



The Ultimate Healthy Dehydrator Cookbook: 150 Recipes to Make and Cook with Dehydrated Foods

By Pamela Ellgen

Sonoma Press, United States, 2016. Paperback. Book Condition: New. 234 x 188 mm. Language: English . Brand New Book. 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 make healthy dishes using them. Dehydrating is the perfect solution for those who want to make the most of their garden s output, create unprocessed snacks, and prepare meals that cost dimes instead of dollars. Unique to this book is the inclusion of nutritional information that lets dehydrator users know they re making nutritious, whole-foods based meals for themselves and their families. Whether you plan to preserve a bumper crop of in-season produce or simply test out this culinary skill, The Healthy Dehydrator Cookbook is the only modern and healthy guide to dehydrating and preserving foods for year-round enjoyment. Go ahead and plant another vegetable box this book will help keep your bellies full and fortified long after its harvest. Features include: . How to buy the right dehydrator or use natural methods of drying . Tips on proper food preparation and storage . Time-saving tips and tricks for dehydrator preparation and clean up . Step-by-step...



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