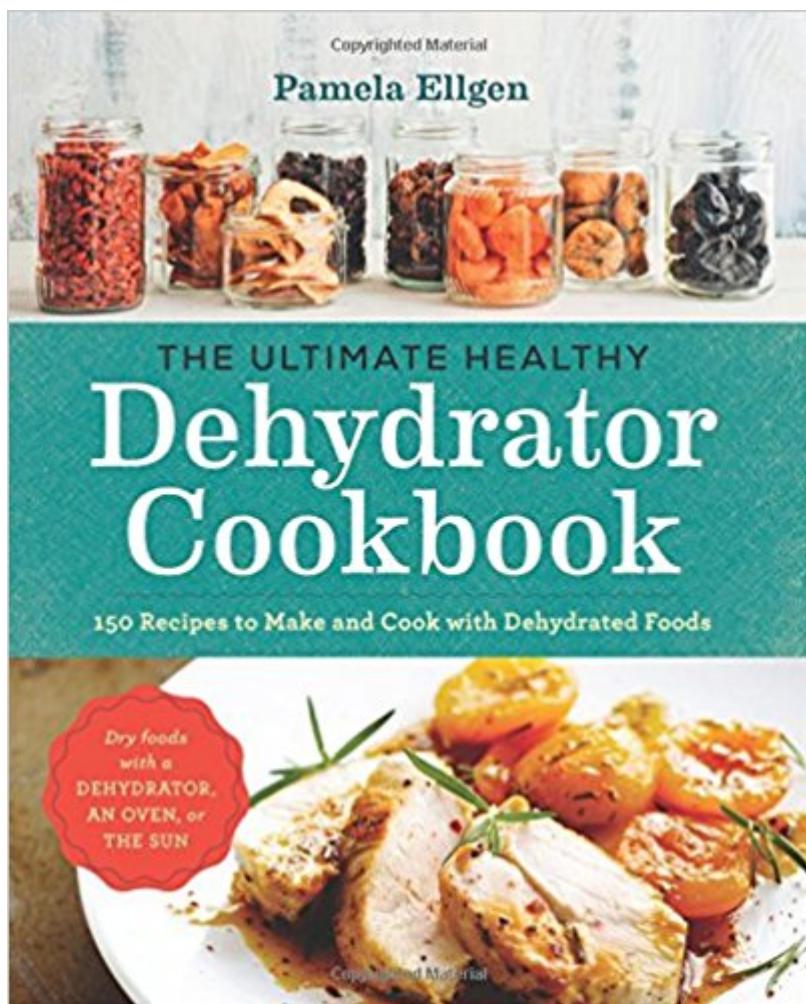


The book was found

# 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 gardenâ™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 agoâ•itâ™s environmentally sustainable, simple, quick and delicious. The Ultimate Healthy Dehydrator Cookbook is your all-inâ•one reference to dehydrating food and your definitive guide to delicious and health-centered recipes. No matter which dehydration technique you chooseâ•sun drying, oven drying, or electric food dehydrator dryingâ•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

Paperback: 220 pages

Publisher: Sonoma Press (July 12, 2016)

Language: English

ISBN-10: 194345132X

ISBN-13: 978-1943451326

Product Dimensions: 7.4 x 0.8 x 9.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 130 customer reviews

Best Sellers Rank: #149,237 in Books (See Top 100 in Books) #29 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #180 in Books > Cookbooks, Food & Wine > Canning & Preserving

## Customer Reviews

PAMELA ELLGEN, an avid food dehydrator since childhood, is a food blogger, certified personal trainer, and author of several books on cooking, nutrition, and fitness, including Sheet Pan Paleo and the bestselling Healthy Slow Cooker Cookbook.

Love that it gives info for all three methods of drying. Would love to have seen some info on dehydrating cooked meals, but this book is great for a comprehensive course in dehydrating in general. Great go-to reference.

Works very well - so far have made beef jerky and it was delicious

Great book with super ideas. My older dehydrator is so under used but no more. There are many basic suggestions about fruits and vegetables to dry plus recipes for using them. (I'm a vegetarian so I didn't read the meat section.) I'm considering buying a newer dehydrator to expand my repertoire!

I LOVE THIS BOOK!

been using the book. we find that we have to dehydrate a little longer then what the book recommends

have had a dehydrator sitting in my pantry for years. made me want to start usuing it again.

No bent pages and there are so many delicious looking recipes that I can't wait to try!

I love this book. The recipes are very easy to follow. Love how u can substitute organic things in place of the traditional food prepping

[Download to continue reading...](#)

The Ultimate Healthy Dehydrator Cookbook: 150 Recipes to Make and Cook with Dehydrated Foods Dehydrator Cookbook: Top 100 Dehydrator Recipes for Jerky, Fruit Leather, Snacks, and Tasty, Healthy, Dehydrated Meals The New Food Dehydrator Cookbook: 187 Healthy Recipes For Dehydrating Foods And Cooking With Dehydrated Foods The Complete Food Dehydrator Cookbook: How to Dehydrate Your Favorite Foods Using Nesco, Excalibur or Presto Food Dehydrators, Including 101 Recipes. (Food Dehydrator Recipes) The Complete Food Dehydrator

Cookbook: How to Dehydrate Your Favorite Foods Using Nesco, Excalibur or Presto Food Dehydrators, Including 101 Recipes. (Food Dehydrator Recipes) (Volume 1) Food Dehydrator Cookbook: Delicious And Easy Food Dehydrator Recipes Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Whole Food: The 30 Day Whole Food Challenge â€“ Whole Foods Diet â€“ Whole Foods Cookbook â€“ Whole Foods Recipes (Whole Foods - Clean Eating) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Air Fryer Cookbook: The Worldâ€™s No. 1 Low Fat Fryer, The Ultimate Healthy Delicious Recipes Cookbook (clean eating, healthy cookbook, air fryer recipes cookbook, ) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60) The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) The Ultimate Dehydrator Cookbook: The Complete Guide to Drying Food, Plus 398 Recipes, Including Making Jerky, Fruit Leather & Just-Add-Water Meals Paleo Cookbook: 30 Healthy And Easy Paleo Diet Recipes For Beginners, Start Eating Healthy And Get More Energy With Practical Paleo Approach, Create Your ... And Vegan Whole Foods Recipes Book 2) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1)

[Contact Us](#)

DMCA

Privacy

FAQ & Help