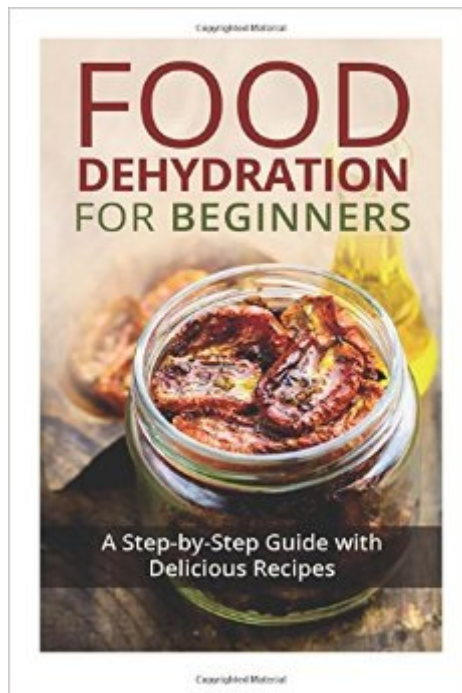


The book was found

# Food Dehydration For Beginners: A Step-by-Step Guide With Delicious Recipes



## Synopsis

Food dehydration is fairly easy to accomplish and it can be done with a wide variety of different foods. By dehydrating foods you can naturally preserve them without the need for artificial preservatives and you can also preserve the natural nutrition content of the food. If you are curious to learn more about food dehydration, this book is the perfect place to start. In this book you will receive the following:

- An introduction to food dehydration and its benefits
- A list of tips to help you get started with food hydration
- A collection of tasty recipes for dehydrated fruits, meats, grains, and more

So, if you are ready to try your hand at food dehydration, simply pick a recipe from this book and give it a try!

## Book Information

Paperback: 42 pages

Publisher: CreateSpace Independent Publishing Platform (December 14, 2015)

Language: English

ISBN-10: 1522741704

ISBN-13: 978-1522741701

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #1,008,568 in Books (See Top 100 in Books) #97 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators](#) #805 in [Books > Cookbooks, Food & Wine > Canning & Preserving](#)

## Customer Reviews

I'm new to the whole preparedness movement and as such I'm always seeking new ideas. This book contained a lot of information. Some of it is more useful than others but that will vary from person to person. I recommend getting this and reviewing the information contained therein.

Easy to understand recipes with quantities, time and temps. I wish the book that came with my dehydrator was so easy to understand. Can't wait to make the granola.

It was not a spectacular novel, but it does teach you the basics to preservation which is what I asked for. The price is subjective.

Great choice of recipes. Very thorough info. I found this book easy to read, understand, and apply. I will be using this info asap.

[Download to continue reading...](#)

Food Dehydration for Beginners: A Step-by-Step Guide with Delicious Recipes Food Processor  
Greats: Delicious Food Processor Recipes, The Top 100 Food Processor Recipes The Food  
Service Professional Guide to Controlling Restaurant & Food Service Food Costs (The Food  
Service Professional Guide to, 6) (The Food Service Professionals Guide To) The Food Service  
Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service  
Professional Guide to, 5) (The Food Service Professionals Guide To) Greek Cuisine Cookbook: 50  
Easy and Delicious Greek Recipes (Greek Recipes, Mediterranean Recipes, Greek Food, Quick &  
Easy) The Complete Food Dehydrator Cookbook: How to Dehydrate Your Favorite Foods Using  
Nesco, Excalibur or Presto Food Dehydrators, Including 101 Recipes. (Food Dehydrator Recipes)  
(Volume 1) Delicious Holiday Treats: A Collection of Healthy Holiday Recipes (Dessert Recipes,  
Holiday, Seasonal, Desserts, Thanksgiving Recipes, Christmas Recipes) (Volume 1) Quick & Easy  
Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone  
Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook)  
Windows 10 For Beginners: Simple Step-by-Step Manual On How To Customize Windows 10 For  
Your Needs.: (Windows 10 For Beginners - Pictured Guide) ... 10 books, Ultimate user guide to  
Windows 10) Canning And Preserving Cookbook: 100+ Mouth-Watering Recipes of Canned Food: (  
Canning and Preserving Cookbook, Best Canning Recipes) (Home Canning Recipes, Pressure  
Canning Recipes) Delicious Baking for Diabetics: 70 Easy Recipes and Valuable Tips for Healthy  
and Delicious Breads and Desserts Whole Food Bowl Food: Naturally Gluten Free, Delicious Home  
Cooking 100 Days of Real Food: Fast & Fabulous: The Easy and Delicious Way to Cut Out  
Processed Food The Complete Guide to Food Preservation: Step-by-step Instructions on How to  
Freeze, Dry, Can, and Preserve Food (Back to Basics Cooking) DSLR PHOTOGRAPHY:(Box Set 2  
in 1): The Beginners Guide to Master DSLR CAMERA & Improve Your DSLR PHOTOGRAPHY  
Skills in 24 Hours or Less! (Step by Step ... Beginners, Digital SLR Photography Skills) Affiliate  
Marketing: Beginners Handbook - Proven Step By Step Guide To Make Passive Income With  
Affiliate Marketing (FREE Bonus Included) (Passive Income, ... For Beginners, Passive Income  
Online) Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt  
Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes)  
(Volume 1) Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based  
Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2)

The Wholesome Baby Food Guide: Over 150 Easy, Delicious, and Healthy Recipes from Purees to Solids Mediterranean Diet for Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success

[Dmca](#)