



THE **DEHYDRATOR BIBLE** SECOND EDITION

INCLUDES OVER 400 RECIPES

Jennifer MacKenzie, Jay Nutt & Don Mercer

The Dehydrator Bible Includes Over 400 Recipes By Mackenzie Jennifer 2009 Paperback

Melissa Crocker

The Dehydrator Bible Includes Over 400 Recipes By Mackenzie Jennifer 2009 Paperback:

The Dehydrator Bible Jennifer MacKenzie,Jay Nutt,Don Mercer,2009 Dehydrating is one of the most effective ways to preserve food for maximum nutrition at very low cost Sales of dehydrators are soaring as many cooks reject the suspect ingredients in commercially prepared foods Dehydrating with the recipes in this book is one way to control all ingredients and please the whole family Publisher description *The Dehydrator Bible: Includes Over 400 Recipes [Spiral-Bound]*

Jennifer MacKenzie; Jay Nutt and Don Mercer Jennifer MacKenzie,Jay Nutt,Don Mercer,2015-03-19

The Dehydrator

Bible ,2015 Dehydrating is one of the most effective ways to preserve food for maximum nutrition at very low cost Sales of dehydrators are soaring as many cooks reject the suspect ingredients in commercially prepared foods Dehydrating with the recipes in this book is one way to control all ingredients and please the whole family Publisher description

Dehydration

Cookbook Jennifer MacKenzie,2020-10-30 Drying food in the comfort of your own home is that even possible When looking at the ingredients many people wonder whether it might not be healthier to preserve food themselves Everyone here has certain ideas in mind andpreserving is one of the possibilities however many important nutrients are lost due to the high temperatures Aside from preservation this is exactly what it is about preserving the nutrients What the healthy food is if there is nothing nutrient left in it The search for different preservation methods has certainly brought you to the subject of drying However that sounds not only lengthy but also complicated One mistake in drying process can make youdiscard the food moreover excessive heat also results in a loss of nutrients If the drying time is too short the food will become moldier than you would like Still you want to try the big wide world of drying With this book you will be able to dry your own food in no time Amazon bestseller author Janina Daschner is an expert on nutrition and health She has been dealing with it for a long time and has already written numerous books on it In this book you will learn The compulsory basic knowledge about drying How exactly does the drying process work and what should be considered Temperatures up or down Ideal guide values and what it is all about Storage errors and how you can avoid them Oven vs Dehydrator The winner is How to let your creativity run free and become a professional dehydrator 77 dry foods 23 delicious dry recipes and 54 recipes with food to be dried Which are the typical mistakes in drying and many more secrets 100% money back guarantee If you do not like the book you will get your money back from Amazon within a week without any ifs or buts Take the chance and buy this book NOW so that you can benefit from the most important insights from the world of dehydration and dry your food like a real professional

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ve ever tried canning and given up because things didn t turn out as planned take comfort Dehydrating foods is a lot easier and less time consuming Less storage space needed The era of living in oversized houses is gone and these days many of us have moved into smaller homes Maybe your grown children have moved back with you or your family s had a recent young addition Either way we need to make the most of the space we have The last thing we want to do is fill shelves with canned foods or even a chest freezer taking up valuable feet in the basement or garage Dehydrating shrinks foods down to one tenth of their original size so a pound of carrots can easily fit into a small jar If you have a small kitchen or limited storage space dehydration is for you Capture flavor when it s at its freshest One of the best things about summer is the abundance and variety of produce This book covers Why Dehydrate Foods The Best Ways Temperature and Cooking Times to Dry Foods Instructions on How To Dry Fruits Vegetables Meat and Herbs with easy and economical way The Best Techniques to Preserve Dried Foods Jerky Recipe More Jerky Recipes Snacks Recipes More Snack Recipes Fruit Leather Recipes More Fruit Leather Recipes Main Course Recipes More Main Course Recipes Make preservation pay off We all love to eat something tasty and sweet in between meals When you dehydrate fruits their flavors not only become more concentrated but they get sweeter and therefore make the ideal snack for both kids and adults Enjoy preservative free food If you re a label detective you ll know that even a bag of apricots can contain ingredients that warrant an advanced degree in chemistry to decipher Dry your own foods and you ll know what s in them every time Buy it NOW and let your customers get addicted to this amazing book **Dehydrator Cookbook** Jennifer Dolly, 2017-07-10 Kindle MatchBook The Kindle edition is FREE when you buy the paperback edition today 100 of the very best dehydrator recipes with serving size and nutrition facts for every recipe There is a reason why dehydrating food is becoming so popular It s because dehydrated food often tastes better is easy to store and is more portable and convenient to enjoy There are so many benefits to dehydrating food that if you aren t dehydrating your own healthy and delicious meals and snacks at home you are missing out Enjoy amazing dehydrated food at home You don t have to choose between your health and enjoying amazing meals and snacks With this collection of the top 100 dehydrator recipes you can enjoy amazing fruit leather jerky all kinds of healthy snacks made out of dehydrated fruits and so much more Every single recipe includes serving size and nutritional information The dehydrator has been a true game changer for smart and busy people who don t always have the time to cook elaborate meals at home but also don t want to sacrifice their health Using the dehydrator makes it easy to enjoy amazing healthy meals and snacks either at home with your family or on the go Food isn t meant to be bland and boring and that is why the dehydrator recipes in this book are bursting with flavor There is no need to slave away in the kitchen for hours every night or destroy your health eating fatty or sugary meals and snacks This collection of 100 dehydrator recipes are all fast and easy to make but taste so good your whole family will love them 100 amazing dehydrator recipes so you can truly have it all Eating delicious meals cooked with a dehydrator does not mean you are on a boring bland starvation diet Eating bland and weird food might be one way to be healthy and lose

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The Food Dehydrating Bible Brett L. Markham, 2014-09-16 Bestselling author of the Mini Farm series self sufficiency expert Brett Markham turns his attention to the timeless art of food dehydrating An avid food dryer for years Brett walks you through the simple steps for dehydrating everything from traditional classics like apples and jerky to more unusual fare Whether you re following a raw food lifestyle or looking for new ways to make the most of your garden s produce this is an inside look at all aspects of dehydrating The Food Dehydrating Bible includes Straightforward easy easy to to follow instructions Dozens of recipes Diagrams One hundred color photographs And more This is a must have manual for beginners and dehydrating gurus alike

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Dehydrator Cookbook for Beginners Andrew White, 2020-04-15

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Dehydrator Cookbook Sara Fonseca, 2020-01-08 You Are About To Learn How To Unlock The Full Power Of The Dehydration To Reduce Food Waste By Increasing Shelf Life Improve Your Health Save Money Increase Portability Of Food Ensure You Have A Steady Supply Of Natural Foods Irrespective Of The Changing Seasons And Much More Imagine being able to pull your favorite fruits and or vegetables straight from your fridge or pantry even when they are out of season including during those extreme winter months And not just that imagine having a way of storing all the mounts of highly perishable produce from your garden if you have one for later use How much life changing would that be for you and your household I can bet that it would indeed be life changing And that s what dehydrating food can do for you and much more But what exactly is dehydration and what does it entail What does dehydration do that makes it possible to keep different foods for so long How do you go about dehydrating different foods How is it different from all the other methods of increasing food s shelf life Are there any rules guidelines principles you can follow to dehydrate different foods What benefits should you expect to get from dehydration How do you go about choosing a dehydrator if you don t have one already If you have these and other related questions about dehydrating food this book is for

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The Dehydrator Cookbook

Anna Ramos, 2020-10-19 Are you interested in buying a dehydrator so you can store food for longer Would you like to have a ready supply of all your favorite foods no matter what the season This book will teach you the simple techniques you need to know Preserving food has been something that has been practiced for thousands of years The idea of saving some of your harvest or meat from a hunt for a time when food will be scarce is nothing new and is a sensible precaution to take Of course in the modern world we are less likely to encounter a serious shortage of food but there could be times when your favorites aren t readily available This book The Dehydrator Cookbook The Practical Guide for Beginners to Drying Food with a Lot of Affordable Healthy and Delicious Recipes was written to help you learn how to preserve food and provides great information on How to preserve a wide range of vegetables fruits meats and herbs How to rehydrate dehydrated food Tips for prepping dehydrated foods Delicious recipes to try Money saving tips Emergency planning And more Dehydrating food is easy when you have the right tools to do it All you need is the use of a good dehydrator machine and the help of this book and you could be storing a vast range of delicious foods that simply have to be rehydrated when the time is right With such foods you can eat whatever you like at any time of the year and because you can buy food when it is in surplus it means you can save money too Scroll up now and click Add to Cart for your copy of this amazing book that will change the way you store food forever

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