

Dehydrator Recipes



A dehydrator is an essential to have in your kitchen, especially if you preserve food in bulk for the winter! So many foods can be made in a dehydrator. Everything from kale chips, to crispy nuts, to bone broth powder (for when you are on the road). I have included a few great recipes below to help you get started. I invite you to try one or try them all. The more you try, the easier it gets to develop a system for food preservation. This will save you a LOT of money in the long run, and the dehydrator does most of the work for you!

Nuts, Seeds, and Chips:

- [HOW TO DEHYDRATE FOOD, BASIC PREPARATION](#)
- [SALTED CRISPY ALMONDS](#)
- [SOAKED AND SPROUTED ALMONDS](#)
- [SWEET AND SALTY KALE CHIPS](#)
- [GARLIC HERB KALE CHIPS](#)
- [CHEESY ZUCCHINI CHIPS](#)

- BUTTERNUT SQUASH CHIPS
- APPLE CHIPS
- DEHYDRATED CARROTS
- SPICED PUMPKIN SEEDS

Fruits and Leathers:

- HOW TO MAKE FRUIT LEATHERS
- FRUIT LEATHERS
- SUMMER SQUASH GUMMY CANDY
- SQUASH LEATHER
- SPICED BANANA CHIPS

Sweet Treats:

- COCONUT MACAROONS
- LEMON COCONUT MACAROONS
- RAW COCONUT WRAPS
- APRICOT COCONUT COOKIES

Jerky:

- SALMON JERKY
- BEEF JERKY

Powders:

- HOMEMADE ONION POWDER
- DEHYDRATED BONE BROTH
- GREEN VEGGIE POWDER

Food Preservation:

- TOMATOES
- PEARS
- MANGOS
- KIWI

If you chose to eat wheat or grains:

- HOW TO SPROUT FLOUR

For your furry friends:

- HOMEMADE DOG TREATS

If you do not have a food dehydrator or cannot afford one, you can certainly use a low oven setting to dehydrate your foods. You just have to be home when using this method. With a dehydrator, you can leave it on while you are gone, just like a crockpot. Just make sure it is on your counter top and not covered with any cloth.

To make the food preparation even easier, I suggest trying out some of the additional tools I listed in the kitchen tools PDF. Use a mandolin to slice the fruits and vegetables. Use a food processor or high-powered blender to make the purees to make fruit leather. Again, experiment and find out which system works best for you.

You can find a dehydrator on my shopping list page: <http://www.realfoodrn.com/shopping-list/>

Have fun!