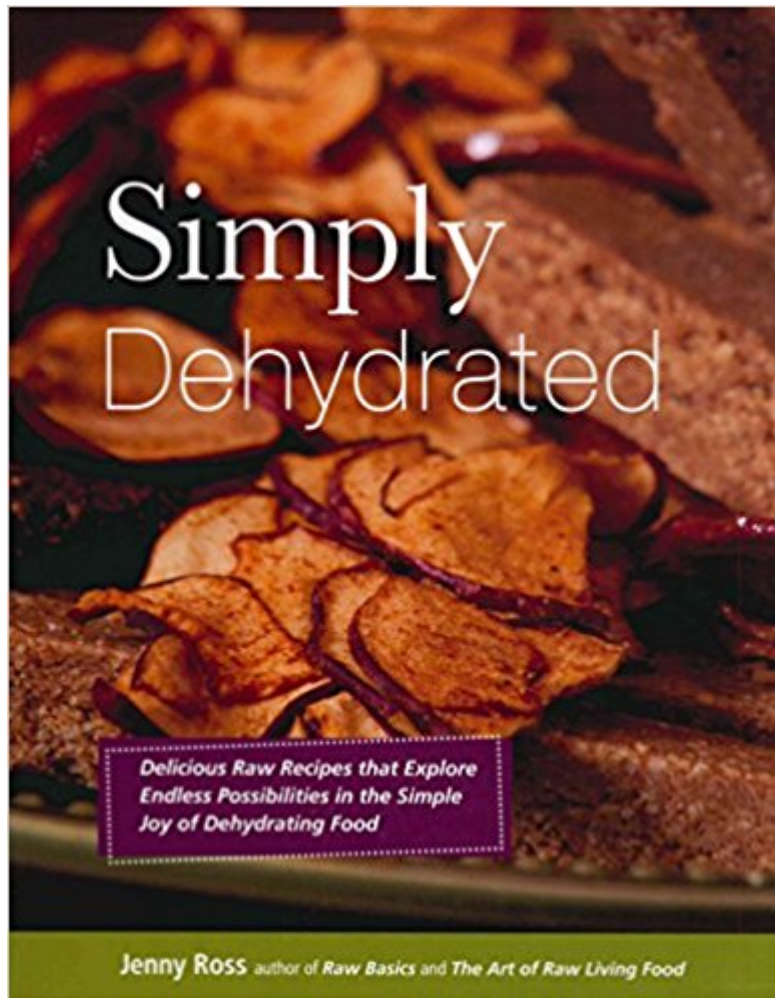




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Simply Dehydrated



Synopsis

Discover the simple joy of dehydrating and unlock the door to delicious and healthful treats.

Dehydrating has become almost a way of life for many people who are trying to avoid common food allergens and GMOs or who simply wish to enjoy organic foods year-round. Jenny provides basic guides and techniques to dehydrating so that you'll not only be able to preserve incredible gifts from Mother Nature free of chemicals and preservatives, but incorporate dehydrated foods into your daily lifestyle. Deliciously dehydrated staples combined with freshly made sauces and prepared fruits and vegetables add an extra dimension to mealtimes. Included are recipes for appetizers, breakfast items, crackers and crunchy snacks, simple soups, fruits and vegetables, entrees, garnishes, and desserts. Simply Dehydrated proves that dehydrating is a valuable culinary option for today's kitchens.

Book Information

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Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (5 customer reviews)

Best Sellers Rank: #851,188 in Books (See Top 100 in Books) #88 in Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #354 in Â Books > Cookbooks, Food & Wine > Cooking Methods > Raw

Customer Reviews

This book is overlooked by raw foodists, but it is a gem. It is full of color photos, one for each recipe. Wow, a whole chapter of how to make wraps recipes. The book is a great find for raw foodists. It gives me lots of ideas.

If you dehydrate - you MUST NEEDS to purchase this book. If you are thinking of dehydrating -you MUST NEEDS to purchase this book. If you are embarking on a healthy lifestyle -you MUST NEEDS to purchase this book! Yes, this is the book for all of this! I am so glad for this purchase. The author explains in detail and you can trust the outcome because of her thoroughness!

It feels like this book was written to sell a particular dehydrator. I don't think I'll use any of these recipes - maybe I'm just not advanced enough. The "idiots guide" was much more helpful.

Met my expectations, brilliant book!!

Good recipes.

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