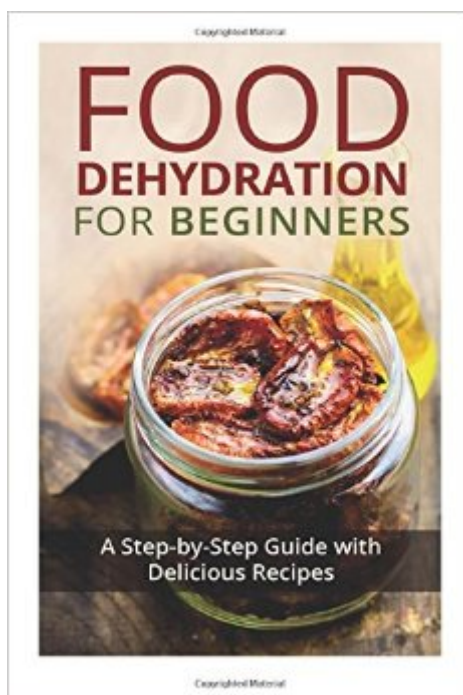


The book was found

# Food Dehydration For Beginners: A Step-by-Step Guide With Delicious Recipes



## Synopsis

Food dehydration is fairly easy to accomplish and it can be done with a wide variety of different foods. By dehydrating foods you can naturally preserve them without the need for artificial preservatives and you can also preserve the natural nutrition content of the food. If you are curious to learn more about food dehydration, this book is the perfect place to start. In this book you will receive the following:

- An introduction to food dehydration and its benefits
- A list of tips to help you get started with food hydration
- A collection of tasty recipes for dehydrated fruits, meats, grains, and more

So, if you are ready to try your hand at food dehydration, simply pick a recipe from this book and give it a try!

## Book Information

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Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #1,008,568 in Books (See Top 100 in Books) #97 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators](#) #805 in [Books > Cookbooks, Food & Wine > Canning & Preserving](#)

## Customer Reviews

I'm new to the whole preparedness movement and as such I'm always seeking new ideas. This book contained a lot of information. Some of it is more useful than others but that will vary from person to person. I recommend getting this and reviewing the information contained therein.

Easy to understand recipes with quantities, time and temps. I wish the book that came with my dehydrator was so easy to understand. Can't wait to make the granola.

It was not a spectacular novel, but it does teach you the basics to preservation which is what I asked for. The price is subjective.

Great choice of recipes. Very thorough info. I found this book easy to read, understand, and apply. I will be using this info asap.

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