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F O O L - P R O O F

DEHYDRATOR RECIPES

Hey you! Thanks for downloading this PDF.
FYI all the recipes are linked up, so just click
the recipe you want, and it will open the webpage!



BENEFITS OF DEHYDRATING FOOD

- **Extend Shelf-life:** You can make your fresh fruit last you up to one year by dehydrating.
- **Save Money:** You really can buy all those fresh, ripe peaches from your local farmer and preserve them until the next harvest. Buying in bulk and in season definitely will save you money!
- **Simple and Reliable:** Dehydrators really are quite simple inventions. It takes years before they will break down. Heck, my mother-in-law still has her original dehydrator from 30 years ago.
- **Fool-Proof:** Because the dehydrating temperatures are so low, it's almost impossible to over-dehydrate. You'd have to let it run for 12 hours longer than you'd planned to render the food inedible.
- **Healthy Food:** I love the idea of preserving bulk food that's been locally grown. I also love the idea of feeding my family real food as often as possible!
- **Emergency Prep:** Maybe you're not worried about the next zombie apocalypse coming soon, but I think it's good for anybody to get good at food preservation techniques and have some food stores for a rainy day. Or, you know, the next time the power goes out.



THE RECIPES

The following recipes are some of the easiest foods I've successfully dehydrated. Hopefully this helps you on your journey to making all sorts of amazing dehydrated food. If you'd like to see more of how we grow & prepare food on our 1-acre urban farm in Arizona, be sure to follow us on [our YouTube channel!](#) ~ DaNelle



FRUITS & VEGETABLE DEHYDRATOR RECIPES

[DEHYDRATED RAW BUTTERNUT SQUASH COOKIES](#)

[DEHYDRATED SUN DRIED TOMATOES](#)

[HOMEMADE DEHYDRATED FRUIT ROLLUPS](#)

[ORANGE PEEL POWDER](#)

[HOMEMADE DRIED CRANBERRIES](#)

[DEHYDRATED BEET CHIPS](#)

[DEHYDRATED EGGPLANT BACON](#)

[DEHYDRATED CHIVES](#)

[DEHYDRATED CARROT CHIPS](#)

[DEHYDRATED PLUMS \(PRUNES\)](#)

[DEHYDRATED ONIONS](#)

[DEHYDRATED GREEN BEANS](#)

[DEHYDRATED POTATO FLAKES](#)

[DEHYDRATED SWEET POTATO CHIPS](#)

[DEHYDRATED STRAWBERRIES](#)

[DEHYDRATED PINEAPPLE](#)

[DEHYDRATED MANGO SLICES](#)

[DEHYDRATED GRAPES \(RAISINS\)](#)

[DEHYDRATED COCONUT CHIPS](#)

[DEHYDRATED CHERRIES](#)

[DEHYDRATED BLUEBERRIES](#)

[DEHYDRATED BANANA CHIPS](#)

[DEHYDRATED APPLE SLICES](#)

[DEHYDRATED CANDIED GINGER](#)

GRAIN DEHYDRATOR RECIPES

[RAW BUCKWHEAT GRANOLA](#)

[SOAKED, DEHYDRATED OATS](#)

[DEHYDRATED WHOLE GRAIN CRACKERS](#)

MEAT DEHYDRATOR RECIPES

[DEHYDRATED FISH RECIPE](#)

[DEHYDRATED CHICKEN RECIPE](#)

[DEHYDRATED GROUND BEEF RECIPE](#)

[DEHYDRATED LAMB RECIPE](#)

[BEEF JERKY RECIPE](#)

[SWEET PORK JERKY RECIPE](#)

SPICE DEHYDRATOR RECIPES

[DEHYDRATED CHILI POWDER](#)

[DEHYDRATED GARLIC AND ONION POWDER](#)

[DEHYDRATING STEVIA](#)

RECOMMENDATIONS & RESOURCES

My Favorite Dehydrator



Dehydrator Sheets

(a must-have for easy clean up!)

Favorite Dehydrator Book

