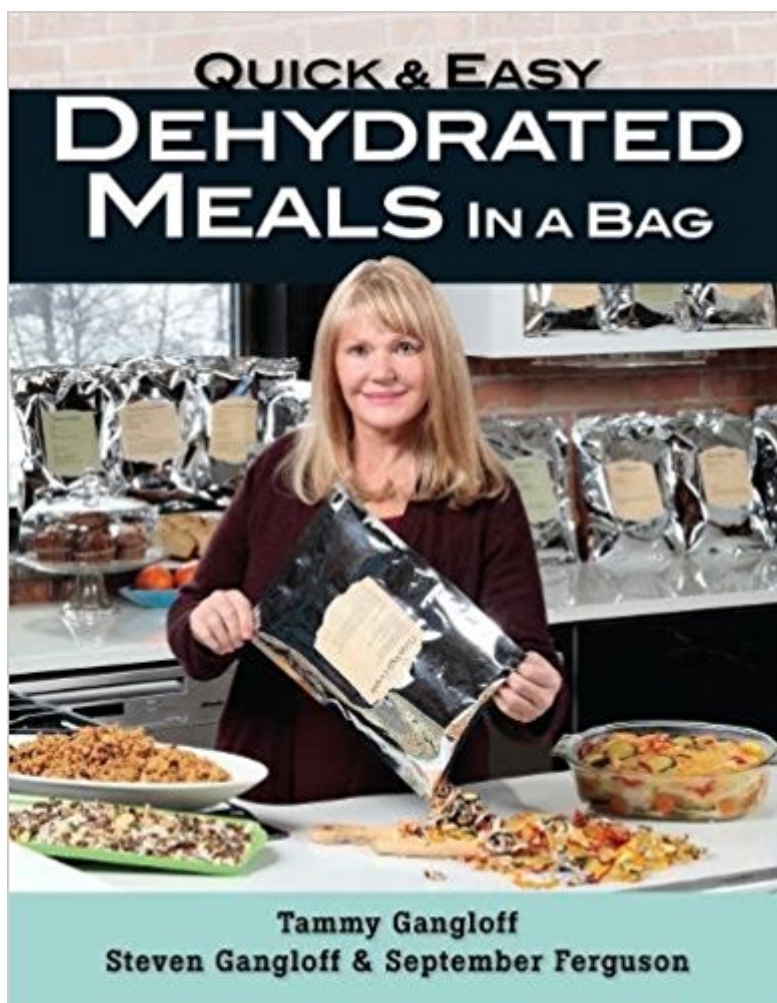


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# Quick And Easy Dehydrated Meals In A Bag



## Synopsis

Quick and easy package and prepare mealsâ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 todayâs families who want quick and easy to prepare meals For taking on the trailâ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 emergencyâ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

## Book Information

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## Customer Reviews

Tammy Gangloff is an expert and leading authority on food dehydration. She is the face of, and the knowledge and information behind, Dehydrate2Store.com, a leading online resource in food dehydration education. A stay at home mother of four, she is a strong believer in self-reliance and home preparedness, and avidly researched and practiced food canning, freezing, and dehydrating. Most interested in food dehydration, and unsatisfied with the resources available to her to learn the art, she began dehydrating foods full time and developing her own techniques. With her four dehydrators running day and night, Tammy has attempted to dehydrate nearly every available fruit, vegetable, and herb sold in the United States. Tammy first gained widespread recognition through her instructional YouTube videos, and then through the development of Dehydrate2Store. She has since spoken on numerous talk radio shows and podcasts, and has been published in interviews in

printed newspapers and online. She has also led talks at preparedness expositions, and served as an expert Technical Editor for The Complete Idiot's Guide: Dehydrating Foods. Her fan base through Dehydrate2Store and YouTube includes tens of thousands of Internet followers, and a reach of millions of viewers in the United States and beyond. Steven Gangloff, MD, received his medical degree from the University at Buffalo School of Medicine. He graduated top of his class with a degree in Biology and Chemistry with Research Thesis Honors distinction from SUNY Fredonia, and has extensive research experience in genetics and molecular cell biology at SUNY Fredonia and Harvard Medical School. Having additional interests in business, web design, and food science, Steven became the founder/CEO of Dehydrate2Store. Steven also served as an expert Technical Editor for The Complete Idiot's Guide: Dehydrating Foods and writes periodically and performs research and development, video direction and production, and site coordination for Dehydrate2Store. September Ferguson is a stay at home mother of 3 rowdy boys, and holds a degree in Fashion Technologies with interests in business management. Through her mother, September gained a strong interest in food dehydration, particularly in food processing, storage, and dehydration tools and equipment. September is also involved in recipe development and testing for the home food dehydrator.

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