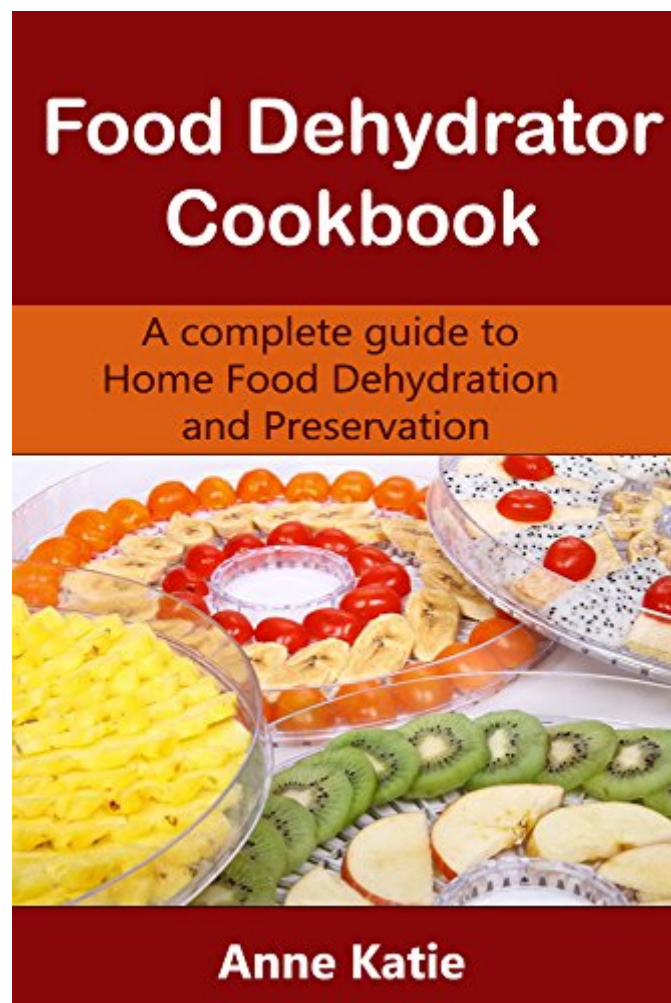




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Food Dehydrator Cookbook: A Basic Guide To Make Your Own Jerky, Snack, Drying Vegetable And Fruits



Synopsis

The dehydration is one of the most ancient, effective and nutritious tools for food preservation. The Food Dehydrator Cookbook gives you a powerful guides that you need to know about using your dehydrator to make drying foods at your place, including:- The benefits of remove moisture from foods. You will see how wonderful food preservation by drying brings back.- Tips for selecting a food dehydrator as well as few recommendations good branches of dehydrator product.- Includes recipes on how to dehydrate daily foods: fruits, vegetables, herbs, and jerky and contain all necessary information on how to prepare, dehydration temperatures, and times needed. With these specific techniques and instructions included in this book, you are able to preserve foods with the lowest price and the healthiest way.

Book Information

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Customer Reviews

This book is well-organized, practical and cover almost everything popular that every family needs. There are some recipes using dehydrator to dry fruits that I havenever tried before. As a newbie, her guidances is good for me about how I need to prepare, how many time needed and how hot is the best for each kind of food. The only thing I would recommend is she should include more special

dishes and make it to be common to every people. In short, it is a great book for healthy foods.

I purchased for this book with the hope that it will bring all I need to do dehydrating. However, I was a bit dissapointed because it contains many popular foods but has a few special ones. Recipes what it gave still helpful for most common using of dehydrator and the explanations are very detail. That is very good for new users. I think, it is strongly recommendation for very popular drying foods and people who needs to be familliar with dehydrators.

Excellent! She gives an amazing break down of the how and why need work with dehydrator. I learned the sciences behind it. My recommendation is that you read it from the beginning, it will really help you understand and be more successful in your venture.

Very informative! This is the book no matter what stage of dehydrating you are at in your life. We have an Nesco dehydrator and her recipes, tips and tricks are spot on. Extremely glad we invested in this book.

Wow! I'm so glad I got this book. Very helpful and easy to use for a beginning dehydrator. I can a lot all during the year but had been afraid of dehydrating and then using what was dry. Thanks

I gave this book to my sister for a birthday gift because she just bought a dehydrator. She said there were a lot of good recipes she wants to try

Very informative!!! I just purchased the same Dehydrator recommended in her ebook, great directions!

Very well written, would like to see more content

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