

The Ultimate Dehydrator Cookbook The Complete Guide To Drying Food Plus 398 Recipes Including Making Jerky Fruit Leather Just Add Water Meals

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.

Dehydrating is the ultimate and most versatile way to store food. Even if you've never used a dehydrate before, this book's easy-to-follow instructions will help you learn the craft faster than you thought possible. More precisely, the book will teach you: The basis of dehydration, including what it is, why it is important to dehydrate, how it works, and the many benefits of dehydrating foods. The best foods for dehydrating, including the timing for dehydrating different foods, the different methods of dehydrating, including the modern types of dehydrators, and how to choose an ideal dehydration method. Steps to take to dehydrate different foods, including the place of pre-treating food in the process and how to do it right How to properly store the food you've dehydrated, including the golden rules for perfect storage. Some pro tips for dehydration and all about rehydration Easy to make dehydration recipes for herbs, tea blends, and flowers, with the necessary ingredients and clear and concise instructions on how to prepare each perfectly. How to prepare, pre-heat, and dry fruits, including the place of fruit leather and how to prepare it. A collection of tasty fruit recipes, with elaborate ingredients and easy to follow instructions to make sure you prepare each recipe perfectly. How to pre-treat, prepare, and dry vegetables, with step-by-step guides on how to dehydrate common vegetables and some tasty vegetable recipes. If you're drying in the sun, using an electric food dehydrator or drying in the oven, this book will show you how easy it is to preserve food in a way that makes it last longer than freezing or canning. Get your copy today, go ahead to the top of the page and Order the book!!!

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

Your food dehydrator can do more than you think! Learn how to use your new (or old) food dehydrator like a Pro! Do you own 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! (Scroll up and click on book cover to "LOOK INSIDE" and see full recipe table of contents) OUR SIMPLE, NO-RISK GUARANTEE: Learn how to cook with your food dehydrator like a pro, and enjoy the most flavorful snacks and meals that your family and friends will love, or we will refund you! Ready to master your dehydrator like a seasoned chef? Then hit the "Add to Cart" button now! FREE SHIPPING for Amazon Prime members.

The Solar Food Dryer

Dried & True

101 Dehydrator Machine Recipes For Jerky, Fruit Leather, Dehydrated Vegetables and More, Plus Instructions & Pro Tips, in the Ultimate Dehydrator Cookbook!

The Dehydrator Cookbook for Outdoor Adventurers

Preserve it Naturally

The Ultimate Recipe Guide

The Complete Food Dehydrator Recipe Book

*The Ultimate Dehydrator Cookbook Get your copy of the most unique recipes from Dorothy McDonald ! Do you miss the carefree years when you could eat anything you wanted?Are you looking for ways to relive the good old days without causing harm to your health?Do you want an ideal way to preserve your food?Do you want to lose weight? Are you starting to notice any health problems?Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-*prep* ahead of time, and even use your leftovers for other recipes.and detailed nutritional information for every recipe. The Ultimate Dehydrator Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen.*

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.

The dehydrator is an incredibly useful tool for long-term food storage and making the most of your garden harvest. The Ultimate Dehydrator Cookbook contains everything you need to know to get the greatest value from a home dehydrator. • Includes tips on selecting a dehydrator, as well as proper sanitation, storage, and rehydration techniques • Individual entries on how to dehydrate all manner of berries, fruits, vegetables, greens, herbs, and edible flowers include information on how to prep, dehydration temperatures, and times • Includes recipes for making your own teas, herb blends and rubs, flavored oils, instant baby food, jerky, and fruit leathers • Includes nearly 400 recipes for cooking from your dehydrator pantry. There is an entire chapter dedicated to slow cooker recipes using dehydrated ingredients and one on dehydrated meals for backpackers and campers.

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

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

The Ultimate Guide to Dehydrating and Preserving Foods, Including Easy Food Drying Techniques for Fruits, Vegetables, Meats, Herbs and Much More

From Dried Mushroom Risotto to Grilled Tuna with Papaya Chutney, More Than 100 Recipes Bursting with Fresh Flavor

The Ultimate Dehydrator Cookbook

Grow it. Dry it. Enjoy it!

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

The Complete Food Dehydrator Cookbook

Food dehydration delivers the vast majority of foods with the same vitamins and minerals as their fresh counterparts, in a remarkable array of concentrated flavors, nutrients and enzymes. According to health professionals, "The dehydration process retains almost 100% of the nutritional content of the food, retains the alkalinity of fresh produce and actually inhibits the growth of microforms such as bacteria." The shriveled state of dehydrated vegetables may make them seem less appetizing than their fresh or frozen cousins at first glance. However, drying vegetables for later use is one of the oldest and easiest methods of food preservation.

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 gluten-free, vegan recipes"--Cover.

55% OFF for Bookstores! NOW at \$36.95 instead of \$47.95! Do you want to learn ways to drying and storing food, preserving fruit, vegetables, meat & more? Plus healthy, delicious and easy recipes for jerky, snacks and fruit leather? If yes, then keep reading... Your Customers Will Never Stop to Use this Awesome Cookbook! But, you may be saying, what about canning? What about freezing? What's wrong with these methods of preservation? Here are some reasons why many people choose drying over the other methods of food preservation. Less time and skill required. If you've ever tried canning and given up because things didn't turn out as planned, take comfort: Dehydrating foods is a lot easier and less time consuming. Less storage space needed. The era of living in oversized houses is gone, and these days many of us have moved into smaller homes. Maybe your grown children have moved back with you or your family's had a recent young addition. Either way we need to make the most of the space we have. The last thing we want to do is fill shelves with canned foods or even a chest freezer taking up valuable feet in the basement or garage. Dehydrating shrinks foods down to one-tenth of their original size, so a pound of carrots can easily fit into a small jar. If you have a small kitchen or limited storage space, dehydration is for you. Capture flavor when it's at its freshest. One of the best things about summer is the abundance and variety of produce. This book covers: - Why Dehydrate Foods? - The Best Ways, Temperature and Cooking Times to Dry Foods - Instructions on How To Dry Fruits, Vegetables, Meat and Herbs with easy and economical way - The Best Techniques to Preserve Dried Foods - Jerky Recipe - More Jerky Recipes - Snacks Recipes - More Snack Recipes - Fruit Leather Recipes - More Fruit Leather Recipes - Main Course Recipes - More Main Course Recipes Make preservation pay off. We all love to eat something tasty and sweet in between meals. When you dehydrate fruits, their flavors not only become more concentrated but they get sweeter and therefore make the ideal snack for both kids and adults. Enjoy preservative-free food. If you're a label detective, you'll know that even a bag of apricots can contain ingredients that warrant an advanced degree in chemistry to decipher. Dry your own foods and you'll know what's in them every time. Buy it NOW and let your customers get addicted to this amazing book

Prepper's Dehydrator Handbook

The Ultimate Air Fryer Oven Cookbook

Fantastic Food from Hawaii

A Complete Guide to Food Dehydration

The Ultimate Guide for Beginners to Drying Food at Home, With More Than 100 Healthy and Easy Recipes, Including Making Vegetables, Meats, Fruits and Much More

The Dehydrator Bible

The Ultimate Healthy Dehydrator Cookbook

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 th

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.

INCLUDES 365 DEHYDRATOR RECIPES Own a dehydrator? Well, this is just the beginning. What can you prepare with the dehydrator? This dehydrator cookbook provides an endless amount of recipes for you to enjoy. Dehydrating has never been easier than it is now. Go through all of the recipes one by one and watch as you fall in love with food again. Melanie Adams provides a range of breakfast, lunch, and dinner recipes for you to sift through and implement. Why not take advantage of it right now?! This is the ultimate dehydrator cookbook you have been on the look out for. Whether it is jerky, fruit leather, or general snacks, you will find a recipe on offer in this read. With this dehydrator recipe book, you will not only

how to dry foods, but how to use them as well in proper recipes. Get your hands on this food dehydrator cookbook and get started now! Whether you own a Nesco, Excalibur, Presto, Nutrichef, or any other dehydrator, this is a great recipe book to use moving forward. 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. V 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 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!

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!

Easy Recipes For Preparing Tasty Meals For Weight Loss And Healthy Lifestyle All Year Round

The Blender Girl

The Food Dehydrating Bible

Dehydrator Cookbook

Dehydrating Food

A Beginner's Guide

Healthy, Hearty and Homemade Backpacking Recipes

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 You are not close to Hawaii, but would like to bring the Hawaiian food culture into your kitchen? No problem as this is exactly the reason this cookbook is in existence. By consulting this book, you will be equipped with everything you need to prepare Hawaiian meals. And the best part of it all is that everything will take place in your kitchen. How convenient! Also, you will discover some additional tricks and tips you can try to make every experience unforgettable. All right, grab this book now and let us get started.

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 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

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.

Meals in a Jar

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

The Complete Idiot's Guide to Dehydrating Foods

Good Hot Grub You Can Make at Home, Dehydrate, and Pack for Quick, Easy, and Healthy Eating on the Trail

150 Recipes to Make and Cook with Dehydrated Foods

The Microbiome Cookbook

Super-Easy, Super-Healthy Meals, Snacks, Desserts, and Drinks - 100 Gluten-Free, Vegan Recipes

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.

Guide to safe food preservation through dehydration. Foods running the gamut of fruits & vegetables, meat, fish, herbs, cheeses & tofu, yogurt and even pickles can be home dried. This book is written for the Excalibur Dehydrator, however the information is transferrable to traditional methods of solar drying, air & shade drying, and oven drying.

You Are About To Learn How To Unlock The Full Power Of The Dehydration To Reduce Food Waste By Increasing Shelf Life, Improve Your Health, Save Money, Increase Portability Of Food, Ensure You Have A Steady Supply Of Natural Foods Irrespective Of The Changing Seasons And Much More! Imagine being able to pull your favorite fruits and or vegetables straight from your fridge or pantry even when they are out of season - including during those extreme winter months... And not just that, imagine having a way of storing all the mounts of highly perishable produce from your garden (if you have one) for later use... How much life changing would that be for you and your household? I can bet that it would indeed be life changing. And that's what dehydrating food can do for you and much more! But what exactly is dehydration and what does it entail? What does dehydration do that makes it possible to keep different foods for so long? How do you go about dehydrating different foods? How is it different from all the other methods of increasing food's shelf-life? Are there any rules/guidelines/principles you can follow to dehydrate different foods? What benefits should you expect to get from dehydration? How do you go about choosing a dehydrator if you don't have one already? If you have these and other related questions about dehydrating food, this book is for you so keep reading. More precisely, the book will teach you: The basis of dehydration, including what it is, why it is important to dehydrate, how it works, and the many benefits of dehydrating foods The best foods for dehydrating, including the timing for dehydrating different foods The different methods of dehydrating, including the modern types of dehydrators and how to choose an ideal dehydration method Steps to take to dehydrate different foods, including the place of pre-treating food in the process and how to do it right How to properly store the food you've dehydrated, including the golden rules for perfect storage Some pro tips for dehydration and all about rehydration Easy to make dehydration recipes for herbs, tea blends and flowers, with the necessary ingredients and clear and concise instructions on how to prepare each perfectly How to prepare, pre-heat and dry fruits, including the place of fruit leather and how to prepare it A collection of tasty fruit recipes, with elaborate ingredients and easy to follow instructions to make sure you prepare each recipe perfectly How to pre-treat, prepare and dry vegetables, with step-by step guides on how to dehydrate common vegetables and some tasty vegetable recipes The steps for dehydrating and rehydrating meat, with tasty meat recipes And so much more If you're looking to dehydrate for self-sufficiency, to improve your health or to use up the mounts of produce from your farm or garden, then this book is perfect for you. Even if you've never used a dehydrator before, the easy-to-follow guidelines in this book will help you to master the craft faster than you thought was possible. Whether you're sun drying, using an electric food dehydrator or oven drying, this book will show you how easy it is to preserve food in a way that makes it last longer than freezing or canning. Just scroll up and click Buy Now With 1-Click or Buy Now to get started today!

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.

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

How to Dehydrate Fruit, Vegetables, Meat & More

300 Easy & Delicious Recipes for Smart People

Recipes for Adventure

Mary Bell's Comp Dehydrator Cookbook

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

Dehydrating is the ultimate and most versatile way to store food. Even if you've never used a dehydrator before, this book's easy-to-follow instructions will help you learn the craft faster than you thought possible. More precisely, the book will teach you: The basis of dehydration, including what it is, why it is important to dehydrate, how it works, and the many benefits of dehydrating foods. The best foods for dehydrating, including the timing for dehydrating different foods, the different methods of dehydrating, including the modern types of dehydrators, and how to choose an ideal dehydration method. Steps to take to dehydrate different foods, including the place of pre-treating food in the process and how to do it right How to properly store the food you've dehydrated, including the golden rules for perfect storage. Some pro tips for dehydration and all about rehydration Easy to make dehydration recipes for herbs, tea blends, and flowers, with the necessary ingredients and clear and concise instructions on how to prepare each perfectly. How to prepare, pre-heat, and dry fruits, including the place of fruit leather and how to prepare it. A collection of tasty fruit recipes, with elaborate ingredients and easy to follow instructions to make sure you prepare each recipe perfectly. How to pre-treat, prepare, and dry vegetables, with step-by-step guides on how to dehydrate common vegetables and some tasty vegetable recipes. If you're drying in the sun, using an electric food dehydrator or drying in the oven, this book will show you how easy it is to preserve food in a way that makes it last longer than freezing or canning.

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.

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.

The Ultimate Dehydrator CookbookThe Complete Guide to Drying Food, Plus 398 Recipes, Including Making Jerky, Fruit Leather & Just-Add-Water MealsStackpole Books

My Ultimate EXCALIBUR Food Dehydrator Recipe Book

The Ultimate Raw Vegan Recipe Book

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

The Ultimate Complete Guide on How To Drying and Storage Food Preserving Fruit, Vegetables, Meat & More. Plus Healty, Delicious and Easy Recipes for Jerky, Snacks and Fruit Leather.

The Ultimate Beginner's Guide to Dehydrating Food: Including Vegetables, Fruit, Meat & More. 50+ Tasty Recipes

Kristen Suzanne's Easy Raw Vegan Dehydrating

150 Delicious Recipes to Nourish your Microbiome and Restore your Gut Health

Discover the Easy and Economical Way to Dehydrate your Favorite Foods and Stock your Pantry for Year-Round Enjoyment! If you have been wondering about how to preserve your garden harvests or seasonal crops, or maybe you want to make protein-packed camping foods, this is the right book for you. It provides you with detailed information on dehydrating, storing and rehydrating a wide variety of foods. This Dehydrator Cookbook is a complete guide to easy, inexpensive methods of home-drying tasty meals and making the most of your garden harvests. When you dehydrate foods yourself, you'll know exactly what you're eating. You can be sure that the food is of high quality and you'll also enjoy foods that are free of harmful preservatives and additives. This essential guide explains, with easy-to-follow directions, the safe and straightforward process of dehydrating foods such as fruits, vegetables, mushrooms, meat, soups, etc. The Dehydrator Cookbook does not only offer you the necessary information but also provides detailed practical-know-how that will help to achieve dehydrating perfection. Inside this cookbook, you will find; Tips for choosing the right dehydrator, proper storage method, and rehydration techniques. Guidelines and detailed directions for dehydrating different individual foods like fruits, vegetables, herbs, meat, yogurt etc. Delicious healthy recipes that include just-add-water instant meals and snacks like jerky, chips, crackers, and fruit leathers. A variety of tasty recipes for backpacking and camper foods, which include breakfast, lunches, dinners, and dessert. With this Dehydrator Cookbook, you will enjoy tasty, portable meals anytime you want; whether you are snacking at home or on the trail. BUY NOW! You don't want to miss these awesome recipes.

Create dynamic dishes that pack a punch! It's time to reinvent your favorite foods through dehydration. The Essential Dehydrator shows you how to use this simple technique to turn ordinary dishes into mouthwatering meals that are bursting with flavor and nutrition. Written by experienced health food writer Susan Palmquist and nationally recognized chef Jill Houk, this book features straightforward instructions for using a food dehydrator and hundreds of helpful tips for cooking with dried foods. Once you've mastered the basics, you'll wow your entire family with recipes that are overflowing with robust and vibrant produce, such as: Grilled shrimp skewers with dried mango chutney Corn chowder Spice and chili-rubbed pulled pork Chicken breasts with goat cheese and dried apricots Caramel apple bread pudding The Essential Dehydrator is all you need to guarantee that every meal is packed with only the best taste that nature can offer!

An accessible book of 100 easy-to-make recipes for delicious dishes prepared in your air fryer, including roasting, frying, baking, dehydrating, and proofing bread. Authorized by Instant Brands. Air fryer ovens are wildly versatile appliances, and the newest model from Instant Brands, ranked #1 in the category, promises to be the best of them all. They have the requisite air fryer basket, as well as an oven rack, baking sheet, and rotisserie spit. The temperature settings are precise and wide-ranging, allowing you to do everything from dehydrating jerky and proofing bread dough to high-heat roasting and broiling. The Ultimate Air Fryer Oven Cookbook makes use of all of these functions and more! The recipes include family-friendly breakfasts such as baked oatmeal and breakfast burritos, snacks and appetizers such as vegetable spring rolls and Scotch eggs, and a wide variety of lunches and dinners for vegetarians and omnivores alike. Whether you have a fully equipped kitchen or a studio kitchenette, you can cook wholesome and delicious meals for any occasion, all with one countertop appliance.

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.

Healthy, Delicious Recipes for Backpacking and Beyond

Making Great Dehydrated Meals for Backcountry Adventures

Rawesomely Vegan!

Easy Recipes That Satisfy

Complete Dehydrator Cookbook

Backpack Gourmet

The Ultimate Beginner's Guide to Dehydrating Food: Including Vegetables, Fruit, Meat and More. 50+ Tasty Recipes

THE REVOLUTIONARY APPROACH THAT FIXES YOUR DIGESTION BY UNLEASHING NATURE'S TINY BUT POWERFUL ORGANISM The gastrointestinal microbiota comprises hundreds of trillions of bacteria, viruses and fungal organisms that inhabit your intestines and live symbiotically with you. When the microbiome is disrupted, a cascade of complications can ensue, including allergies and food sensitivities, mental health problems, weight gain, irritable bowel syndrome and autoimmune diseases. The Microbiome Cookbook provides you with the information and recipes to support a flourishing gut population. Follow the program in this book and you will gain the many benefits of having a healthy microbiome to naturally:

- Improve digestion
- Neutralize toxins
- Quell inflammation
- Support immunity
- Boost metabolism

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.

The Ultimate Healthy Dehydrator Cookbook is your all-in-one reference to dehydrating food and your definitive guide to delicious and healthcentered recipes

The New Food Dehydrator Bible - A Must-Have For Any Dehydrator OwnerLearn 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 foodsPLUS...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 :)

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

365 Days Of Dehydrator Recipes: A Complete Dehydrator Cookbook For Making And Cooking Dehydrated Foods

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

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

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

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

The Beginner's Guide to Making and Using Dried Foods

Improve your backpacking experience by creating the delicious and healthy home-dried meals and snacks featured in this book.

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. Dehydrating 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

"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.

Finally: raw vegan recipes that taste as good as they are good for you! You know that your raw vegan diet brings out the best in your food, and the recipes in this book will make your meals all the better. This collection packs a double-whammy punch of uber-nutrition and over-the-top flavor with every recipe, with dishes such as: Myan

Chocolate Shake-Down Shake Oceanic Greens with Orange Sesame Dressing Nut Crackers with Garlic Woah Banana Vanilla Ice with Blueberry Drizzle and many, many more! This super-reference full of need-to-know info will inspire you to hold a funeral for your stove, make the blender your new best friend, and always be Rawesomely Vegan!

Cosori Dehydrator Cookbook
The Best Hawaiian Recipes in One Book
Food Dehydration
Backcountry Eats
Quick and Easy Dehydrated Meals in a Bag
The Essential Dehydrator