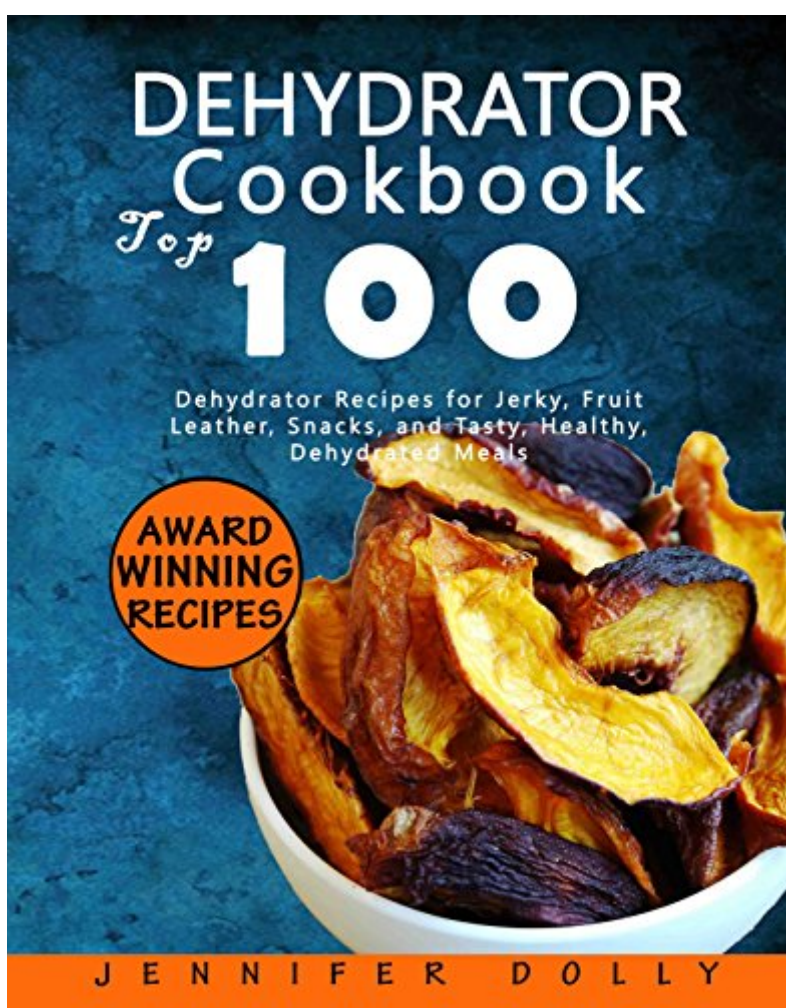


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# Dehydrator Cookbook: Top 100 Dehydrator Recipes For Jerky, Fruit Leather, Snacks, And Tasty, Healthy, Dehydrated Meals



## Synopsis

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 weight, but that is not what the dehydrator is all about! Let's face it: if eating well isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Grab these 100 amazing dehydrator recipes now and learn the many delicious possibilities you could have today and every day for months to come! Cooking healthy and delicious meals and snacks at home with your dehydrator can be easy and fun, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on months of dehydrator recipes, all with complete nutritional information and serving sizes, in this dehydrator cookbook. Every single recipe is easy to make and is so healthy and delicious you will be proud to serve these meals to your family and friends over and over again! Mouth-watering dehydrator meals you can serve to your family and friends with pride! Healthy eating guru and dehydrator enthusiast Jennifer Dolly has assembled a massive collection of the very best dehydrator recipes that are among the best you will ever taste. These recipes are second to none when it comes to promoting optimal health but they taste so good you'll never feel like you're giving up anything! Not only that, you

can feel good about eating these meals and snacks because they are healthy for you and your family. Say YES to the top 100 dehydrator recipes and a healthier and more energetic you! Grab this cookbook today and discover why preparing fresh and healthy meals and snacks with the dehydrator is becoming so popular. Don't take a pass on these amazing recipes that your family will love and that will make you feel healthier and better than you have in years!

## Book Information

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## Customer Reviews

The ultimate dehydrator recipes for anyone like me who loves to dehydrate snacks and meals. Even if you are a dehydrator enthusiast like me, you are bound to find some new ideas in this 100 recipe cookbook

Good Read

Just down loaded it, can't wait to try it with my new dehydrator.

This book has everything you need for dehydrating and what to do next. Great information, directions, and recipes. Will be my go to dehydrating book. It's clearly written, covers any food you would ever want to dehydrate, and the recipes are a fantastic bonus! This book will definitely accelerate my passion for dehydrating.

The dehydrator is perfect for preserving food or making fun, portable snacks that you can take with you on a day out instead of wasting money buying less healthy food when you are out. The kids love the dehydrator and this cookbook gives us a huge collection of all kinds of different recipes we can make. The sheer quantity of the recipes in this cookbook are impressive but what really stands out is the quality. If you have a dehydrator then this is the book you've been waiting for. If you don't have a dehydrator, pick one up! They are versatile appliances that you'll wonder how you lived without.

I bought my dehydrator strictly for the purpose of preserving seasonal food so I can enjoy it year round, but with this cookbook I actually found so many other uses including entire meals that I can prepare with my dehydrator. I honestly had no idea the dehydrator could do so much and I recommend this cookbook to anyone with a dehydrator in the house.

This book gave me so many great ideas for dehydrating food. I was getting a little bored of the typical beef jerky and fruit leathers that everyone with a dehydrator makes. Fortunately there is more to the dehydrator. Much more! I'm making full meals that no one would guess could be dehydrated and stored for months. Awesome book!

Whether for camping or hiking, or to stock your pantry with seasonal foods - you will love having dehydrating as part of your repertoire. Significance of drying foods (which I recently bought a food dehydrator): reduce spoilage and increase food storage life. Keep in cool, dry location to protect storage life. Removes weight and easier to carry; camp food and for hikers; and preservation.

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