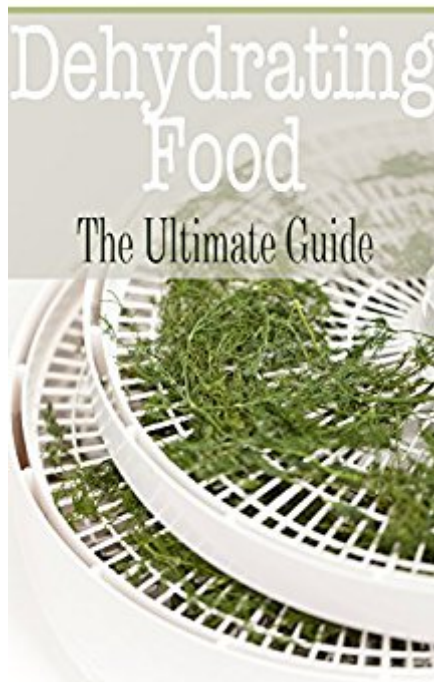




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Dehydrating Food: The Ultimate Guide



Synopsis

The Ultimate Food Dehydration GuideFood 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. Enjoy Delicious Food Dehydration Recipes Today! Scroll Up & Grab Your Copy NOW!

Book Information

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Customer Reviews

The Writers Definition of "Ultimate" is vastly different then mine.. 31 pages of directions you can find on the internet. I wanted to know about drying vegetables.. What did it show me.. Veggie Falafel? Vegetarian meatballs? simply not worth the money at all. 31 pages of 31 things, most are just what you get with the instructions when you get a dehydrator. There is nothing ultimate about this.. What a waste of money this was such a disappointment.. And No I do not want my money back. I want my

review to stand so others will know not to spend a dime on this ..

Ultimate guide is far from accurate. This is a very basic book that lacks even some basic information.

I've been dehydrating since 1980, There is no help here for beginners and these advanced recipes are of no interest to me. I've been trying to provide a beginner some essentials. "This Ultimate Guide" is useless. Bottom line, very disappointed!

This book has some interesting recipes I'm excited to try. The carrot crackers seem like a good way to use extra carrot pulp after I juice them.

This book is full of great ways to dry out fruits and vegetables as well as how to prepare jerky. My mom loves the dried vegetable chips and I love the jerky. Thank you and enjoy your day.

Great Kindle Read!!!

Great

This is a good book for someone that just got a dehydrator. Some of these recipes are over simplified and some use ingredients not readily available.

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Food Preservation & Storage at Home - A Step by Step Guide to Canning, Pickling, Dehydrating, Freezing & Safely Storing Food for Later Use
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