



CROWNFUL

**FOOD  
DEHYDRATOR**

## **DRYING TIPS:**

Drying time for pre-treatment fruit will vary according to the following factors:

- 1) thickness of pieces or slices
- 2) number of trays with food being dried
- 3) volume of food being dried
- 4) moisture or humidity in your environment
- 5) your preferences of drying for each type of dried food

## **IT IS RECOMMENDED TO:**

- 1) Check your food every hour.
- 2) Rotate and/or re-stack your trays if you notice uneven drying.
- 3) Label food with contents dried, date and weight before drying. It will also be helpful to note the drying time for future reference.
- 4) Pretreated food will give the best effect in drying.
- 5) Correct food storage after drying will also help to keep food in good quality and save nutrients.

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# DEHYDRATING GUIDE

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## Temperature Guide

Temperature	Uses
95°F	Herbs and Flowers
105°F	Yogurt
120°F	Vegetables
130°F	Citrus Peel
140°F	Fruit and Fish
150°F	Nuts and Seeds
165°F	Meat, Root Vegetables, Fruit Rolls

## Cheat Sheet

Fruits	Type	Preparation	Texture	Dry Time (hours)
Apples	Fruit	Peel, core, and cut into rings	Pliable	5-6
Apricots	Fruit	Cut in half, or slice and remove pit	Pliable	12-24
Bananas	Fruit	Peel and cut into ¼-inch-thick slices	Crisp	8-24
Cherries	Fruit	Cut in half and pit	Leathery	8-36
Cranberries	Fruit	Leave whole	Pliable	6-30
Dates	Fruit	Remove pit and slice	Leathery	6-24
Figs	Fruit	Slice	Leathery	6-24
Grapes	Fruit	Leave whole	Pliable	8-38
Mangoes	Fruit	Remove skin and cut into 3/8-inch-thick slices	Pliable	6-16
Nectarines	Fruit	Cut in half or slice and remove pit	Pliable	8-26

Peaches	Fruit	Peel, pit, and cut into slices	Pliable	12-20
Pears	Fruit	Peel and slice	Pliable	10-24
Strawberries	Fruit	Trim and cut into 3/8-inch-thick slices	Pliable	8-24
Orange Rind	Citrus Peel	Peel in long strings	Brittle	8-16
Lemon Rind	Citrus Peel	Peel in long strings	Brittle	8-16
Lime Rind	Citrus Peel	Peel in long strings	Brittle	8-16

Herbs	Type	Preparation	Texture	Dry Time (hours)
Chives	Herb	Chop	Brittle	6-10
Rosemary	Herb	Leave on stem	Brittle	6-10

Nuts	Type	Preparation	Texture	Dry Time (hours)
Almonds	Nut	Soak for 8 hours	Crunchy	8-24

Vegetables	Type	Preparation	Texture	Dry Time (hours)
Asparagus	Vegetable	Cut into 2-inch-long pieces	Brittle	6-14
Brussels Sprouts	Vegetable	Cut sprouts from stalk, then in half	Crisp	8-30
Broccoli	Vegetable	Trim, cut, and steam till tender (3-5 minutes)	Brittle	6-20
Cabbage	Vegetable	Core, trim, and cut into 1/8-inch strips	Leathery	6-14
Cauliflower	Vegetable	Trim, cut, and steam until tender (3-5 minutes)	Leathery	6-16
Celery	Vegetable	Cut stalks into 1/4-inch slices	Brittle	6-14
Cucumber	Vegetable	Cut into 1/2-inch-thick slices	Leathery	6-18
Eggplant	Vegetable	Trim and cut into 1/4-inch to 1/2-inch-thick slices	Brittle	6-18

Garlic	Vegetable	Remove skin from clove and trim root end	Brittle	6-16
Green Beans	Vegetable	Trim ends and steam blanch	Brittle	8-26
Mushrooms	Vegetable	Slice, chop, or leave whole	Leathery	6-14
Onions	Vegetable	Slice thinly or chop	Brittle	8-14
Peas	Vegetable	Blanch for 3-5 minutes	Brittle	8-14
Peppers	Vegetable	Remove seeds and cut into ¼-inch-thick strips or rings	Brittle	6-14
Rhubarb	Vegetable	Remove outer skin and cut into ⅛-inch-thick pieces	Brittle	8-38
Spinach	Vegetable	Steam blanch until wilted	Brittle	6-16
Tomatoes	Vegetable	Remove skin and slice	Leathery	8-24
Zucchini	Vegetable	Slice into ⅛-inch-thick pieces	Crisp	8-18
Beets	Root Vegetable	Blanch, cool, remove tops and roots, slice	Brittle	8-26
Carrots	Root Vegetable	Trim, cut, and steam until tender (3-5 minutes)	Leathery	6-12
Potatoes	Root Vegetable	Slice, dice or cut. Steam or blanch for 8-10 minutes	Brittle	10-14



MEAT



## Beef Jerky

PREP: 10 hours

DEHYDRATE: 7 hours

- 2 pounds (1kg) beef eye of round
- ½ cup (118ml) soy sauce
- ½ cup (118ml) brown sugar
- 1 tsp (5ml) salt
- 1 tbsp (15ml) honey
- 1 tbsp (15ml) garlic powder
- 1 tbsp (15ml) chili powder

You can also replace the spice or sauce with your favorite ones.

1. Slice the beef into 1/4 inch (0.6cm) pieces.  
Tips: Put the beef or other meat in the freezer for 15 to 20 minutes to give your meat enough time to firm up without turning icy so you can slice them much easier.
2. Place the beef and all ingredients in a sealable plastic bag/container to make sure that the beef can be completely covered with marinade and then place the bag/container in the refrigerator for 8 to 10 hours or overnight.
3. Take out the dried meat and discard the marinade and pat dry all the beef slices with paper towels.
4. Place the beef slices evenly on the mesh tray and leave a suitable space around each piece for proper dehydrating.
5. Set the working temperature and time of the food dehydrator to 160°F /70°C for 4 to 7 hours. Start to check the progress of the beef slices 4 hours later and then check them every 30 minutes.
6. When the beef slices are dehydrated to your liking, remove it from the mesh trays. Wrap the beef slices with aluminum foil and put it in the oven to bake for 8 to 10 minutes at 165°F (75°C).
7. Let the beef jerky fully cool before storing in a sealed container.





## Bacon Jerky

PREP: 12 hours

DEHYDRATE: 6 hours

10 strips bacon

3 tablespoon brown sugar

3 tablespoon soy sauce

2 tablespoon garlic chili  
sauce

2 teaspoons sesame oil

2 teaspoon mirin

1. Cut bacon strips into halves or thirds. Set aside.
2. Combine all ingredients into a bowl until well mixed.
3. Place the cut bacon and marinade into a sealable plastic bag. Mix well.
4. Marinate in the fridge for 12 hours or overnight.
5. Place the bacon evenly between the Dehydrator trays.
6. Dry at 165°F for 6 hours, or until done.



## Japanese Salmon Jerk

PREP: 4 hours

DEHYDRATE: 8 hours

1 pound salmon

½ cup soy sauce

¼ teaspoon ginger, grated

¼ cup sugar

¼ cup orange juice

grated ginger and crushed

garlic

1. Cut the fish into ¼ inch thick slices. Set aside.
2. Mix the soy sauce, sugar, grated ginger, garlic, and orange juice until well combined.
3. Place the salmon and marinade in a sealable plastic bag or container. Mix well.
4. Marinate in the fridge for 4 hours.
5. Drain and discard the marinade.
6. Place the sliced salmon evenly between the Food Dehydrator trays.
7. Dry at 150°F for 8 hours, or until done.



## Chicken Jerky

PREP: 20 minutes

DEHYDRATE: 7 hours

1½ pounds boneless skinless  
chicken breast tenders

½ cup low-sodium soy sauce

1 teaspoon lemon juice

½ teaspoon garlic powder

¼ teaspoon black pepper

¼ teaspoon ground ginger

1. Slice into strips the boneless skinless chicken breast about 1/4 to 1/8 of an inch thick.
2. Mix all the ingredients except the chicken in a gallon-sized ziplock bag. Add the chicken strips, seal the bag and ensure that all meat is coated with marinade.
3. Place bag in the refrigerator for about 20 minutes.
4. Place the meat strips on dehydrator trays.
5. Dry at 165°F for 5-7 hours or until completely dry (length of drying time depends on thickness of strips).



## Cajun Pork Jerky

PREP: 10 hours

DEHYDRATE: 7 hours

- 3 pounds (1.4 kg) pork tenderloin
- $\frac{3}{4}$  cup (177 ml) Worcestershire sauce
- $\frac{1}{2}$  cup (118 ml) soy sauce
- $\frac{1}{3}$  cup (79 ml) teriyaki sauce
- 1 tbsp (15 ml) chili powder
- 1 tbsp (15 ml) Old Bay Seasoning
- 2 tsp (10 ml) Cajun seasoning
- $\frac{1}{2}$  cup (118 ml) water

1. Slice the pork into 1/4 inch (0.6cm) pieces.

Tips: Put the beef or other meat in the freezer for 15 to 20 minutes to give your meat enough time to firm up without turning icy so you can slice them much easier.

2. Place the pork and all ingredients in a sealable plastic bag, ensuring that the meat is completely covered with marinade and then place the plastic bag in the refrigerator for 8 to 10 hours or overnight.
3. Take out the dried meat and discard the marinade and pat dry all the pork slices with paper towels.
4. Place the pork slices evenly on the mesh tray and leave a suitable space around each piece for proper dehydrating.
5. Set the working temperature and time of the food dehydrator to 160°F /70°C for 4 to 7 hours. Start to check the progress of the porkslices 4 hours later and then check them every 30 minutes.
6. When the pork slices are dehydrated to your liking, remove it from the mesh trays. Wrap the pork slices with aluminum foil and put it in the oven to bake for 8 to 10 minutes at 165°F(75°C).
7. Let the pork jerky fully cool before storing in a sealed container.



## BRAZILLIAN BBQ Jerky

PREP: 12 minutes

DEHYDRATE: 6 hours

- 2 pounds top round beef
  - 2 teaspoons dried oregano
  - 2 teaspoons ground cumin
  - 1 teaspoon onion powder
  - 1 teaspoon ground coriander
  - 1 teaspoon salt
  - 1 teaspoon black pepper
  - 4 garlic cloves,grated
  - ½ cup lime juice
  - ½ cup olive oil
  - 1 teaspoon crushed red pepper
1. Cut the beef across the grain into 1/5 inch/ 5mm thick slices. Set aside.
  2. Mix the cumin, oregano, onionpowder, coriander ,salt , black pepper, garlic, limejuice, olive oil, and crushed red pepper until well combined.
  3. Place the beef and marinade in a sealable bag. Mix well. Marinate in the fridge for 12 hours or overnight.
  4. Drain and discard the marinade.
  5. Place the sliced beef evenly between the Food Dehydrator trays.
  6. Dry at 165°F for 6 hours or until done.



## Smoked Salmon Jerky

PREP: 4 hours

DEHYDRATE: 6 hours

1¼ pounds salmon

½ cup soy sauce

1 tablespoon molasses

1 tablespoon lemon juice,  
freshly squeezed

2 teaspoons freshly ground  
black pepper

1 teaspoon liquid smoke

1. Cut the fish across the grain into 1/4 inch-thick slices. Set aside. Mix the soy sauce, molasses, lemon juice, black pepper and liquid smoke until well combined.
2. Place the salmon and marinade in a sealable plastic bag. Mix well.
3. Marinate in the fridge for 4 hours.
4. Drain and discard the marinade. Place the sliced salmon evenly in the Food Dehydrator trays.
5. Dry at 150°F for 6 hours, or until done.



## Vietnamese Style Beef Jerk

PREP: 12 hours

DEHYDRATE: 6 hours

- 2 pounds beef eye of round
- 3 tablespoons Asian fish sauce
- 1 tablespoon soy sauce
- 1 lime, juiced
- ¼ cup brown sugar

1. Cut the beef across the grain into 1/5 Inch /5-mm-thick slices. Set aside.
2. Mix the fish sauce, soy sauce, lime juice, and brown sugar until well combined.
3. Place the beef and marinade in a sealable plastic bag. Mix well.
4. Marinate in the fridge for 12 hours or overnight.
5. Drain and discard the marinade.
6. Place the sliced beef evenly between the Food Dehydrator trays.
7. Dry at 165°F for 6 hours, or until done.



## Garlic Black Pepper Beef Jerky

PREP: 12 hours

DEHYDRATE: 6 hours

2 pounds top round beef

2½ teaspoons black pepper

½ cup soy sauce

¼ teaspoon white pepper

1 garlic or garlic powder

¼ cup Worcestershire sauce

1. Cut the beef across the grain into 1/5 Inch /5-mm-thick slices. Set aside.
2. Mix the fish sauce, soy sauce, lime juice, and brown sugar until well combined.
3. Place the beef and marinade in a sealable plastic bag. Mix well.
4. Marinate in the fridge for 12 hours or overnight.
5. Drain and discard the marinade.
6. Place the sliced beef evenly between the Food Dehydrator trays.
7. Dry at 165°F for 6 hours, or until done.





FRUIT



## Spiced Apple Chips

PREP: 10 minutes

DEHYDRATE: 12 hours

2 apples

½ lemon, to be juiced

1 tablespoon white sugar

1 teaspoon ground  
cinnamon

¼ teaspoon nutmeg

½ teaspoon vanilla extract

1. Peel and core the apples, then slice into 1/4 inch-thick slices.
2. Mix together the lemon juice, sugar, cinnamon, nutmeg, vanilla extract, and sliced apples until apples are evenly coated.
3. Place the apple slices evenly between the Food Dehydrator trays.
4. Dry at 150°F for 6 to 12 hours, or until done.



## Black & Blue Berry Fruit Leather

PREP: 10 minutes  
DEHYDRATE: 12 hours

1 pound blueberries  
½ cup blackberries

1. Blend the berries together in a blender on low speed until smooth.
2. Strain the fruit mix to get rid of the seeds.
3. Pour back into the blender and blend on high speed until liquified.
4. Pour the pureed fruit onto the parchment-lined fruit roll sheet on the Food Dehydrator. You may have some of the puree left over.
2. Dry at 165°F for 8 to 12 hours, or until done.



## Kiwi Fruit Leather

PREP: 15 minutes

DEHYDRATE: 7 hours

8 ripe kiwis, peeled and quartered

¼ cup light agave nectar

1. Line each of 4 trays with a nonstick dehydrator sheet. In a blender, purée the kiwis and agave nectar until smooth.
2. Pour half the purée in the center of 1 prepared tray.
3. Tilting the tray, spread the purée into a 10x9-inch rectangle (¼ inch-thick). Repeat with remaining purée.
4. Place the trays in the dehydrator. Close the damper door.
5. Turn the machine ON. Set the TIME to 7 hours and the TEMP to 130°F.
6. Dehydrate, checking the fruit leather periodically and rearranging the trays if necessary, until the fruit leather feels slightly tacky and peels off the dehydrator sheets.
7. Let the fruit leather cool completely on the trays. Cut each sheet of fruit leather into 6 (9-inch) strips and roll up.
8. Store the rolls in an airtight plastic container.



## Mango Fruit Leather

PREP: 20 minutes

DEHYDRATE: 8 hours

- 3 ripe mangos, peeled, pitted and cubed
  - 1 cup fresh raspberries
  - 2 tablespoons light agave nectar
1. Line each of 3 trays with a nonstick dehydrator sheet. In a blender, purée the mango, raspberries and agave nectar until smooth. Pour 1/3 of fruit puree in the center of 1 prepared tray.
  2. Tilting the tray, spread the purée into a 10x9-inch rectangle (¼ inch-thick). Repeat with remaining purée.
  3. Place the trays in the dehydrator. Close the damper door.
  4. Turn the machine ON. Set the TIME to 8 hours and the TEMP to 130°F.
  5. Dehydrate, checking the fruit leather after 6 hours and rearranging the trays if necessary, until the fruit leather feels slightly tacky and peels off the dehydrator sheets. Let the fruit leather cool completely on the trays.
  6. Cut each sheet of fruit leather into 6 (9-inch) strips and roll up.
  7. Store the rolls in an airtight plastic container.



## Strawberry Rhubarb Fruit Leather

PREP: 30 minutes

DEHYDRATE: 7.5 hours

- ¾ pound fresh rhubarb, sliced
- 1 pound fresh strawberries, hulled
- ¼ cup light agave nectar

1. Put the rhubarb in a steamer basket and set in a saucepan over 1 inch of boiling water. Cover tightly and steam the rhubarb until tender for 5 minutes.
2. Rinse the rhubarb under cold running water until cooled and drained. Transfer the rhubarb to a damp clean kitchen towel and squeeze out the excess liquid.
3. In a blender, purée the rhubarb, strawberries and agave until smooth. Line each of 3 trays with a nonstick dehydrator sheet.
4. Pour one third of fruit purée in center of 1 prepared tray.
5. Tilting the tray, spread the puree into a 10 x8-inch rectangle (¼ inch-thick). Repeat with remaining purée.
6. Place the trays in the dehydrator. Close the damper door.
7. Turn the machine ON.
8. Set the TIME to 7 hours 30 minutes and the TEMP to 130°F. Dehydrate, checking the fruit leather periodically and rearranging the trays if necessary, until the fruit leather easily peels off the dehydrator sheets.
9. Let the fruit leather cool completely on the trays. Cut each sheet of fruit leather into 6 (8 inch) strips and roll up. Store the rolls in an airtight container.



## Dried Red Dragon Fruit

PREP: 10 minutes

DEHYDRATE: 10 hours

2 kg red dragon fruit

1. Make sure the red dragon fruit is fresh and the root is not rotten.
2. Peel off, cut, and slice into 3mm.
3. Put on the tray.
4. Temperature: 150°F, Timing: 7-10 hours.



## Dried Strawberry Fruit

PREP: 10 minutes

DEHYDRATE: 5 hours

2 kgs strawberry

1. Wash and steep strawberry in brine for 10 minutes.
2. Capped and cut into slices with 4mm-5mm.
3. Temperature: 160°F, Timing: 5 hours.
4. After cooling down, cold store with seal.





## Dried Orange

PREP: 10 minutes

DEHYDRATE: 9 hours

1 kg orange

1. Clean the surface of the orange with salt then cut the head and tail of the orange.
2. Cut into slices about 4mm and put on the trays.
3. Temperature: 140°F, Timing: 7-9 hours. Timing should depend on the size and thickness of the slices. Store with seal at regular temperature after well dehydrated.



## Dried Watermelon

PREP: 10 minutes

DEHYDRATE: 8 hours

1 Watermelon

1. Fresh the Watermelon.
2. Clean and cut it into slices with 4-5mm and put on the trays.
3. Temperature: 140°F, Timing: 6-8 hours. Timing should depend on the size and thickness of the slices.



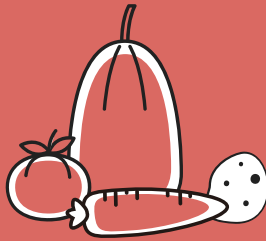
## Dried Lemon

PREP: 10 minutes

DEHYDRATE: 15 hours

1 kg lemon

1. Clean the lemon with salt.
2. Cut into slices with 3mm and put on the trays.
3. Temperature: 130°F, Timing: 13-15 hours. Make it completely dry and without moisture in lemon slices.



VEGETABLE



## Zucchini Chips

**PREP: 10 minutes**

**DEHYDRATE: 12 hours**

- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- ½ teaspoon black pepper
- ½ teaspoon salt

1. Slice the zucchini into ¼-inch-thick slices.
2. Combine all ingredients together with the zucchini in a bowl and mix well.
3. Place the zucchini slices evenly between the Food Dehydrator trays.
4. Dry at 165°F for 12 hours, or until done.



## Shawarma Kale Chips

**PREP:** 5 minutes

**DEHYDRATE:** 13 hours

- 4 ounces kale, chopped
  - 2 teaspoons olive oil
  - 1 teaspoon cumin
  - ½ teaspoon smoked paprika
  - ½ teaspoon salt
  - ½ teaspoon garlic powder
  - ½ teaspoon cinnamon
  - ½ teaspoon ground coriander
  - ¼ teaspoon ground cardamom
1. Combine all ingredients in a bowl and mix well.
  2. Place the kale evenly between the Food Dehydrator trays.
  3. Dry at 130°F for 12 to 13 hours, or until done.
  4. Store in an airtight container for up to 1 week.



## Dehydrated Potato Chips

**PREP: 40 minutes**

**DEHYDRATE: 10 hours**

1 large russet potato, peeled

4 cups boiling water

1 teaspoon lemon juice

Nonstick cooking spray

$\frac{1}{4}$  teaspoon salt

1. Slice the peeled potatoes on a mandolin into 1-mm-thick slices.
2. Add the slices to a large bowl with hot water and lemon juice.
3. Soak the potato slices in the mixture for 30 minutes.
4. Remove the potato slices and pat dry with a paper towel.
5. Spray the potato slices lightly with nonstick cooking spray and sprinkle salt on them.
6. Place the potatoes evenly between the Food Dehydrator trays.
7. Dry at 160°F for 10 hours, or until crispy.



## Ranch Carrot Chips

PREP: 8 minutes

DEHYDRATE: 12 hours

3 large carrots, peeled

1½ tablespoons water

1 packet ranch dressing  
seasoning

1. Peel the carrots into ribbons using a vegetable peeler and place the carrot ribbons into a large bowl.
2. Toss the carrots with the water and ranch dressing seasoning.
3. Place the carrots evenly between the Food Dehydrator trays.
4. Dry at 150°F for 8 to 12 hours, or until done.





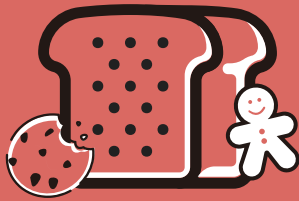
## Dehydrated Okra

PREP: 10 minutes

DEHYDRATE: 12 hours

500g okra

1. Boil the okra with salt for 3-5 minutes, drain and rinse in cold water.
2. Put them on the tray.
3. Temperature: 140°F, Timing: 8-12 hours. Till it become crisp and tasty.



SNACK



## Cheesy Bread

PREP: 1 hours

DEHYDRATE: 30 minutes

- 1 cup warm water
  - 2 tablespoons sugar
  - 1 tablespoon yeast
  - 4½ cups flour
  - ⅓ cup olive oil
  - 1 tablespoon dried oregano
  - 2 teaspoons salt filling
  - 500 g bacon, cooked
  - 2 cups grated mozzarella cheese
  - 1 cup grated cheddar cheese
1. Set Dehydrator to 95°F. Line a Dehydrator shelf with baking paper.
  2. In a jug combine water, yeast and sugar. Place jug in Dehydrator for 10 minutes. The yeast should be bubbly.
  3. Place flour, olive oil, oregano and salt on a work surface. Form into a mold and make a well in the center.
  4. Add the liquid ingredients and slowly bring the flour into the center to form a dough. Knead for about 5 minutes or until the dough is elastic and smooth.
  5. Lightly grease a large bowl with oil. Place dough in the bowl and place in Dehydrator. Leave for 1 hour or until doubled in size.
  6. oil. Place the dough in a bowl and put it in Dehydrator. Leave for an hour or until doubled in size.
  7. Roll dough out into a large rectangle. Cover the dough with bacon and cheese. Roll up, using the widest side, into a cylinder. Bring the two ends of the dough together to form a circle. Pinch dough together to seal.
  8. Place on a lined Dehydrator shelf. Place in Dehydrator. Leave for 60 minutes. At this point preheat oven to 165°F.
  9. Remove dough from Dehydrator and place on metal baking tray. Bake for 20 minutes or until golden and cheese is bubbling.



## Nutty Quinoa Granola

**PREP: 10 minutes**

**DEHYDRATE: 24 hours**

- 2 cups quinoa, soaked for 2 hours
  - 1 cup pecans, soaked for 2 hours
  - ½ cup pumpkin seeds, soaked for 2 hours
  - ½ cup sunflower seeds, soaked for 2 hours
  - ⅓ cup maple syrup
  - 2 teaspoons ground cinnamon
  - 1 teaspoon ground mixed spice
  - 1 teaspoon vanilla extract
  - 1 teaspoon sea salt
  - 2 tablespoons coconut oil
  - 6 medjool dates, stones removed, roughly chopped
1. Set Dehydrator to 150°F. Line non-stick sheet on tray.
  2. Drain quinoa, pecans, pumpkin and sunflower seeds.
  3. In a large bowl combine all ingredients. Make sure all ingredients are coated in oil and syrup.
  4. Spread evenly over 2 Dehydrator Shelves.
  5. Place in Dehydrator. Leave for 24 hours or until crunchy. Place in airtight container.



## Apricot Coconut Cookies

PREP: 30 minutes

DEHYDRATE: 8 hours

1. Set Dehydrator to 160°F.
  2. Place all ingredients in the bowl of a food processor. Pulse until a chunky paste has formed.
  3. Form mixture into 1 tablespoon sized balls. Place on Dehydrator shelves. Press down to flatten.
  4. Place in Dehydrator. Leave for 7-8 hours or until firm.
  5. Store in an airtight container for up to one week.
- 2 cups dried dates, stones removed
  - 1 cup almond butter
  - 1 cup dried apricots
  - 1 cup shredded coconut
  - ½ teaspoon salt



## Raw Corn Chips

PREP: 15 minutes

DEHYDRATE: 12 hours

- 2 ears corn, husked
- $\frac{3}{4}$  cup golden flaxseed
- $\frac{1}{4}$  cup water
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon garlic powder

1. Cut the kernels from the ears of corn.
2. Add the corn kernels, flaxseed, water, salt, and garlic powder to a food processor and purée until smooth.
3. Cut 2 pieces of parchment paper so that they match the size of the Food Dehydrator trays.
4. Spread the batter over the parchment-lined trays to  $\frac{1}{8}$  inch thickness.
5. Dry at 165°F for 8 to 12 hours, or until crispy.
4. Remove the cracker carefully from the parchment paper after 6 hours.
4. Place the crackers directly onto the tray and dry for the remaining time.



## Oatmeal Cranberry Cookies

PREP: 15 minutes

DEHYDRATE: 12 hours

- 1 cup quick rolled oats
  - 1 cup raw pecans
  - $\frac{3}{4}$  cup cranberry (or raisins)
  - $\frac{1}{4}$  cup pumpkin seeds
  - $\frac{1}{4}$  cup maple syrup
  - 2 tablespoons coconut oil
  - $\frac{1}{2}$  teaspoon ground cinnamon
  - $\frac{1}{4}$  teaspoon ground ginger
  - $\frac{1}{4}$  teaspoon ground allspice
  - $\frac{1}{4}$  teaspoon ground clove
  - A pinch of salt
1. Put all the ingredients in a food processor and blend until combined.
  2. Form the dough into tablespoon-sized balls, then place on parchment paper.
  3. Place another sheet of parchment paper on top and flatten to  $\frac{1}{4}$  inch thickness.
  4. Remove cookies from the double parchment paper, then place onto parchment-lined Food Dehydrator trays.
  5. Dry at 150°F for 12 hours, or until done.
  6. Remove the cookies carefully from the parchment paper after 8 hours.
  7. Place the cookies directly onto the tray and dry for the remaining time.
  8. Store cookies in an airtight container or serve immediately.



# Yogurt

**PREP: 15 minutes**

**DEHYDRATE: 8 hours**

½ cup chopped preserved fruit

5 tablespoons of the syrup in which the fruit was preserved

5 tablespoons of unflavored yogurt or 1 tablespoon of culture

1 quart of milk

Glass jar with screw-top

1. Heat the milk until it boils ( 176°F) for 1 to 2 minutes and starts to climb the side of the Saucepan.
2. Remove the saucepan from heat and allow the milk to cool to lukewarm (105°F).
3. To accelerate the cooling down, place the saucepan in cold water. Beat together the culture and milk until smooth .
4. Add the syrup while beating.
5. Stir in the chopped fruit.
6. Transfer mixture into glass jars, and close with screw-top.
7. Remove some trays from dehydrator and place jars inside.
8. Dehydrate for 8 to 12 hours.
9. Do not stir or check yogurt during this time.
10. Once dehydration is done, place in fridge. Yogurt will thicken as it cools.







**NOTES**

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