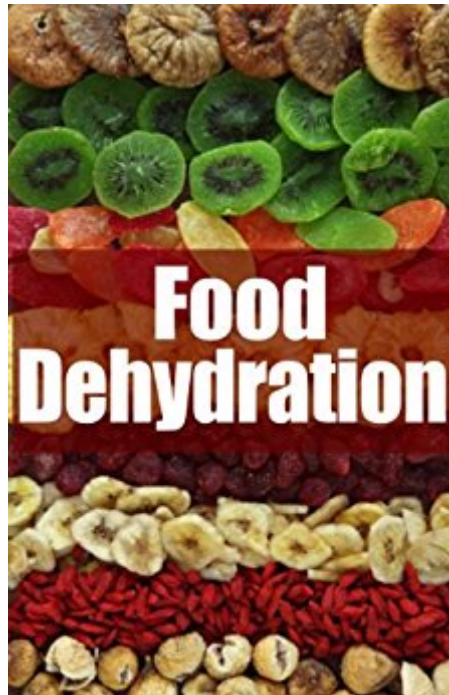




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Food Dehydration - The Ultimate Recipe Guide



Synopsis

The Ultimate Food Dehydration Guide Food dehydration delivers the vast majority of foods with the same vitamins and minerals as their fresh counterparts, in a remarkable array of concentrated flavors, nutrients and enzymes. According to health professionals, "The dehydration process retains almost 100% of the nutritional content of the food, retains the alkalinity of fresh produce and actually inhibits the growth of microforms such as bacteria." The shriveled state of dehydrated vegetables may make them seem less appetizing than their fresh or frozen cousins at first glance. However, drying vegetables for later use is one of the oldest and easiest methods of food preservation. Enjoy Delicious Food Dehydration Recipes Today! Scroll Up & Grab Your Copy NOW!

Book Information

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Customer Reviews

Excellent ideas.

I was kinda of hoping this book would give me some information and recipes on dehydrating foods that I might like but unfortunately this book was not for me. Most of the recipes seemed ok, just not

recipes I would use. There are many recipes in this book that are nutritional however and some others might find them great...Just not me.

I went through the book bookmarking all the recipes I wanted to try and by the time I was done almost every recipe was marked! I don't know what to start with first! There are lots of choices to pick from. The only suggestion is to have a few more diverse meat recipes.

This book helps the novice and the expert. Easy to understand and beautiful pictures.

Saw a few interesting things to try beside the expected jerkey, banana chips, etc. worthy of a reading for the inspiration.

Nice recipes, some with very interesting seasonings. It would have been good to have time for a solar dehydrator , but I guess the times can be worked out after some testing

Another great DIY book for my collection

I got some good tips from this book and I like using the dehydrator to make things homemade and sugar free snacks

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