results.

Make your own high-quality backcountry meals. Are you a seasoned backcountry hiker seeking to lighten your pack? Or, are you a canoe tripper looking to bring variety and savings to your meals? Do you have dietary needs that ready-made meals cannot accommodate? Are you a front country car camper or overnight hiker looking to get deeper into the backcountry? Backcountry Eats is a valuable tool on how to take your trips a step further and explore the backcountry on multi-day adventures. In Backcountry Eats,

Kevin Ride demystifies food dehydration techniques and outlines everything you need to know to make your own dehydrated meals for backcountry travel. Within these pages you will discover how to: • select a dehydrator, • dehydrate food of various types (fruit, vegetables, meats, seafood, grains, pasta) safely. • meal plan and ration plan, • portion and package your meals, • select a stove and fuel, • bake in the backcountry, and • protect your food from wildlife. Backcountry Eats includes a recipe section with over 100 dehydrated recipes featuring simple one pot meals that rehydrate by adding water, but also rounds-out your repertoire with other recipes such as fruit leather, jerky, granola bars, baked items such as bannock, and a variety of hot drinks.

300 Easy & Delicious Recipes for Smart People

The Complete Resource for Buying and Using Whole Grains and Specialty Flours, Heirloom Fruit and Vegetables, Meat and Poultry, Seafood, and More

Ball Blue Book of Canning and Preserving Recipes

Complete Dehydrator Cookbook

How to Dehydrate Your Favorite Foods Using Nesco, Excalibur Or Presto Food Dehydrators, Including 101 Recipes

The All New Ball Book Of Canning And Preserving Meals in a Jar

Far from being a fad, food dehydrating is one of the most ancient, effective, and nutritious ways of preserving food. Now, at last, there is a book that teaches absolutely everything there is to know about using an electric food dehydrator to dry foods at home -- and gives more than 100 foolproof recipes for scrumptious snacks and meals made from dried foods. With this extraordinary book, you can learn how to cross junk food and expensive store-bought snacks off your family's shopping list -- and add to your cupboard homemade, preservative-free fruit leathers, candied apricots, beef (and fish) jerkies, "sun" dried tomatoes, corn chips, banana chips, and so much more! Mary Bell gives specific techniques and instructions for preparing every kind of fruit (from apples to watermelon) and vegetable (from asparagus to zucchini). She also provides important shopping tips for buying an electric food dehydrator. The recipes for cooked meals (including mushroom soup, sloppy joes, pesto, and moist banana bread) will make this book a kitchen classic. And recipes for lightweight, filling trail snacks mean that the book will travel, too. Additional chapters explain to how make herb seasonings, granolas, celery powder, cosmetics, dried fruit sugars, potpourri -- and even pet treats! Food drying is an excellent way for gardeners to preserve their produce. It is a great way to make healthful snacks for the kids. It's perfect for the new wave of thrifty consumers who can't bear to spend dollars at health food stores for treats they could make for pennies themselves. And food drying doesn't use chemicals or preservatives--so it's great for you and for the planet, too!

Living a Raw vegan lifestyle does NOT require dehydrating, which is why Kristen Suzanne's EASY Raw Vegan recipe books -- other than this one -- rarely call for dehydrating. But if you own a dehydrator, or if you are trying to decide whether or not to buy one, then this book is for you. There are SO many fun and interesting things you can do with dehydrating Raw foods, such as making breads, crackers, wraps, pancakes, granolas, plant leathers (fruit roll-ups, etc.), seasonings, and much more. You can also intensify flavors, add cooked-like textures to your Raw foods, and even serve warm dishes with the food's nutritional integrity totally intact! This book is a great, thorough, and comprehensive introduction to dehydrating for people who are curious about the subject. It's also a must-have for Raw food enthusiasts who want to experience the full range of experiences in the Raw food cuisine. This Raw food vegan recipe book includes: SPECIAL OFFER: 10% OFF EXCALIBUR DEHYDRATORS & ACCESSORIES Dehydrating Fundamentals Recommendations on Which Dehydrator to Buy 55 recipes, including: 19 Using Fruits & Vegetables 5 Using Nuts & Seeds 12 Pancakes, Crackers, Breads & Wraps (Includes Kristen's famous Raw Maple Syrup for your pancakes!) 13 Special Dehydrated Ingredients A "Raw Basics" introduction to Raw food (with 6 basic "must have" recipes) for people who are new to the subject. Also includes links to food photographs at Kristen Suzanne's Web site, KristensRaw.com.

For those who have dreamed about furniture-making but have been afraid to pick up a chisel or turn on a tablesaw, Rough Cut Woodworking with Tommy Mac is the answer. Famed woodworker Tommy MacDonald and with WGBH Boston have joined forces to produce a 12-episode television show by the same name. This book features all 12 episodes, which include smaller projects like a Shaker Step Stool to larger undertakings like a Pilgrim Blanket Chest. All 12 traditional style pieces teach fundamental woodworking techniques in Tommy's encouraging and fun style and each features step-by-step instruction with photos, drawings, a materials list and skill-building techniques that focus on the fundamentals of woodworking.

This guide to dehydrated foods introduces the history and economic benefits of drying foods and shows how to equip a kitchen, shop for ingredients, and stay safe during food prep. It also teaches proper techniques and reviews the tools needed to make basic recipes for dried fruits, vegetables, and herbs, as well as dried dairy products and meat jerkies. Includes a glossary of terms, further resources, and a list of frequently asked troubleshooting questions.

Best Recipes From the Backs of Boxes, Bottles, Cans, and Jars

The Essential Guide to Food Drying

A Complete Guide to Every Type of Food Preservation with Hundreds of Delicious Recipes

Self Empowerment Mindset for Women for Making the Shift From Low Self Esteem and Be Whole Again With Meditation and Mindfulness and Have Your Wishes Fulfilled

Getting the Best from Your Dehydrator, from Fruit Leathers to Meat Jerkies

Backcountry Eats

Here's a cookbook destined to be talked-about this season, rich in techniques and recipes epitomizing the way we cook and eat now. Bar Tartine—co-founded by Tartine Bakery's Chad Robertson and Elisabeth Prueitt—is obsessed over by locals and visitors, critics and chefs. It is a restaurant that defies categorization, but not description: Everything is made in-house and layered into extraordinarily flavorful food. Helmed by Nick Balla and Cortney Burns, it draws on time-honored processes (such as fermentation, curing, pickling), and a core that runs through the cuisines of Central Europe, Japan, and Scandinavia to deliver a range of dishes from soups to salads, to shared plates and sweets. With more than 150 photographs, this highly anticipated cookbook is a true original.

A guide to the art and science of fermented foods provides recipes that progress from simple condiments to more advanced techniques, offering insight into the history and health benefits of fermentation.

Move beyond dried apricots and jerky into an amazing world of healthy and delicious dried foods! This ultimate food drying resource has something for everyone: vegetarians, natural and raw food enthusiasts, hunters, fishermen, gourmet cooks, gardeners, and hikers. Children will love the yummy fruit roll-ups. Everyone will be thrilled at how easy it is to preserve fruits, vegetables, and herbs without chemicals or preservatives. Animal lovers will enjoy making treats for dogs, cats, and birds. With more than thirty years of food drying experience, author Mary T. Bell offers straightforward and practical instructions for drying everything from apples to zucchini, without ignoring traditional favorites such as jerky, mushrooms, and bananas. Readers will also find innovative and delicious recipes for cooking and baking with dried foods. The Essential Guide to Food Drying gives readers the recipes, instructions, and inspiration they need to get the most out of their home food dehydrators.

The dehydrator is an incredibly useful tool for long-term food storage and making the most of your garden harvest.

Techniques & Recipes

Recipes for Making and Cooking with Fermented Foods

Long-Term Food Storage Techniques for Nutritious, Delicious, Lifesaving Meals

The Food Dehydrating Bible

The Solar Food Dryer

The Beginner's Guide to Dehydrating Food, 2nd Edition

How to Make and Use Your Own Low-Cost, High Performance, Sun-Powered Food Dehydrator

"A truly great book for any mason jar fan like me. Salads, smoothies, desserts, oatmeals, this book has it all." –Yummy Addiction Amy Fazio's second book, The Mason Jar Cookbook, shows the versatility and convenience of creating dishes in the mason jar. No longer just for jellies and jam, mason jars are now being filled in the most creative and often super healthy ways, such as salads and casseroles. The easy-to-follow recipes in this book will show you how to prepare breakfast, lunch and dinner in a mason jar. Oh, and dessert! Can't forget dessert. Some of the recipes included in the book are: Pumpkin Pie Overnight Oats Creamy Polenta with Bacon and Eggs Spicy Watermelon and Cotija Salad Roasted Butternut Squash and Kale Salad with Pepitas Mexican Caesar Salad with Greek Yogurt Dressing Lazy Lasagna Campers Sangria Pie in a Jar The Mason Jar Cookbook features, in beautiful full-color photos, over 100 ways to create, carry, and consume food in the mason jar. Many of the recipes will include tips on serving and storage. Several will also include notes on substituting ingredients to include seasonal fruits and vegetables. Beautiful, convenient, easy, versatile and just plain cool. Just some of the many reasons why everyone should have mason jars in their life. "For Amy, the mason jar can be a tool, a container, a serving container, a glass, or a way to deliver individual servings in style. Of course, you can do more than store." –Cooking by the Book

The Solar Food Dryer describes how to use solar energy to dry your food instead of costly electricity. With your own solar-powered food dryer, you can quickly and efficiently dry all your extra garden veggies, fruits, and herbs to preserve their goodness all year long—with free sunshine! Applicable to a wide geography—wherever gardens grow—this well-illustrated book includes: • Complete step-by-step plans for building a high-performance, low-cost solar food dryer from readily available materials • Solar energy design concepts • Food drying tips and recipes • Resources, references, solar charts, and more Eben Fodor is an organic gardener with a background in solar energy and engineering. He works as a community planning consultant in Eugene, Oregon.

100 Bible Stories will soon be hidden in your child's heart and bursting out in song. From Genesis and Revelation to Psalms, Proverbs, and Jesus' parables, children will read their favorite Bible story. Bible truths and Life Action Applications will help your child take these Biblical teachings to heart. **100 kid-friendly Bible stories** with adorable illustrations is a unique experience the whole family will enjoy!

The definitive guide to buying, storing, and enjoying whole foods, in full color for the first time and revised and updated throughout. An inspiring and indispensable one-stop resource, **The Essential Good Food Guide** is your key to understanding how to buy, store, and enjoy whole foods. Margaret M. Wittenberg shares her insider's knowledge of products available at national retailers and natural foods markets, providing at-a-glance buying guides. Her ingredient profiles include detailed preparation advice, such as dried bean cooking times, cooking ratios of whole grains to water, culinary oil smoke points, and much more. She also clarifies confusing food labels, misleading marketing claims, and common misperceptions about everyday items, allowing you to maximize the benefits of whole foods cooking. With full-color photography, this new edition of **The Essential Good Food Guide** is fully revised with the most up-to-date advice on organics, heirloom grains and legumes, gluten-free cooking options, and the new varieties of fruits and vegetables popping up at farmers' markets across the country to help you make the most of your time in the grocery aisle and the kitchen.

Dehydrating at Home

Recipes for Adventure

The Complete Idiot's Guide to Dehydrating Foods

A Fun Guide to Creating Snacks, Meals, and Crafts

Mastering Fermentation

100 Bible Stories, 100 Bible Songs

Quick and Easy Dehydrated Meals in a Bag

Quick and easy package and prepare meals—just add water. Prepackaged meals in a bag to throw in the crockpot or take on the trail. Includes crockpot meals, family dinners, healthy recipes, meals/foods for campers, hikers, backpackers, snacks, desserts, appetizers and dips, and seasonings. For today's families who want quick and easy to prepare meals For taking on the trail—the outdoor market of hikers, backpackers who want to prepare their own delicious, nutritious foods for pennies a meal Survivalists looking for meals that they can store and keep for whatever the emergency—dehydrated foods keep longer than canned and frozen For those who grow their own foods in the garden and are looking for ways to preserve the bounty For those who want to eat clean and healthy without additives and preservatives, spoilage, or waste A food dehydrator is a versatile kitchen appliance that enables you to easily preserve large quantities of fresh foods and create healthier versions of grocery store treats. Not only can you and your family snack healthier and add variety to your diet, you can save money at the same time! The snack recipes in **Dehydrating at Home** are a perfect solution for busy families who do not want to compromise when it comes to health and nutrition. **Dehydrating at Home** features easy recipes for the beginner such as Dried Nectarines, Strawberry-Apple Fruit Leather, or Dried Tomatoes. It also features a wide variety of recipes that take dehydrating to the next level such as Polka Dot Fruit Roll Ups, flatbreads, cookies, and yogurt. The majority of the recipes are inspired by fresh seasonal ingredients that develop upon the ingredients' innate deliciousness. **Dehydrating at Home** emphasises foods that store well for months in addition to being easy to grab on your way out the door to school, work, sporting events, or a walk in the woods. The Herbs & Seasonings chapter is an exception to this rule, but its simple recipes strive to make your time in the kitchen easier and more fruitful. Once you learn what to look for in a dehydrator, how to prepare your foods for dehydrating, and how to store your bounty, your dehydrator can become a major player in your kitchen that can save you a great deal of money as well as produce foods that are much fresher and tastier than their supermarket counterparts.

Learn to preserve your food at home with this ultimate guidebook! **The Home Preserving Bible** thoroughly details every type of preserving—for both small and large batches—with clear, step-by-step instructions. An explanation of all the necessary equipment and safety precautions is covered as well. But this must have reference isn't for the novice only; it's filled with both traditional and the latest home food preservation methods. More than 350 delicious recipes are included—both timeless recipes people expect and difficult-to-find recipes.

Stock your pantry with shelf-stable, homemade meals you can serve in no time with this unique and practical recipe book. With Julie Languille's **Meals in a Jar**, all you have to do is pull one off the shelf, mix with water, cook, and serve. It's as quick and easy as preparing a box of mac and cheese—but it's not store-bought junk, it's your favorite dishes made from scratch. With Julie's easy-to-follow recipes and a little planning, you'll have your pantry stocked with healthy, delicious ready-to-cook meals, like:

- Tomato Soup with Cheese
- Cheddar Garlic Biscuits
- Cornmeal Pancakes with Syrup
- Breakfast Burritos
- Chicken Chipotle Soup
- Carnitas
- Braised Short Ribs
- Turkey Pot Pie
- Coq Au Vin
- Rustic Fruit Pie

Meals in a Jar is packed with step-by-step instructions for natural breakfasts, lunches, dinners and desserts that allow even the most

inexperienced chefs to make scrumptious, nutritious dishes. Not only are the recipes in this book perfect for carry-along camping fare or rushed weeknight dinners, they can also be life-savers in times of disasters like fires, blackouts or hurricanes.

100 Delicious Every-Day Recipes Including Jerky, Tea and Potpourri!

Junior's Dessert Cookbook

Over 200 of the Best Canned, Jammed, Pickled, and Preserved Recipes

The Essential Good Food Guide

A Beginner's Guide

Delicious and Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Bread, Granola, Bars and Wraps

The Beginner's Guide to Making and Using Dried Foods

The New Food Dehydrator Bible - A Must-Have For Any Dehydrator Owner Learn how to use your new (or old) food dehydrator like a Pro! Are you purchasing a Nesco, Excalibur, Presto, Waring, Ronco or other food dehydrator? Then you'll need this book! Amazon #1 Best Seller author Lisa Brian has cracked the code on food dehydrating, and written an easy-to-use yet comprehensive guide to getting the most out of your dehydrator. Here's what you'll learn: * How to get the most out of your new dehydrator * How to dehydrate anything! (from fruit to vegetables, to nuts, to meats) * Proper temperatures for different foods * How to pick foods for dehydrating * How to marinate and prepare foods for dehydrating * How to properly store dehydrated foods PLUS...101 delicious recipes showing exactly how to make: * Vegetable Chips * Fruit Leathers * Granola * Trail Mix * Jerky * And much, much more! FULLY GUARANTEED, NO RISK! Hit the "Add To Cart" button today! Remember - FREE SHIPPING for Amazon Prime members :)

Whether you forage in the wild or at the farmers' market, you'll delight in the unique preserves featured in this one-of-a-kind collection. With a reverence for the natural world and all of its edible bounty, Matthew Weingarten and Raquel Pelzel encourage you to explore the ways in which wild ingredients can be transformed into tasty foods through a range of preserving techniques that include canning, smoking, curing, and pickling. Enjoy your own delicious Duck Prosciutto, Dandelion Jelly, Crab Apple Mostrada, and more!

From the experts at Jarden Home Brands, makers of Ball canning products, comes the first truly comprehensive canning guide created for today's home cooks. This modern handbook boasts more than 200 brand new recipes ranging from jams and jellies to jerkies, pickles, salsas, and more. Organized by technique, *The All New Ball Book of Canning and Preserving* covers water bath and pressure canning, pickling, fermenting, freezing, dehydrating, and smoking. Straightforward instructions and step-by-step photos ensure success for beginners, while practiced home canners will find more advanced methods and inspiring ingredient twists. Tested for quality and safety, recipes range from much-loved classics—Tart Lemon Jelly, Tomato-Herb Jam, Ploughman's Pickles—to fresh flavors such as Asian Pear Kimchi, Smoked Maple-Juniper Bacon, and homemade Kombucha. Make the most of your preserves with delicious dishes including Crab Cakes garnished with Eastern Shore Corn Relish and traditional Strawberry-Rhubarb Hand Pies. Special sidebars highlight seasonal fruits and vegetables, while handy charts cover processing times, temperatures, and recipe formulas for fast preparation. Lushly illustrated with color photographs, *The All New Ball Book of Canning and Preserving* is a classic in the making for a new generation of home cooks.

Learn how to make your own beef, venison, poultry, fish, fruit, and veggie jerky for a money-saving, whole-food, nutritional snack. There is nothing like savory, chewy jerky to satisfy a hunger craving. This delicious treat has seen a resurgence as more and more people have been returning to the basics and adopting a self-sufficient lifestyle. Not only is homemade jerky much less expensive than the packaged kind, but it's also surprisingly simple to make, and it's much more flavorful. This incredibly hardy food has stood the test of time, and it's not hard to see why—it lasts long, tastes great, and travels well. In *The Jerky Bible*, Kate Fiduccia shows you how to create delicious jerky with instructive step-by-step photos that take you through the process. Inside, you'll learn how to utilize more than forty flavorful marinades to create a wide range of flavors including Caribbean marinade, sweet beer marinade, and Apple Valley marinade. In addition, readers will learn how to identify the best cuts for jerky, the process behind preparing it, the different types of equipment available for drying jerky, and how the process has changed over the years. Fiduccia offers a wide range of jerky recipes covering beef, pork, chicken, venison, turkey, game birds, and fish. Enjoy more than fifty recipes, such as: Aloha jerky Fast and easy teriyaki jerky Honey Lola sweet venison jerky Brian's hot-to-trot venison jerky On the range jerky Skip the junk food and start enjoying this delicious snack today!

Making & Using Dried Foods

The Ultimate Dehydrator Cookbook

The Jerky Bible

Healthy, Delicious Recipes for Backpacking and Beyond

The Complete Guide to Drying Food, Plus 398 Recipes, Including Making Jerky, Fruit Leather & Just-Add-Water Meals

The Dehydrator Bible

80 Healthy and Portable Meals

Enjoy that fresh harvest taste all year. Whether you're using a dehydrator, oven, or the sun's rays, you can easily dry your own vegetables, fruits, herbs, and meat. Teresa Marrone's simple step-by-step instructions cover all the basics you need to know about drying, storing, and rehydrating your favorite foods. With over 140 dried-food recipes — ranging from veggie chips to casseroles and beef jerky to baby purées — you'll be amazed at the variety of healthy and delicious options that dried foods offer. Tips, tricks, and techniques for preparing shelf-stable foods in your dehydrator—from the founder of PreparednessMama. Instead of relying on preservative-filled packaged goods, fill your prepper stockpile with the tastier, healthy alternative—dehydrated foods. Whether you grew it, butchered it or purchased it fresh, it's going to be more delicious and more nutritious if you personally preserve it in your own dehydrator. Packed with everything you need to know about this power method for creating shelf-stable foods, Prepper's Dehydrator Handbook includes: Tips for locking in produce's natural flavor Seasoning recipes for delicious jerkies Drying techniques for delicate herbs Tricks for working in bulk to keep costs down Crucial advice on how to prevent spoilage "Everything you need to know about getting started dehydrating and building up your food supply is in this book. Solar drying, oven drying, dehydrator drying and microwave drying are all covered." —Country Living in Cariboo Valley "This book will be a very important book in my cookbook collection as well as a great reference book for my food storage. I found this to be one of the most complete books on dehydrating that I have seen or owned. I think you will find this to be a very important part of your food storage books too." —Living Life in Rural Iowa

Self-esteem is one of the most important aspects of your life. Your success in life, in relationships, and your happiness depends on your self-esteem. If you have low self-esteem, you may find that you have more struggles in life than those who do not lack self-esteem. Do you think that it is impossible for you to think better of yourself? Do you often wish to be someone else? Do you believe that you are not worth it? Has your life, your job, and your relationships all suffered because of your low self-esteem? Do you feel trapped by the pain inside of you? By answering yes to any of these questions, you now know that you have found the right book to help you to defeat the feelings of being worthless. Having low self-esteem is not a very easy thing to deal with. It can cause quite a lot of mental and emotional problems. People suffering from low self-esteem have a hard time believing that it is possible to do anything about their situation. This book goes in depth about: Being Confident Your Own Mindset Boosting Self Esteem Motivation Habits Beating Failure This book was tailored to teach anyone practical ways to incrementally increase their level of self esteem, one step at a time. It strives to explain everything in the least amount of words possible so you can spend more time taking action rather than sitting down and reading. Take the first steps to learn how to boost your inner confidence with a proven guide and strategies that are backed up by scientific evidence. If you are ready to conquer your success and start taking action today then look no further. Take initiative and start living your ideal life today! get your copy today.

Bestselling author of the Mini Farm series, self-sufficiency expert Brett Markham turns his attention to the timeless art of food dehydrating. An avid food dryer for years, Brett walks you through the simple steps for dehydrating everything from traditional classics like apples and jerky to more unusual fare. Whether you're following a raw food lifestyle or looking for new ways to make the most of your garden's produce, this is an inside look at all aspects of dehydrating. The Food Dehydrating Bible includes: • Straightforward, easy easy-to-to-follow instructions • Dozens of recipes • Diagrams • One hundred color photographs • And more! This is a must-have manual for beginners and dehydrating gurus alike! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Making Great Dehydrated Meals for Backcountry Adventures

75 Recipes for Cheesecakes, Pies, Cookies, Cakes, and More

Self Esteem

How to Dry Foods

The Magic of Your Dehydrator in 80 Delicious Recipes and Inspiring Techniques

The Home Preserving Bible

How to Preserve All Your Favorite Vegetables, Fruits, Meats, and Herbs

Not a fan of bland, boring, and lifeless meals after a hard day of backpacking? Neither are the Connors, which is why you'll find their new second edition packed full of even more tasty favorites from the trails! Completely revised and updated, this all-in-one food guide builds on the format pioneered by the original, providing clear and thorough at-home and on-trail preparation directions, nutrition and serving information, and the weight of each recipe, while adding a wealth of reference information and instructional material. Pacific Crest Pancakes, Jammin' Jambalaya, and Buried Forest Trail Fudge - it's in here!

When you dry food, you're saving everything: energy, nutrients, money, and, best of all, taste. This step-by-step guide to drying all kinds of fruits, vegetables, and nuts is also the most comprehensive reference available for methods of drying and home dehydrating equipment. The only book needed to master this age-old culinary tradition, How to Dry Foods includes: Step-by-step instructions on how to dry a wide variety of foods Updated information about equipment and drying techniques More than 100 delicious recipes, from main courses to desserts and more Helpful charts and tables for at-a-glance reference Food safety tips Clever crafts that are made from dried foods

The Complete Dehydrator Cookbook: the definitive guide to deliciously easy meals From sun-dried produce in ancient Egypt to salty air-dried fish aboard Viking ships, dehydration is one of the oldest, most versatile methods of preservation--creating foods that are compact, perfect for traveling, and great for a quick snack or backup meal. The Complete Dehydrator Cookbook is your all-in-one guide to easy, affordable home drying, pairing delicious dehydrated foods with easy-to-navigate guidance to get you drying in no time. Whether you're preserving seasonal crops or making

protein-packed camping snacks, this dehydrator cookbook takes you through the ins and outs of dehydrating, storing, and rehydrating a wide variety of foods. The Complete Dehydrator Cookbook is also brimming with 125 simple dehydrator recipes for everything from stews and curries to herbal teas and spice blends to ready-to-eat breads, crackers, and cookies. The Complete Dehydrator Cookbook includes: A to Z drying--Explore the essential equipment you'll need, troubleshooting tips, and detailed directions on how to dehydrate more than 75 different kinds of food, including fruits, vegetables, herbs, nuts, yogurt, tofu, meat, pasta, rice, and more. Dehydrated dishes--Enjoy a variety of deliciously healthy recipes in this dehydrator cookbook, including just-add-water instant meals, and snacks like fruit leathers, chips, and jerky. Low temp, big flavors--Raw foodists will find plenty of low-temp, plant-based foods to make, like Mixed Vegetable Bread, Sweet and Salty Dried Almonds, and Double-Chocolate Biscotti. Whether you're on the go or snacking at home, the portable dishes in this dehydrator cookbook will add some deliciousness to your pantry.

This is in essence your book. Or, to put it more accurately, it is the cookbook you would have undoubtedly compiled if only you had time for the project. It is a treasury of every recipe you've ever seen on the backs of boxes, bottles, cans, and jars. Crafted from goods found in your own kitchen, this cookbook compiles all the recipes you meant to cut out and save from the supermarket. Homage to their time, these classic recipes with easy to follow instructions are from the people who know the ingredients like the back of their hand. There's a morsel from every generation and the origin of each kitchen cupboard favorite. Traditional family recipes such as green bean casserole, scalloped potatoes, and marshmallow treats will make your friends drool. Whether you're entertaining one or many, Best Recipes from the Backs of Boxes, Bottles, Cans, and Jars is a staple for every pantry.

Preserving Wild Foods

Grow it. Dry it. Enjoy it!

Lightweight, Trail-Tested Recipes for Backcountry Trips

Bar Tartine

Cosori Dehydrator Cookbook

Preserve Fresh Fruits, Vegetables, Herbs, and Meat with a Dehydrator, a Kitchen Oven, or the Sun

Healthy, Hearty and Homemade Backpacking Recipes

Dehydrators have transitioned from the kitchens of the world's best chefs onto the wedding registry—and this book reveals why. There's no dinner party with friends, school lunchbox, or weekend-backpack dry bag that isn't made more delicious and nutritious thanks to a dehydrator. In this book are the secrets of creating who-knew treats: all kinds of jerky, fruit leathers, savory vegetable crisps, flavor-packed powders that add oomph to your cooking, and perfect melt-in-your-mouth meringues. Eighty recipes include ways to incorporate your dried creations in your baking, cooking, and cocktails. Maybe you didn't know you needed a dehydrator. Now you do!

Dry and store fruits, vegetables, grains, meats, and herbs with these simple, step-by-step instructions. Includes dozens of recipes and plans for building your own food dryer.

The Ultimate Guide to Dehydrating Food for the Trail. Over 75 trail-proven backpacking recipes will have you cooking like an accomplished chef with step-by-step instructions and full-color photos on every page. Discover a scrumptious variety of light-weight options for meals, snacks and desserts. Whether you hit the trail with a backpack, kayak, bicycle, sailboat, RV or motorcycle, Chef Glenn's backpacking cookbook is guaranteed to make meal time as deeply satisfying as your adventures. Cook healthy and hearty trail meals as easily as freeze-dried meals – without the artificial ingredients. While absolutely delicious, the pre-assembled meals are easy to cook in camp with nothing more than a small pot, stove and spoon. Ensure your food stays safe and secure with Chef Glenn's dependable and well-organized food packing techniques. Comfortably carry a week's worth of dehydrated meals without stopping to resupply. Save money, too. Three or four homemade trail meals cost about the same as one freeze-dried meal. The first half of the book covers how to dehydrate fruits, vegetables, meats, scrambled eggs and more. Learn how to make bark by drying starchy root vegetables, Chef Glenn's innovative but simple technique for making flavorful and saucy backpacking meals. The second half of the book presents a wide variety of delicious recipes for breakfasts, lunches, dinners and desserts.

Kristen Suzanne's Easy Raw Vegan Dehydrating

Dehydrating Food

The Complete Food Dehydrator Cookbook

The Mason Jar Cookbook

Prepper's Dehydrator Handbook

Quick and Easy, Just-Add-Water, Homemade Recipes

How to Dry, Cure, and Preserve Beef, Venison, Fish, and Fowl