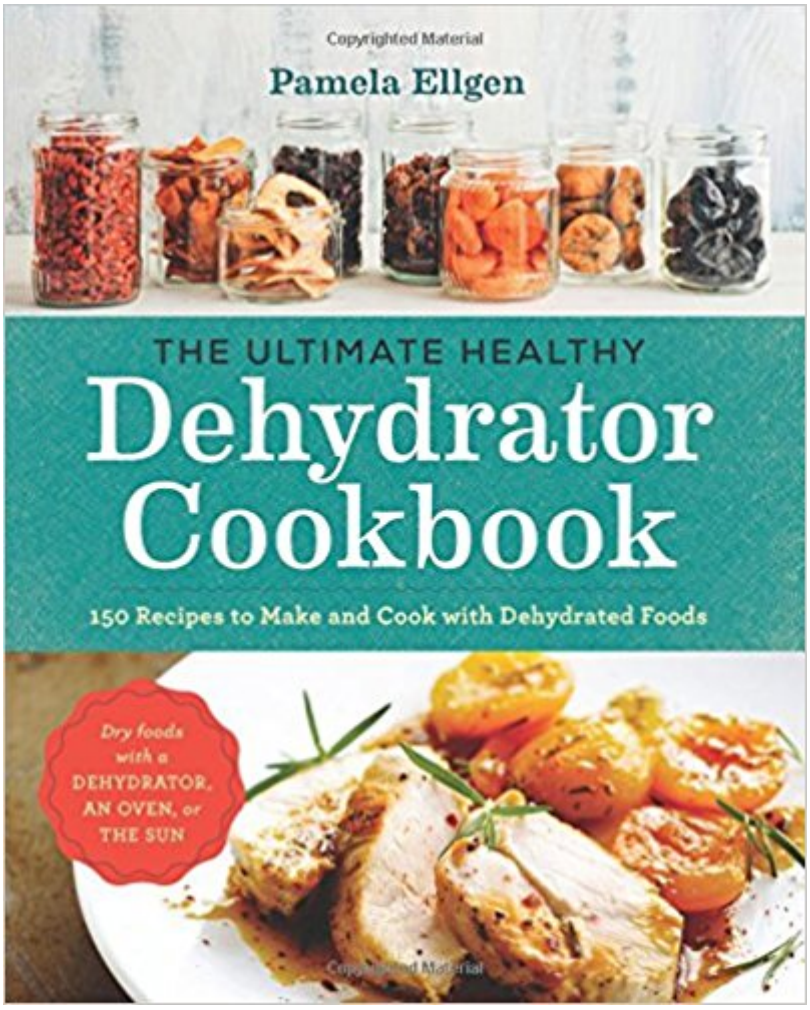
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The Ultimate Healthy Dehydrator Cookbook: 150 Recipes To Make And Cook With Dehydrated Foods



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Synopsis

Dehydrating is the perfect solution for those who want to make the most of their gardenÃ¢â ¬â„¢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 agoÃ¢â ¬â ¢itÃ¢â ¬â„¢s environmentally sustainable, simple, quick and delicious. The Ultimate Healthy Dehydrator Cookbook is your all-inÃ¢â ¬â œone reference to dehydrating food and your definitive guide to delicious and health-centered recipes.No matter which dehydration technique you chooseÃ¢â ¬â ¢sun drying, oven drying, or electric food dehydrator dryingÃ¢â ¬â ¢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 methodsValuable nutritional information with every recipeTried 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 GratinTips for preparing desserts and snacks kids will loveThe 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

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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 inÃ Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #180 inÃ Â 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 do 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

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