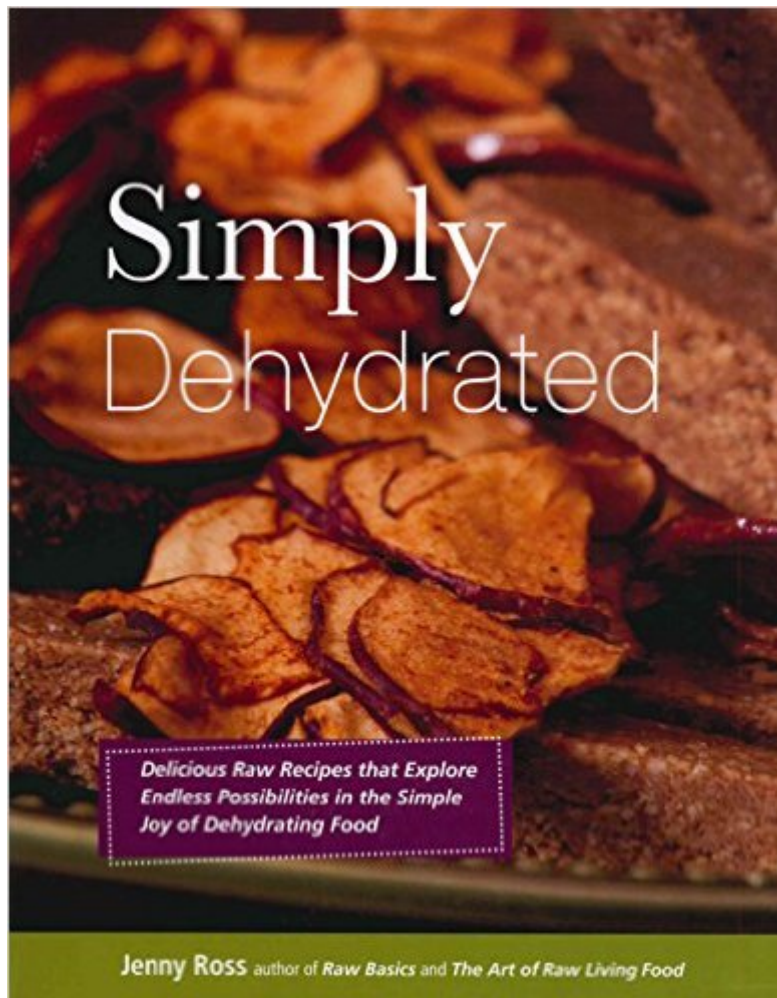


The book was found

# 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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Product Dimensions: 7.1 x 1 x 9.1 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #851,188 in Books (See Top 100 in Books) #88 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators](#) #354 in [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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Simply Dehydrated The Ultimate Healthy Dehydrator Cookbook: 150 Recipes to Make and Cook with Dehydrated Foods Pantry Stuffers Soup Mixes: Using Dehydrated Products Simply Perfect: Simply Quartet Series, Book 4 Simply Brubeck: The Music of Dave Brubeck -- 26 of His Top Jazz Classics (Simply Series) Thomas Pheasant: Simply Serene The Natural Way to Paint: Rendering the Figure in Watercolor Simply and Beautifully National Geographic Simply Beautiful Photographs (National Geographic Collectors Series) National Geographic Simply Beautiful Photographs Simply Raw 2016 Wall Calendar: Vegetable Portraits with Raw Food Recipes Simply Raw 2017 Wall Calendar: Vegetable Portraits and Raw Food Recipes Simply Raw: Vegetable Portraits by Lynn Karlin 2015 Wall Calendar Simply Beautiful Quilts 2013 Calendar Style Your Own Kids' Knits: Simply Choose a Pattern and Select a Motif Simply Sewing (Kids Can Do It) Simply Jesus: A New Vision of Who He Was, What He Did, and Why He Matters Simply Hymns Simply Aix Simply SQL Simply Ramen: A Complete Course in Preparing Ramen Meals at Home

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