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Food Dehydrator Cookbook: Delicious And Easy Food Dehydrator Recipes



Food Dehydrator Cookbook



Synopsis

Includes A Wide Variety of Delicious And Easy Food Dehydrator Recipes!Get This Food Dehydrator Cookbook For A Special Discount (50% off)Dehydrating food is a great way of preserving fruits, vegetables and meats. Once your food is dehydrated, it can be perfectly preserved without having to keep it in a fridge or cooler for the day. This can provide a nutritious snack for hikers, and people doing other outdoor activities. Food that is properly dehydrated will keep most of its nutritional contents. Below are a few useful tips for using a food dehydrator.

Tips For Using A Food Dehydrator:

- Make sure your foods that you are dehydrating are completely dehydrated, otherwise they could spoil. When your food is dehydrated, it should be either crispy and breakable or have a leathery texture, if it is soft to touch then it probably still has too much moisture in it.
- Follow your manufacturer's directions for dehydrating different kinds of foods. The dehydration time may vary depending on what kind of food dehydrator you have.
- Correctly store your dehydrated food in an airtight container or bag. Your best option would be storing it in a vacuum sealed bag if possible.

This food dehydrator cookbook has a wide variety of delicious and easy dehydrated recipes for you to enjoy. These recipes range from healthy chip recipes to beef jerky. Good luck!

Book Information

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Customer Reviews

I DON'T HAVE A DEHYDRATOR, BUT HAVE BEEN THINKING ABOUT GETTING ONE SO I CAN MAKE MY OWN SWEET STRAWBERRIES AND ADD EXTRA TO MY SPECIAL K BERRIES CEREAL! THERE'S NEVER ENOUGH! I HAVE HATED CEREAL ALL MY LIFE UNTIL IT CAME ALONG. NOW I SEE THE GREAT RECIPES IN THIS BOOK AND THEY LOOK FANTASTIC! MY 25YR. OLD SON JUST HAD A STROKE LAST WEEK AND THEY TOLD HIM NO MORE BEEF. MAYBE IF I GET A DEHYDRATOR AND USE THESE RECIPES I CAN GET HIM TO TRY NEW MEATS, FRUITS AND VEGGIES! THIS BOOK WAS GREAT!! WONT NEED TO STOCK UP ON WORCESTERSHIRE SAUCE, I COULD DRINK LEA & PERRINS BY THE GALLON ! LOL!

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