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# Food Dehydrator Cookbook: Delicious And Easy Food Dehydrator Recipes



## Food Dehydrator Cookbook



## Synopsis

Includes A Wide Variety of Delicious And Easy Food Dehydrator Recipes!Get This Food Dehydrator Cookbook For A Special Discount (50% off)Dehydrating food is a great way of preserving fruits, vegetables and meats. Once your food is dehydrated, it can be perfectly preserved without having to keep it in a fridge or cooler for the day. This can provide a nutritious snack for hikers, and people doing other outdoor activities. Food that is properly dehydrated will keep most of its nutritional contents. Below are a few useful tips for using a food dehydrator.Tips For Using A Food Dehydrator:  
Make sure your foods that you are dehydrating are completely dehydrated, otherwise they could spoil. When your food is dehydrated, it should be either crispy and breakable or have a leathery texture, if it is soft to touch then it probably still has too much moisture in it.  
Follow your manufacturer's directions for dehydrating different kinds of foods. The dehydration time may vary depending on what kind of food dehydrator you have.  
Correctly store your dehydrated food in an airtight container or bag. Your best option would be storing it in a vacuum sealed bag if possible.This food dehydrator cookbook has a wide variety of delicious and easy dehydrated recipes for you to enjoy. These recipes range from healthy chip recipes to beef jerky. Good luck!

## Book Information

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## Customer Reviews

I DON'T HAVE A DEHYDRATOR, BUT HAVE BEEN THINKING ABOUT GETTING ONE SO I CAN MAKE MY OWN SWEET STRAWBERRIES AND ADD EXTRA TO MY SPECIAL K BERRIES CEREAL! THERE'S NEVER ENOUGH! I HAVE HATED CEREAL ALL MY LIFE UNTIL IT CAME ALONG. NOW I SEE THE GREAT RECIPES IN THIS BOOK AND THEY LOOK FANTASTIC! MY 25YR. OLD SON JUST HAD A STROKE LAST WEEK AND THEY TOLD HIM NO MORE BEEF. MAYBE IF I GET A DEHYDRATOR AND USE THESE RECIPES I CAN GET HIM TO TRY NEW MEATS, FRUITS AND VEGGIES! THIS BOOK WAS GREAT!! WONT NEED TO STOCK UP ON WORCESTERSHIRE SAUCE, I COULD DRINK LEA & PERRINS BY THE GALLON ! LOL!

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