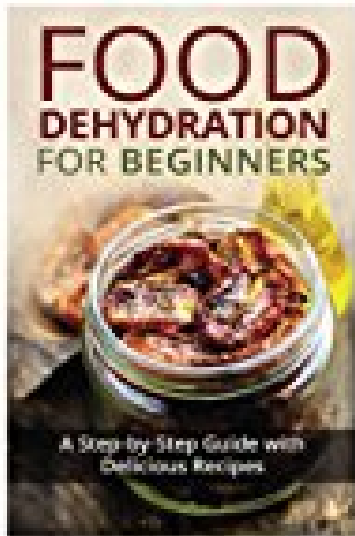


Food Dehydration for Beginners A Step-by-Step Guide with Delicious Recipes



BOOK DETAILS

- Author : Kay Miles
- Pages : 42 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1522741704

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BOOK SYNOPSIS

With the easy-to-follow, step-by-step directions here, anyone can have fun, save money, and create delicious meals by dehydrating food. Learn the basic methods—sun drying, oven drying, net bag, and commercial food dehydrators—before moving on to drying herbs for tea, making your own tasty (and healthier) jerky, and so much more. Also included is a section on the nutritional benefits of drying food. With 164 recipes ranging from breads to desserts, soups to pies, and cereals to entrees, Dehydrating Food is a book for anyone who is interested in learning how to save money and create delicious meals by drying their own food.

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