

**STX**  
*International*

**Over 270  
Recipes!**



**DEHYDRATING  
MADE EASY!**



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# Common Measurement Conversions

|  |
|--|
| 1 gallon = 4 quarts = 8 pints = 16 cups = 128 ounces = 3.8 liters            |
| 1 quart = 2 pints = 4 cups = 32 ounces = .95 liters                          |
| 1 pint = 2 cups = 16 ounces = 480 milliliters                                |
| 1 cup = 8 ounces = 240 milliliters   |
| $\frac{1}{4}$ cup = 4 tablespoons = 12 teaspoons = 2 ounces = 60 milliliters |
| 1 tablespoon = 3 teaspoons = $\frac{1}{2}$ fluid ounce = 15 milliliters      |

## Oven Temperatures

| Celsius | Fahrenheit |
|---------|------------|
| 95°C    | 200°F      |
| 130°C   | 250°F      |
| 150°C   | 300°F      |
| 160°C   | 325°F      |
| 175°C   | 350°F      |
| 190°C   | 375°F      |
| 200°C   | 400°F      |
| 230°C   | 450°F      |

## General Drying Temperatures

| Food Type            | Temperature  |
|----------------------|--------------|
| Fruits / Fruit Rolls | 135°F / 57°C |
| Vegetables           | 125°F / 52°C |
| Meat / Jerky         | 165°F / 74°C |
| Chicken / Turkey     | 165°F / 74°C |
| Fish / Wild Game     | 165°F / 74°C |
| Raising Breads       | 110°F / 43°C |
| Yogurts              | 115°F / 46°C |
| Herbs & Spices       | 95°F / 34°C  |
| Living Foods         | 105°F / 41°C |

## **PLEASE NOTE: Drying time depends on several factors:**

**Thick or Thin Slices**- the thinner the item slice being dried, the quicker the drying time.

**Temperature** - The lower the temperature, the longer the drying time. When dehydrating fruits, vegetables and nuts, we recommend dehydrating at 105-110°F to preserve enzymes and nutrients.

**Humidity** - the higher the humidity, the longer the drying time

**Water Content** - the higher the water (liquid) content of the item being dehydrated, the longer the drying time.

**Personal Preference** - some people like their dehydrated items still a bit soft, while others like it "crunchy or crispy". If you want it more crunchy-crispy, it will increase the time it takes to dry all the water out.

**Product**- Of course the product being dehydrated also will dictate how long it takes to dry, as shown by the chart below as a reference.

## **Useful Dehydrating Information**

Dehydrating food helps prevent the growth of bacteria, however certain food require pretreating before drying so that chemical reactions during the drying process do not occur. Pretreatment will minimize unwanted texture and color changes during the dehydration process.

- Strong smelling foods, such as garlic and onions, will give off strong odors during the drying process. This odor may linger after the process is complete.
- Do not add new pieces of food to the dehydrator when a batch is already in process. This will increase the drying time because it adds moisture to the current batch.
- Do not shut off or unplug the dehydrator in the middle of the drying cycle and then try to resume the drying cycle later. This can result in unsafe food and bad quality dehydration.
- When placing food on the trays, ensure there is no overlap and that the foods do not touch. Air needs to be able to travel through the trays and around the food for the drying process to take place.
- There are several variables that play into how long it will take to dehydrate various foods. Some include the amount of food being dehydrated, the thickness of the food pieces, humidity, air temperatures, and personal preference. This is why you will notice average drying times and ranges of drying times. When you are just beginning or trying a new food out, you may find that checking it periodically to make sure you are getting the dryness that you want for that type of food. With some spices you might check every 5-10 min, whereas with fruits or meats it might be every 1-2 hours.
- As you are checking the dehydrator throughout the processing of a batch, you may find that some of the pieces have dried to the appropriate dryness before others. You should remove the pieces that are complete, as they are done.

# Shelf Life Comparison

| Food           | Counter / Pantry | Refrigerator | Freezer | Dehydrated |
|----------------|------------------|--------------|---------|------------|
| Apples         | 2-4 wks          | 1-2 mo       | 8-10 mo | 10+ Yrs    |
| Bananas        | 2-7 days         | 5-9 days     | 2-3 mo  | 10+ Yrs    |
| Cantaloupe     | Until ripe       | 2-5 days     | 8-12 mo | 10+ Yrs    |
| Grapes         | 3-5 days         | 7-10 days    | 3-5 Mo  | 10+ Yrs    |
| Lemons         | 2-4 wks          | 1-2 mo       | 3-4 mo  | 10+ Yrs    |
| Peaches        | Until ripe       | 2-5 days     | 8-12 mo | 10+ Yrs    |
| Strawberries   | 1-2 days         | 5-7 days     | 6-8 mo  | 10+ Yrs    |
| Broccoli       | 2 days           | 7-14 wks     | 8-12 mo | 10+ Yrs    |
| Carrot         | 1-3 days         | 4-5 wks      | 8-12 mo | 10+ Yrs    |
| Cucumber       | 1-2 days         | 1 wk         | 8-12 mo | 10+ Yrs    |
| Green Beans    | Not Recommended  | 1 wk         | 8-12 mo | 10+ Yrs    |
| Lettuce        | Not Recommended  | 1 wk         | Do Not  | 10+ Yrs    |
| Potato         | 1 mo             | 3-4 mo       | Do Not  | 10+ Yrs    |
| Tomato         | 5-7 days         | 2-3 wks      | 8-12 mo | 10+ Yrs    |
| Eggs           | Few Hours        | 3-4 wks      | Do Not  | 10+ Yrs    |
| Milk           | Few Hours        | 5-7 wks      | 1 mo    | 10+ Yrs    |
| Yogurt         | Few Hours        | 2-3 wks      | 1-2 mo  | 10+ Yrs    |
| Bacon          | 2 hrs            | 2 wks        | 4 mo    | 10+ Yrs    |
| Bologna        | 2 hrs            | 1-2 wks      | 2-3 mo  | 10+ Yrs    |
| Chicken        | 2 hours          | 1-2 wks      | 1 yr    | 10+ Yrs    |
| Fish           | 2 hrs            | 1-2          | 6-9 mo  | 10+ Yrs    |
| Ham            | 2 hrs            | 1 wk         | 6 mo    | 10+ Yrs    |
| Hamburger      | 2 hrs            | 1-2 wks      | 6-8 mo  | 10+ Yrs    |
| Steak          | 2 hrs            | 1-2 wks      | 6-8 mo  | 10+ Yrs    |
| Bread          | 5-7 days         | 1-2 wks      | 2-3 mo  | 10+ Yrs    |
| Herbs & Spices | 1-3 days         | 4-5 wks      | Do Not  | 10+ Yrs    |

# Fruit Drying Guide

| Fruit                 | Preparation  | Pre-Treatment                | Average Dry Time                                    |
|-----------------------|--|------------------------------|---|
| Apples                | Wash, core and peel if desired. Cut into ¼ inch slices.  | Ascorbic acid or lemon juice | 3-8 hours   |
| Apricots              | Wash, halve and remove pit. Slice if desired and dry skin side down.   | Ascorbic acid or lemon juice | 7-15 hours  |
| Bananas               | Wash, peel and slice into 1/8 inch slices.   | Ascorbic acid or lemon juice | 5-7 hours   |
| Blueberries           | Remove stems. Dip in boiling water for 30 to 60 seconds and then plunge in ice water to crack the skin.                            | NONE                         | 8-16 hours  |
| Cherries              | Remove stems and pit. Cut in half, chop, or leave whole.   | NONE                         | 14-22 hours   |
| Cranberries           | Remove stems. Dip in boiling water for 30 to 60 seconds and then plunge in ice water to crack the skin.                            | NONE                         | 5-7 hours   |
| Figs                  | Wash, cut out blemishes, quarter. Dry skin down.   | NONE                         | 7-14 hours  |
| Grapes                | Leave whole or cut in half. Dip whole grapes in boiling water for 30 to 60 seconds and then plunge in ice water to crack the skin. | NONE                         | 12-20 hours   |
| Kiwi                  | Wash, peel and cut into ¼ inch slices.   | NONE                         | 3-5 hours   |
| Nectarines or Peaches | Wash, halve and remove pit. Slice and dry skin side down.  | Ascorbic acid or lemon juice | 5-9 hours (slices)<br>36-48 hours (halves/quarters) |
| Pears                 | Wash, core and peel if desired. Cut into ¼ inch slices.  | Ascorbic acid or lemon juice | 6-12 hours  |
| Pineapple             | Peel, remove fibrous eyes & core. Cut into ¼ inch slices or wedges.  | NONE                         | 5-11 hours  |
| Plums / Prunes        | Halve or quarter and remove pit.   | NONE                         | 7-14 hours  |
| Rhubarb               | Wash, cut into 1 inch lengths  | NONE                         | 5-8 hours   |
| Strawberries          | Wash, cut out caps. Slice into ¼ in thick slices.  | NONE                         | 5-11 hours  |
| Watermelon            | Cut off rind, cut into wedges and remove seeds.  | NONE                         | 8-11 hours  |

# Vegetable Drying Guide

| Vegetable             | Preparation  | Water Pre-Treatment Time | Steam Pre-Treatment Time | Average Dry Time |
|-----------------------|--|--------------------------|--------------------------|------------------|
| Asparagus             | Cut into 1" pieces.  | 3 ½ - 4 Minutes          | 4-5 Minutes              | 5-7 Hours        |
| Beans, Greens/<br>Wax | Remove ends and strings. Cut into 1" pieces.   | 2 Minutes                | 2 ½ Minutes              | 5-10 Hours       |
| Beets                 | Cook until tender. Cool and peel. Cut into shoestring strips ⅛" thick.                   | NONE                     | NONE                     | 3-6 hours        |
| Broccoli              | Cut into serving pieces  | 2 Minutes                | 3 – 3 ½ Minutes          | 3-7 hours        |
| Cabbage               | Wash and trim, cut into ⅛" strips  | NONE                     | NONE                     | 8-11 hours       |
| Carrots               | Peel and cut off ends. Cut into ⅛" to ¼" slices.   | 3 minutes                | 3 – 3 ½ Minutes          | 7-11 hours       |
| Cauliflower           | Cut into serving pieces.   | 3-4 minutes              | 4-5 minutes              | 4-7 hours        |
| Celery                | Trim ends. Cut in ¼" slices.   | 2 minutes                | 2 minutes                | 2-4 hours        |
| Corn                  | Husk and remove silk. Blanch and cut corn from cob.                                      | 1 ½ Minutes              | 2 – 2 ½ Minutes          | 7-10 hours       |
| Cucumber              | Wash and trim. Cut into 3/8" slices.   | NONE                     | NONE                     | 4-8 hours        |
| Eggplant              | Wash and peel. Cut into ¼" slices.   | None                     | None                     | 4-8 hours        |
| Mushrooms             | <i>Wash and slice ⅜" thick.</i>  | NONE                     | NONE                     | 2-6 hours        |
| Onion                 | <i>Remove outer skin. Cut off top and root ends. Cut into ¼" slices.</i>                 | NONE                     | NONE                     | 2-6 hours        |
| Parsnips              | <i>Scrub thoroughly, stem blanch until tender. Peel if desired. Cut into 3/8" slices</i> | 2 minutes                | 3 minutes                | 7-11 hours       |
| Peas                  | <i>Shell.</i>  | 2 minutes                | 3 minutes                | 4-8 hours        |
| Peppers               | <i>Remove stem, core and inner partitions. Cut into ¼" strips.</i>                       | NONE                     | NONE                     | 4-8 hours        |
| Potatoes              | <i>Peel and cut into ¼" slices</i>   | 5-6 minutes              | 6-8 minutes              | 3-7 hours        |
| Summer Squash         | <i>Trim ends. Cut into ¼" slices.</i>  | 1 ½ Minutes              | 2 ½ - 3 Minutes          | 3-5 hours        |
| Tomatoes              | <i>Peel if desired. Cut into sections ¾" wide</i>  | NONE                     | NONE                     | 5-10 hours       |
| Zucchini              | Wash, peel if desired. Cut into ¼ inch slices or chips                                   | 1 ½ Minutes              | 2 ½ - 3 Minutes          | 3-5 hours        |

# What's in Season?

| Spring         | Summer        | Fall             | Winter          |
|----------------|---------------|------------------|-----------------|
| Asparagus      | Apricots      | Apples           | Bananas         |
| Apricots       | Bananas       | Bananas          | Beets           |
| Bananas        | Beets         | Beets            | Cabbage         |
| Blackberries   | Bell Peppers  | Broccoli         | Citrus          |
| Cabbage        | Blackberries  | Brussels Sprouts | Daikon Radishes |
| Green Beans    | Blueberries   | Carrots          | Grapefruit      |
| Green Onions   | Cherries      | Cauliflower      | Mushrooms       |
| Honeydew Melon | Cucumbers     | Cranberries      | Onions & Leeks  |
| Leeks          | Eggplant      | Garlic           | Potatoes        |
| Lettuces       | Fresh Herbs   | Ginger           | Rutabagas       |
| Mangoes        | Grapefruits   | Grapes           | Sweet Potatoes  |
| Mushrooms      | Grapes        | Kale             | Turnips         |
| New Potatoes   | Green Beans   | Mushrooms        | Winter Squash   |
| Onions & Leeks | Hot Peppers   | Parsnips         | Yams            |
| Peas           | Kiwifruit     | Pears            |                 |
| Pineapple      | Lima Beans    | Pineapple        |                 |
| Red Radishes   | Melons        | Persimmons       |                 |
| Rhubarb        | Mushrooms     | Pumpkins         |                 |
| Spinach        | Okra          | Sweet Potatoes   |                 |
| Strawberries   | Peaches       | Winter Squash    |                 |
| Watercress     | Plums         | Yams             |                 |
|                | Raspberries   |                  |                 |
|                | Strawberries  |                  |                 |
|                | Summer Squash |                  |                 |
|                | Sweet Corn    |                  |                 |
|                | Sweet Peppers |                  |                 |
|                | Tomatoes      |                  |                 |
|                | Zucchini      |                  |                 |

# Bread & Grain Recipes



## Almond Bruschetta Crackers

3 cups almonds, soaked overnight,  
rinsed and drained  
½ cup freshly ground golden flax  
¾ cup water  
1 Tbsp. balsamic vinegar

1 medium sweet onion, finely diced  
2 medium tomatoes, finely diced  
Himalayan salt and fresh ground  
pepper to taste

Mix together ground flax and water. Let sit until water is almost completely absorbed. Pulse almonds in food processor until finely ground. Stir flax and other remaining ingredients into almonds. Spread mixture onto fruit leather inserts as evenly as possible. This mixture will be quite wet. Dehydrate at 145 for 45 minutes. Remove and score. Place back into dehydrator and continue to dehydrate at 115 until the tops are almost dry (about 4 hours). Transfer to trays and finish dehydrating until dry.

## Almond & Sea Salt Crisps

2 cups un-blanched almond meal  
2 Tbsp. water  
1 Tbsp. olive oil

1 egg white  
¾ tsp. sea salt  
Flaky sea salt to finish

Put the almond meal in a medium-sized bowl and make a well in the center. In a small bowl whisk together the water, olive oil, egg white, and sea salt. Add the wet ingredients to the almond meal and stir to thoroughly combine. Pour mixture onto fruit leather inserts about 1/8-inch thick or a little thinner. Sprinkle with flaky sea salt and press the salt into the dough. Lightly score the dough into desired cracker shape. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## Apple & Flax Flatbread

|                                     |                         |
|-------------------------------------|-------------------------|
| 2 Fuji apples (or other sweet type) | ½ tsp cinnamon          |
| 1 ¾ cups water                      | 1 cup golden flax seeds |
| 3 Tbsp. flax meal                   | 2 Tbsp. chia seeds      |
| ¼ tsp sea salt (or to taste)        | ½ cup pumpkin seeds     |
| 1 Tbsp. maple syrup                 |                         |

Blend the cubed apple, water, flax, salt, syrup, and cinnamon in a blender till smooth.

Pour mixture over the flax and chia seeds in a large bowl. Allow to site for three hours till the mixture is thick. Stir in the grated apple and the pumpkin seeds. Spread the mixture onto fruit leather inserts to about ¼" thickness. Dehydrate at 115°F overnight (6-8 hours). Remove spread from inserts and flip onto dehydrator trays. Continue dehydrating for another 3-4 hours. Dehydrate for another 3-4 hours, or until very crispy.

## Apple Pie Crackers

|  |                                      |
|--|--------------------------------------|
| 1 medium chopped granny smith apple                  | ¼ cup sunflower seeds, ground finely |
| 2 Tbsp. plus 2 tsp. grape seed oil                   | 3 Tbsp. ground cinnamon              |
| ¼ cup raw agave nectar                               | ¼ tsp. ground ginger                 |
| 4 tsp. pure vanilla extract                          | ¼ tsp. ground nutmeg                 |
| 1 ¾ cup roughly ground flax seed or milled flax seed | 1/8 tsp. ground cardamom             |
|  | 1/8 tsp. ground cloves               |

Place apple, oil, agave and vanilla in the bowl of your food processor. Pulse until apple is completely pureed. Add remaining ingredients and pulse just until combined. Transfer to a large bowl. Spread mixture about ¼-inch thick onto fruit leather inserts. Lightly score the crackers into 1-inch cubes. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## Au Gratin Flavored Potato Chips

|                                     |                              |
|-------------------------------------|------------------------------|
| 3 cups mashed potatoes              | ½ cup grated parmesan cheese |
| 1½ cups grated sharp cheddar cheese | ½ tsp salt                   |

Mix all ingredients in a blender or food processor until well blended. Transfer mixture onto fruit leather inserts spread mixture very thinly. Do not score mixture. Dehydrate at 145 for 4 hours. Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry. When dry, break into pieces and serve.

## Banana Chia Chips

|                     |                 |
|---------------------|-----------------|
| 4 Tbsp. chia seeds  | ¼ tsp. salt     |
| 1 cup water         | ½ tsp. cinnamon |
| 1 banana, very ripe |                 |

Combine ingredients in blender and process until smooth. Allow to sit for about 20 minutes until mixture begins to gel. Transfer mixture onto fruit leather inserts about 1/8 inch thick. Lightly score mixture into desired cracker shapes. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## Basic Raw Cracker

|                                   |                               |
|-----------------------------------|-------------------------------|
| 2 cups ground flax seeds          | 1 tsp. Italian spices         |
| 2/3 cup whole flax seeds          | 2-2/3 cups of water           |
| 1 tsp. sea salt                   | 1-1/3 cups of sunflower seeds |
| 2 Tbsp. finely chopped red pepper | ½ cup black sesame seeds      |
| 2 Tbsp. finely chopped parsley    |                               |

Mix everything together in a mixing bowl. Spread the batter out evenly onto your silicone baking sheet. Using the back of a spoon works well. This recipe should make two dehydrator sheets worth of crackers. Start dehydrating at 120°F for the first hour, then reduces the temperature to 105°F for the remainder of the cooking time. Score the crackers. Once the crackers are starting to harden up (4 hours), use a knife to score the crackers along wherever you want the crackers to separate. This will make them easier to break later on. Once the crackers are holding their shape together very well (8 hours), break them apart along the score lines. Remove the silicone sheets and place the crackers directly on the dehydrator tray. Once all the moisture is removed from crackers, they are finished drying generally 10-15 hours.

## Caraway & Dill Onion Crackers

|  |                                |
|--|--------------------------------|
| 1 cup ground raw sunflower seeds, soaked | 1 Tbsp. dried dill             |
| 1 cup ground flax seed                   | 2 ½ lbs. sweet onions, chopped |
| 3 Tbsp. caraway seeds, ground            | ½ cup cold pressed olive oil   |
| 1 Tbsp. fennel seeds, ground             | 6 Tbsp. gluten-free tamari     |

Place the sunflower seeds in the food processor, and process until it reaches a chunky flour texture. Add ground flax, caraway seeds, fennels seeds and dill. Pulse together. Place Mixture into a large mixing bowl. Place the rough chopped onions in the food processor and process until broken down to small pieces. Add Tamari and drizzle in the olive oil while the processor is running. Add the dry ingredients to the food processor and process until smooth. Let the batter sit for 15+ minutes. This gives the flax time to thicken up the batter. Pour mixture onto fruit leather inserts about ¼ inch thick. Lightly score mixture into desired cracker shapes. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## Carrot Pulp Crackers

|                                 |                                      |
|---------------------------------|--------------------------------------|
| ½ cup golden flaxseed           | 1 Tbsp. freshly squeezed lemon juice |
| 1 cup room temperature water    | ½ Tbsp. salt                         |
| 1 cup chopped, ripe, raw tomato | 3 cups carrot pulp                   |

Mix flaxseed with water in a large bowl and soak until all water is absorbed, about 4 hours. When flaxseed are ready, process tomato, lemon juice and salt in a food processor or blender until liquefied. Add to bowl along with carrot pulp. Mix thoroughly. If too dry, add a touch of water. Pour mixture onto fruit leather inserts about ¼ inch thick. Lightly score mixture into desired cracker shapes. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## Cauliflower Doritos-Style Chips

|  |                         |
|--|-------------------------|
| 1 16 ounce bag of cauliflower,<br>shredded, chopped or riced | 3 eggs<br>3 cups cheese |
|--|-------------------------|

Process cauliflower and mix with egg and cheese. Transfer mixture onto fruit leather inserts about ¼ inch thick. Lightly score mixture into desired cracker shapes. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## Cheesy Flax Crackers

|                                       |                                    |
|---------------------------------------|------------------------------------|
| 2 cups ground flaxseed                | 1 clove garlic                     |
| 1 cup cashews                         | 1 lemon, juiced                    |
| 1 carrot                              | ½ tsp. sea salt                    |
| 1 red bell pepper, halved & de-seeded | ½ tsp. raw honey, or more to taste |

Puree flaxseed, cashews, red bell pepper, carrot, garlic, lemon juice, sea salt, and honey in a food processor. Spread mixture onto nonstick Fruit leather inserts and place into food dehydrator following manufacturer's instructions. Dehydrate until dry and crisp, about 18 hours. Flip crackers on sheets after 6 hours. Break sheets into pieces for serving.

## Chickpea Crackers

|                            |                    |
|----------------------------|--------------------|
| 250 grams of dry chickpeas | 1 tsp. salt        |
| 1 cup whole wheat flour    | 1 tsp. dried thyme |

Soak dry chickpeas in water for 5-6 hours or overnight. Cook them with a pinch of salt till soft. Drain all the water and blend in a food processor. Add the thyme and salt and mix continue to process until well blended. Add the flour 1 Tbsp. at a time, enough to make hard dough. Transfer mixture onto fruit leather inserts about ¼ inch thick. Lightly score mixture into desired cracker shapes. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## Cinnamon Raisin Bread

|                       |                          |
|-----------------------|--------------------------|
| 2 cups almonds        | 1 apple                  |
| 1 cup sunflower seeds | 1 cup raisins            |
| 1 cup ground flax     | 4 dates plus ½ cup water |
| 1 cup puréed zucchini | 1 tsp. cinnamon          |
| 2 carrots             |                          |

Place sunflower seeds in food processor and process until finely chopped. Place in Bowl. Place almonds in food processor and finely chop. Place in bowl with sunflower seeds. Add flax and stir to combine. Process carrots and apple in food processor until you get a puree. Add zucchini puree, mix. In blender, blend dates with ½ C water until liquefied. You can soak the dates first to soften. Add to carrot and apple mixture, stir. Stir wet ingredients into dry. Mix well. Stir in cinnamon and raisins. Spread ¼" thick on fruit leather inserts. Dehydrate for 1 hour at 145, reduce heat and continue to dehydrate at 115 for two more hours. Flip mixture onto dehydrator tray, removing inserts. Continue to dehydrate for about 4-6 more hours or until dry but not hard. This bread will be a soft.

## Coconut & Ginger Energy Balls

|                                    |                              |
|------------------------------------|------------------------------|
| 1 cup dates                        | ½ Tbsp. honey                |
| 2 Tbsp. chopped raw Brazil nuts    | 2 Tbsp. fresh ginger, grated |
| ¾ cup unsweetened shredded coconut |                              |

Place the dates in a food processor or blender and blend for 1 minute. Add the Brazil Nuts, shredded coconut, honey and ginger and continue to blend until all nuts/dates have broken down into uniform size and a sticky batter has formed. Scoop out tablespoon sized amounts of the mixture and roll into balls, depending on the stickiness you can wet your hands a touch to make the balls easier to roll. Place evenly onto trays and dehydrate at 145 for 4-6 hours.

## Coconut Macaroons

|                                   |                                      |
|-----------------------------------|--------------------------------------|
| 2 cups almonds (soaked for 8 hrs) | 1 Tbsp. almond extract               |
| 1 cup shredded coconut            | 6-10 pitted dates (soaked for 2 hrs) |

In blender, blend ½ cup of water from dates with almonds, almond extract, dates, and shredded coconut. Dough should be thick. Drop about 1 tsp. of dough onto your fruit leather insert. Dry at 115 for 14-20 hour until dry. Flip drops half way through dry time to dry the underside of macaroons.

## Corn Flatbread

|                    |                       |
|--------------------|-----------------------|
| 3 cups corn        | 1 medium lime, juiced |
| 2 cups raw cashews | 1 tsp. salt           |

Puree all ingredients in a food processor. Spread mixture onto fruit leather inserts, about ¼ inch thick. Dehydrate at 110°F for 10-12 hours, flip over and continue to dry until crisp.

## Corn Kale Chips

|                                 |                      |
|---------------------------------|----------------------|
| 4 cups fresh or frozen corn     | ½ lime juice         |
| 2 cups kale, packed and chopped | ½ cup ground flax    |
| 1 clove garlic                  | Pinch Himalayan Salt |

Place 2 cups of corn, garlic, and lime juice in food processor and puree. Remove to large bowl. Place remaining 2 cups of corn in food processor and process until pureed. Add kale and pulse until chopped fine and well combined. Add corn kale mix to corn mix in large bowl. Stir to combine. Add ground flax and salt. Mix well. Pour mixture onto fruit leather inserts about ¼ inch thick. Lightly score mixture into desired cracker shapes. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## Cranberry Scones

|                                 |   |
|---------------------------------|---|
| 2 cups apples, grated           | 2 cups almonds, ground                    |
| 2 cups carrots, pulp            | 3 Tbsp. olive oil                         |
| 2 cups raisins or chopped dates | 2 Tbsp. raw agave nectar                  |
| 1 cup cranberries, fresh or dry | 1 cup flax seed, blended with 1 cup water |

Mix all ingredients together. Drop teaspoonful's evenly onto your fruit leather inserts. Dehydrate at 105°F-115°F for approximately 4 hours, then flip and dry for an additional 3 hours on the other side.

## Cumin-Walnut Flatbread/Crackers

|                                  |                              |
|----------------------------------|------------------------------|
| 2 zucchini, chopped              | 4 tsp. ground cumin          |
| 1 ½ cups walnuts, soaked 6-8 hrs | 1 ½ tsp. sea salt            |
| ¼ yellow onion, chopped          | ¼ tsp. black pepper          |
| ¼ cup olive oil                  | 1-2 cloves garlic            |
| 1 Tbsp. raw honey                | 1 cup ground flaxseed        |
| 1 Tbsp. nutritional yeast        | 2 tsp. cumin seed (optional) |
| 1 Tbsp. dried basil              | Sea salt, as desired         |

Combine all ingredients except flax and cumin seed in the bowl of a food processor. Blend until smooth. Transfer the mixture to a large bowl with the ground flaxseed. Mix thoroughly. Spread the mixture onto silicone mats to about 1/3-inch thickness. Sprinkle with the cumin seed and extra sea salt (if desired). Dehydrate for 6-8 hours, until the top is dry. Flip onto dehydrator tray, peel off the silicone sheet, and dehydrate for 10-14 more hours, or until the sheet of cracker has shrunk and is dry and firm.

## Fruit & Nut Energy Bar

|                      |                      |
|----------------------|----------------------|
| 1/3 cup pecans       | 1/3 cup dried apples |
| 1/3 cup pitted dates | Cinnamon             |

Grind 1/3 cup pecans in a food processor fitted with a steel blade. Transfer the nuts to a bowl, then process 1/3 cup each pitted dates and dried apples. Add the nuts and a pinch of cinnamon, then process until the mixture holds together when squeezed. Divide it into six portions, mold each into a bar, and wrap in plastic wrap. Store in an airtight container in the refrigerator for up to a week. Makes 6 bars.

## Grain Free Graham Crackers

|                     |                           |
|---------------------|---------------------------|
| 1/8 cup ground flax | 2 tsp. melted coconut oil |
| 1/8 chia seed       | 1 Tbsp. cinnamon          |
| 1/2 cup hot water   | 1/4 cup honey             |
| 2 cups almond flour | 1/4 tsp. salt             |
| 2 Tbsp. olive oil   | 2 tsp. coconut flour      |

In a medium sized bowl mix the flax and chia. Add the hot water and stir. Let sit at least 15 minutes to gel. Mix the almond flour and oil into the chia seed mix. In a separate bowl mix the honey, salt, coconut flour, and cinnamon together. Add to the cracker mix and stir in. It will be sticky. Pour mixture onto fruit leather inserts about 1/4 inch thick. Lightly score mixture into desired cracker shapes. Poke each cracker with a fork 1-2 times. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## Grain Free & Vegan Twisted Flax Sticks

|                                  |                          |
|----------------------------------|--------------------------|
| 2 Tbsp. flax seed meal           | 1 tsp. baking powder     |
| 1/3 cup hot water                | 1 tsp. sea salt          |
| 1 1/2 cups blanched almond flour | 1 tsp. garlic powder     |
| 1/2 cup tapioca starch           | 1 tsp. onion powder      |
| 2 Tbsp. arrowroot starch         | 1 Tbsp. olive oil        |
| 2 Tbsp. powdered psyllium husk   | 1/3-1/2 cup warm water   |
| 1 Tbsp. coconut flour            | 2 Tbsp. whole flax seeds |

In a small mixing bowl, combine the flax seed meal and the 1/3 cup hot water. Set aside to thicken up for at least 5 minutes. In the bowl whisk together the blanched almond flour, tapioca starch, arrowroot starch, powdered psyllium husk, coconut flour, baking powder, sea salt, garlic powder, and onion powder. Stir in the olive oil and flax seed meal slurry, and then slowly pour 1/3 cup of warm water into the flour mixture and stir until combined. Let the dough rest for 5 minutes to allow the psyllium husk powder and coconut flour time to expand and absorb the liquid. If the dough is still dry and crumbly, continue to add additional warm water, a tablespoon at a time, until the dough easily comes together to form a workable dough. Stir in the whole flax seeds. Cover a clean work surface with a large piece of parchment paper and use a rolling pin to roll the dough out in a circle until it's thinner than 1/4 of an inch thick, but thicker than an 1/8 of an inch. The dough should be very easy to work with, but if it starts to stick to your rolling pin, simply place another large sheet of parchment paper on top of the dough, and roll it out between the layers of parchment paper. Use a pizza cutter cut the dough into long strips that are approximately 8-9 inches long and 1/2 inch thick. Carefully pick up one of the dough strips, gently twist it 3-5 times, and then place it on dehydrator trays. Slightly press each end into the trays to prevent it from unraveling. Continue until all of the dough strips are twisted. Dehydrate at 145 for several hours. After about 4 hours, flip twists and continue dehydrating until dry.

## Herb, Onion & Cheese Crackers

|   |                               |
|---|-------------------------------|
| Almond cashew cheese (see Dip & Spread section) | ½ Tbsp. dried basil           |
| 1 small red onion, minced                       | ½ Tbsp. dried rosemary        |
| ½ Tbsp. dried oregano                           | 1 tsp. dried thyme (optional) |

Use a spatula to spread the almond cashew cheese mixture onto fruit leather inserts. Top the mixture with minced red onion, oregano, basil, rosemary and thyme. Dehydrate the crackers at 115°F for 12 hours or longer, until the top of the crackers is completely dry and crunchy. When the crackers are dry enough, flip them over by placing a second dehydrator tray, removing inserts. Continue to dehydrate the crackers until they are completely dry on both sides. They will still be slightly soft on the inside.

## Homemade “KIND” Bars

|                                    |                             |
|------------------------------------|-----------------------------|
| 1 cup almonds                      | 3 Tbsp. sesame seeds        |
| ½ cup walnuts or pecans            | 3 Tbsp. chia seeds          |
| 1/3 cup golden raisins             | 1 Tbsp. orange zest         |
| 2/3 cup pumpkin seeds              | 2 Tbsp. coconut oil, melted |
| 2/3 cup sunflower seeds            | ½ cup honey                 |
| ½ cup shredded unsweetened coconut |                             |

Roughly chop the nuts, and then mix together all ingredients except for the coconut oil and honey in a large bowl. Separately mix together the oil and honey, then pour over the nut/seed mixture, stir until everything is evenly coated. Pour mixture onto fruit leather inserts about ¼ inch thick. Lightly score mixture into desired cracker shapes. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## Homemade Vegetable Chips

|                                |                           |
|--------------------------------|---------------------------|
| 1 pound taro root, peeled      | 1 pound yams, peeled      |
| 1 pound sweet potatoes, peeled | 1 pound red beets, peeled |

Using a handheld slicer or mandolin, slice the vegetables as thinly as possible, and no thicker than 1/16 to 1/8 inch. Place chips onto trays making sure they are not overlapping. Dehydrate at 125 for 4-6 hours or until desired crispiness.

## Onion Bread

|                              |                                   |
|------------------------------|-----------------------------------|
| 3 large sweet white onions   | 1/3 cup olive oil                 |
| 1 cup ground sunflower seeds | 3 ½ Tbsp. raw soy sauce or tamari |
| 1 cup ground flax seeds      |                                   |

Peel onions and process in your food processor until small but not mushy. Place onions in a large mixing bowl. Add all other ingredients and mix with a spoon. If it's dry and won't mix, you add a small amount of water. Spread onto dehydrator trays. Use fruit rolls sheets as a base. Dehydrate for 1 hour at 120°F, then reduce to 105°F and dry for another 6 hours.

Once the crackers start drying out and holding together, score them with a knife. At some point you'll want to flip them over using parchment paper. Remove the parchment paper and finish dehydrating them, maybe for another 4 hours or so. Taste test to see whether you want it crispier.

## Paleo Chips

|                            |                                |
|----------------------------|--------------------------------|
| ¼ cup almond flour         | ½ tsp. garlic powder           |
| ¼ cup ground flax seeds    | ½ tsp. onion powder            |
| ¼ cup sesame seeds         | ¼ cup water                    |
| ¼ cup ground sesame seeds  | 1 Tbsp. extra virgin olive oil |
| ¼ cup ground pumpkin seeds | 1 tsp. kosher salt             |
| ½ tsp. light chili powder  |                                |

Mix the dry ingredients together in a bowl. Add the water and oil then evenly combine. The mixture will be sticky. Transfer mixture onto fruit leather inserts about ¼ inch thick. Lightly score mixture into desired cracker shapes. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## Paleo Biscotti

|   |  |
|---|--|
| Your choice of brazilian, pine, almonds, cashews, walnuts, or dates. You can also use sunflower or macadamia nuts | Honey to taste<br>Amaranth (optional) to taste |
|---|--|

Mix the two kinds of nuts - should be chopped. Add honey - enough to keep mixture together Stir in puffed amaranth. Spread mixture on to your fruit leather inserts. Make sure to score bars beforehand. Dehydrate at 125°F for 12-24 hours.

## Paleo Chocolate Coconut Banana Bread

|                             |                             |
|-----------------------------|-----------------------------|
| ½ cup coconut oil           | ¾ cup coconut flour         |
| ½ cup raw honey             | 2 bananas, mashed           |
| ¾ tsp. salt                 | 1-2 Tbsp. pure cacao powder |
| 6 eggs                      | Shredded coconut            |
| 2 tsp. pure vanilla extract |                             |

In a mixing bowl, combine the coconut oil and honey. Set aside. In a larger bowl, whisk eggs, vanilla and salt. Whisk in the coconut/honey mixture. Then, whisk in the coconut flour until there are no lumps. Stir in mashed bananas Stir in 1-2 tablespoons of cacao powder (depending on how much chocolate flavor you want) Pour mixture onto fruit leather inserts about ¼ inch thick. Lightly score mixture into desired cracker shapes. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through, sprinkle shredded coconut on top and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## Pistachio Sesame Seed Balls

|                             |                             |
|-----------------------------|-----------------------------|
| ½ cup organic almond butter | 6 dates (pitted)            |
| ½ cup organic pistachios    | 1 Tbsp. organic coconut oil |
| ½ cup organic sesame seeds  |                             |

Put all ingredients into a food processor and process until pistachios are chopped finely and everything is well blended. Take out a spoonful at a time and squeeze into the palm of your hand a couple of times to make the mixture tight and compact, and then roll into a ball shape. Put balls into refrigerator for approximately 15-20 minutes to firm.

## Pizza Crackers

|                                   |   |
|-----------------------------------|---|
| 2 cups quinoa, rinsed and drained | ½ red bell pepper, chopped                |
| ½ cup flax meal                   | 10 sundried tomatoes, soaked for 1-2 hrs  |
| 1 cup sunflower seeds             | ¼ cup cold pressed extra virgin olive oil |
| ½ cup parsley                     | 1 tsp. Italian seasoning                  |
| 1 garlic clove                    | 2 Tbsp. nutritional yeast (optional)      |
| 3 green onions, chopped           |   |

Combine all ingredients except quinoa, flax and yeast. Blend until almost smooth. In a medium bowl mix together the quinoa, flax, and yeast (if using). Add sunflower seed mixture and mix until everything is well incorporated. Spread mixture onto fruit leather inserts as evenly as possible. Score the mixture before dehydrating so you will have even crackers. Dehydrate at 115F for 2 hours then turn down to 105F for 10-15 hours.

## Potato Pancakes

|                   |                        |
|-------------------|------------------------|
| 1/3 cup pine nuts | 1 Tbsp. sea salt       |
| 1 garlic clove    | ½ purple onion         |
| 1 large potato    | 2 Tbsp. dried rosemary |
| Water             | 1 Tbsp. olive oil      |

Pulse pine nuts in food processor until finely blended. Set aside. Drop in clove of garlic and continue to process. Switch blades and grate potato. Put potato and garlic in a bowl filled with water and 1 Tbsp. salt, let soak for 10 minutes, drain. Meanwhile, chop the onion. Combine drained potato and garlic mixture, onion, pine nuts, rosemary and olive oil. Place on dehydrator trays in pancake shapes, about 4" across. Dehydrate at 145°F for 45 minutes, and then reduce heat and finish dehydrating at 116°F for 2 more hours. You want them to be fully dry. Remove and serve with raw apple sauce.

## Pulp Pizza Crust

|                                      |                             |
|--------------------------------------|-----------------------------|
| 2 cups fresh vegetable pulp          | ½ cup ground chia           |
| 5 sun-dried tomatoes, finely chopped | ½ red onion, finely chopped |
| 1 small carrot, grated               | 3 Tbsp. tamari              |
| 1 cup almond pulp                    | 2 Tbsp. olive oil           |
| 1 cup ground pumpkin seeds           | 1 Tbsp. cumin               |
|                                      | 1 tsp. sea salt             |

Place all ingredients in a large mixing bowl. Mix all ingredients thoroughly. Pour

mixture onto fruit leather inserts. Press mixture down and work it into a large flat circle, about ¼" thick. Roughly score the mixture with a sharp knife into 8 or 12 slices. Dehydrate the pizza at 115°F for 8 hours. When the top is dry, flip it over and remove inserts. Break the individual slices up and place back in the dehydrator for another 8-12 hours. When done, crust will be dry and crunchy. Remove from the dehydrator and top with favorite pizza toppings

## Raw Corn Chips

2 ½ cups corn  
¼ cup flax seeds (ground)  
¼ tsp. pink Himalayan salt

Combine all ingredients in a food processor or blender. Blend until well combined. Transfer mixture onto fruit leather inserts about ¼ inch thick. Lightly score mixture into desired cracker shapes. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## Raw Cumin-Walnut Flatbread/Crackers

2 zucchini, chopped  
1 ½ cups walnuts, soaked 6-8 hrs  
¼ yellow onion, chopped  
¼ cup olive oil  
1 Tbsp. raw honey  
1 Tbsp. nutritional yeast  
1 Tbsp. nutritional yeast  
1 Tbsp. nutritional yeast  
1 Tbsp. dried basil  
4 tsp. ground cumin  
1 ½ tsp sea salt  
¼ tsp. black pepper  
1-2 cloves garlic  
1 cup ground flaxseed  
2 tsp. cumin seed (optional)  
Salt to taste

Combine all ingredients except flax and cumin seed in the bowl of a food processor. Blend until smooth. I tasted it at this point (I can never resist), and call me crazy, but I think this would make a great dip if you kept it just like this! Transfer the mixture to a large bowl with the ground flaxseed. Mix thoroughly. Spread the mixture onto fruit leather inserts (an offset spatula is helpful) to about 1/3-inch thickness. Sprinkle with the cumin seed (if you want) and extra sea salt (if desired). Dehydrate for 6-8 hours, until the top is dry. Flip onto a mesh-lined dehydrator tray, peel off the inserts, and dehydrate for 10-14 more hours, or until the sheet of cracker has shrunk and is dry and firm.

Now, here is why the title of this post says "flatbread/crackers"-at this point, you have options. If you cut the still-somewhat-soft-and-pliable sheet into 6 large pieces, then you have flatbread! You can eat it plain, or slather it with any type of dip or spread, or use it like sandwich bread, or anything else you can dream up. Or...you can slide the sheet onto a cutting board and slice it (a pizza cutter works great here) into small squares or rectangles. Place these back on the mesh-lined dehydrator tray, and dehydrate for an additional 4-6 hours, or maybe even more, depending on how crispy you want them. (Or, of course, bake the cracker squares again at 300°F for, oh, 15-20 minutes? Give or take; like I said I haven't tried it this way. Just watch them closely to ensure they don't over bake.) And then! You're done at last, and your delayed gratification receives its payoff.

## Raw Granola Bars

### Part 1

- 1 cup dates
- 1 cup almonds
- ½ cup raisins
- ½ cup unsweetened shredded coconut
- ½ cup pumpkin seeds
- ½ cup sunflower seeds

### Part 2

- 2 Tbsp. sesame seeds
- 1/3 cup flax seed meal
- 1 Tbsp. cinnamon
- 2 Tbsp. tahini
- 2 Tbsp. honey
- 1 Tbsp. vanilla

Soak dates and almonds for about 2 ½ hours. Process part 1 ingredients in thirds, in food processor - pulse & scrape the sides of the food processor. Transfer to a large mixing bowl, repeat until done. Add part 2 ingredients to mixing bowl. Mix well with spoon or spatula. Form mixture into 2-ounce balls and form with parchment paper into bars.

Place bars on dehydrator trays. Dehydrate at 135°F for 2 hours. Turn down to 115°F and dry for 10-12 hours (If you want to eat these bars raw, skip the dehydrating process, wrap bars and store in fridge.)

## Raw Sweet Bread

- |                              |  |
|------------------------------|--|
| ½ cup psyllium husk (ground) | 1 large apple (peeled, cored, roughly chopped) |
| 2 Tbsp. flax meal (ground)   | 1 tsp. orange zest                             |
| 1 cup dates (soft)           | 1 tsp. cinnamon                                |
| ½ cup pecans                 | 1/8 tsp. sea salt                              |
| 2/3 cup raisins              |  |
| 1 medium orange (peeled)     |  |

Add all ingredients to your food processor except raisins, psyllium husk and flaxseed meal, blend very well. Then add raisins and process again until raisins are well distributed throughout mixture. Transfer mixture to a bowl. Add psyllium husk and flaxseed meal. Stir well. Next form into two small loaves. Dehydrate one hour on high and then reduce to 110°F and dry for an additional 4-5 hours.

## Raw Vegetable Crackers

- |   |   |
|---|---|
| 1 cup chia seeds (soaked in 3 cups water for 2-3 hours) | ½ red bell pepper                             |
| 1 cup milled flax seeds                                 | 3 sun-dried tomatoes (soaked)                 |
| ¼ cup hemp seeds  | Handful baby spinach / kale / collards        |
| 2 garlic cloves   | 1 tsp. spirulina                              |
| ¼ onion   | 2 generous pinches of Himalayan pink sea salt |
| ¼ cup raisins (soaked)                                  | 1 tsp. chili powder                           |
| 1 celery stalk  |   |
| 1 large carrot  |   |

Soak chia seeds, raisins and sun-dried tomatoes. In a large bowl, add the Chia Seeds, Flax, Hemp, Chili Powder, Sea Salt and Spirulina. Blend Onion, Celery, Carrot, Bell Pepper, Spinach, Tomato, Raisins and Garlic. Add in the blended

ingredients into the bowl and mix well until fully combined. Spread mixture onto fruit leather inserts and dehydrate at 110°F for around 6-8 hours. Remove tray and carefully peel off the chia spread, remove the fruit leather sheets sheet and flip over and place onto trays. You can lightly score the crackers at this time so it is easier to cut into smaller pieces later. Dehydrator for around 6-10 more hours, or until hard and crispy. Cut the crackers into your desired size.

### Raw Zucchini Wraps

|                           |              |
|---------------------------|--------------|
| 1 large zucchini, chopped | 1/3 tsp salt |
| 1 cup water               | Dash pepper  |
| 3/4 cup flax seeds        |              |

Blend all ingredients in a food processor or blender. When the mix is smooth, spread it at about 1/8" thickness onto fruit leather inserts. Dehydrate at 110°F for at least four hours.

### Red Pepper and Coconut Wraps

|   |  |
|---|--|
| Meat of one young Thai coconut<br>(about 1 cup) | 1/2 teaspoon sea salt or 2 Tbsp.<br>coconut aminos or tamari |
| 1 large red bell pepper, chopped<br>roughly     | 1 pitted date  |
| 1/4 cup flax meal                               | 1/2 cup coconut water (and extra as<br>needed)               |

Blend all ingredients together in a high speed blender till totally smooth. If mixture is thick or pasty, add a little more water. Spread the mixture onto fruit leather inserts to about 1/8" thickness. Dehydrate at 115°F for four or five hours, or until the top is dry. Remove spread from inserts and flip onto dehydrator trays. Continue dehydrating for another 3-4 hours. When wrap is finished it should pliable but completely firm.

### Rosemary Crackers

|                                  |  |
|----------------------------------|--|
| 1 cup cashews, ground into flour | 1/3 cup flax, ground                           |
| 1 cup almonds, ground into flour | 1/2 cup water                                  |
| 3 tsp. rosemary                  | Pinch of Himalayan salt and<br>pepper to taste |
| 1 tsp. dried garlic              |  |

Mix all ingredients together. Spread mixture about 1/3 inch thick onto fruit leather inserts. Lightly score crackers. Dehydrate at 140 for 45 minutes, reduce heat to 115 and remove leather inserts, continue to dehydrate 8-10 hours.

## Rosemary Almond Crackers

½ cup ground golden flax (or ½ cup chia seeds)  
1 cup water  
3 cups almonds, soaked overnight, rinsed and drained with skins removed\*

2 Tbsp. rosemary, chopped fine  
Himalayan salt and fresh ground pepper to taste

Stir ground flax (or chia seeds) into water and set aside for ½ hour to soften. Place wet, drained almonds in the food processor and process until very fine. Remove almonds to bowl, stir in flax (or chia) mixture, rosemary, salt and pepper. Spread thin on a non-stick sheet. Place another non-stick sheet on top of the mixture and roll out with a rolling pin. Score into rectangles. Dehydrate at 145°F for 45 minutes. Decrease heat to 115°F and continue to dehydrate until crisp, approximately 8 hours. \* The skins come off easily after soaking. You do not need to remove the skins.

## Rosemary, Raisin & Almond Crackers

1 cup almond pulp  
½ tsp. baking soda  
½ tsp. sea salt  
2 Tbsp. olive oil

2 Tbsp. raisins  
2 tsp. ground flax seeds  
3 tsp. shelled sunflower seeds  
1 sprig rosemary

Place all of the ingredients, except for 1 teaspoon of sunflower seeds, in a food processor and grind until combined thoroughly. Add the remaining 1 teaspoon of sunflower seeds, and pulse once until they are roughly chopped. Pour mixture onto fruit leather inserts about ¼ inch thick. Lightly score mixture into desired cracker shapes. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## Salt & Vinegar Sweet Potato Chips

2-3 medium-large sweet potatoes  
1/3 cup malt vinegar

3 tsp. coarse sea salt

Thinly slice sweet potatoes into round discs. Place all of the potato discs in a large plastic zip lock bag. Add malt vinegar, seal, and shake to coat the potatoes. Allow to rest at room temperature 10-15 minutes. Drain the bag and place all of the potato discs in a single layer on dehydrator trays. Sprinkle with half of the sea salt. Dehydrate at 125 for 4-6 hours or until desired crispiness.

## Savory Pumpkin/Flaxseed Onion Crackers

1 cup water  
1 cup flaxseed  
1 heaping Tbsp. date paste  
4 cups pumpkin seeds  
4 cups chopped pumpkin seeds

½ cup chopped green onion  
2 Tbsp. onion powder  
½ tsp. black pepper  
1.5 tsp. salt

In a bowl combine together your flax seeds and water. Let soak for 1 hour until it become thick and gelatinous. Mix date paste into your gelatinous soaked Flaxseed. Set this mixture aside for later. In your food processor, proceed to pulse/grind your

pumpkin seeds. The goal is to roughly chop them up, but not grind them into a powder. In a large mixing bowl combine your crushed pumpkin seeds with your chopped green onion, onion powder, black pepper and salt. Mix well. Create a well in your ingredients and proceed to add the Flax/Water/Date mixture that you'd set aside. Mix everything together. At this point you will have a crumbly wet Cracker mixture, this is great! Use a fork or small spatula to gently press, shape and flatten out your cracker mixture to roughly ¼" thickness placing onto your silicone sheet. Helpful Hint: Having a small cup of water, lightly dampening your fork or spatula as you flatten out/shape your crackers. This helps immensely, as the cracker batter tends to be sticky. Don't worry; the additional water from the fork/spatula won't alter the crackers texture. Score your crackers into desired dimensions before you move on to drying them. Dry at 118°F.

### **Sour Cream & Onion Flavored Potato Chips**

|   |                      |
|---|----------------------|
| 4 cups potatoes, peeled, boiled<br>and mashed | ¼ cup onion, chopped |
| 1 cup plain yogurt                            | ½ tsp. salt          |

Put all ingredients in a blender or food processor and mix at high speed. Transfer mixture onto fruit leather inserts spread mixture very thinly. Do not score mixture. Dehydrate at 145 for 4 hours. Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry. When dry, break into pieces and serve.

### **Strawberry Banana Crackers**

|  |                                   |
|--|-----------------------------------|
| 1 Banana   | 1 Tbsp. Agave (optional)          |
| 1 cup Strawberries   | 1 Tbsp. Coconut Oil               |
| 1 cup Almond Flour (can substitute<br>finely ground almonds) | 5 large strawberries, sliced thin |
| 1 cup Raw Flaked Oats  |                                   |

Place banana, strawberries, agave and coconut oil (softened) in food processor and blend until smooth. Add almond flour and pulse until combined. Stir in Flaked Oats. Spread on nonstick a little less than ¼" thick. Score, top each square with strawberry slice. Dehydrate at 145°F for 30 minutes and then 115°F for 2 hours. Move to mesh screens and dehydrate until dry but not hard. You want these to be a little soft. Refrigerate.

### **Taco Chips**

|                                       |                         |
|---------------------------------------|-------------------------|
| 1 cup whole-kernel or creamed<br>corn | 1/8 tsp. cayenne pepper |
| 1 cup sharp cheddar cheese,<br>grated | ½ tsp. chili powder     |
| ½ cup red or green peppers, diced     | Salt (to taste)         |
| 1 Tbsp. onion, chopped                |                         |

Blend together all ingredients in a blender or food processor at high speed. Salt to taste. Transfer mixture onto fruit leather inserts about ¼ inch thick. Lightly score mixture into desired cracker shapes. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

## **Tomato, Basil, & Flax Crackers**

|  |                                       |
|--|---------------------------------------|
| 1 cup sunflower seeds, raw<br>unsalted | ½ cup celery, finely chopped          |
| ½ cup sun-dried tomato                 | ¼ cup dates, pitted and chopped       |
| 2 cups flax seeds                      | 1 Tbsp. jalapeno seeded and<br>minced |
| 1 cup tomato, chopped                  | 2 Tbsp. olive oil                     |
| 4 Tbsp. fresh basil, chopped           | 2 tsp. salt                           |

Soak sunflower seeds in water for 4 hours. Soak sun-dried tomatoes for 3 hours. Grind flax into coarse powder. Process sunflower seeds, celery, sun-dried tomatoes, dates, jalapeno pepper, olive oil, and salt in food processor. Add tomato, basil and ground flax and pulse until well-mixed. Spread mixture about ¼-inch thick onto dehydrator trays with nonstick sheets. Dehydrate at 145°F for 2 hours. Cut into cracker-sized pieces. Turnover and dehydrate at 115°F for an additional 8 hours.

## **Zucchini Carrot Bread**

|                                    |                             |
|------------------------------------|-----------------------------|
| 3 cups sprouted wheat berries      | 3 carrots (cut into chunks) |
| 1 cup flax seeds, ground           | 1 shallot (cut into chunks) |
| 3 small zucchini (cut into chunks) |                             |

Place carrots in food processor and process to small dice and set aside. Place wheat berries in food processor. Process until berries start to mash. Add flax seeds and zucchini. Process until zucchini becomes incorporated. Add carrots and shallot, process the whole mixture until everything is incorporated and in a very small dice. Spread mixture onto fruit leather inserts. Mixture should be at least ¼ inch thick, a little thicker if you like your bread thicker. Place in dehydrator for at least 6 hours. When the top is quite dry, flip the bread and cut into pieces. Remove inserts and place the pieces on the trays and dehydrate until almost dry.

## **Zucchini Doritos-style chips**

|                            |               |
|----------------------------|---------------|
| 1 large zucchini, shredded | 2 cups cheese |
| 2 eggs                     |               |

Mix zucchini, egg and cheese. Transfer mixture onto fruit leather inserts about ¼ inch thick. Lightly score mixture into desired cracker shapes. Dehydrate at 145 for 45 minutes. Reduce heat to 115 until the tops are almost dry (about 4 hours). Flipping halfway through and removing the inserts. Transfer to trays and finish dehydrating at 115 until dry.

# Dips & Spreads



## Almond Cashew Cheese

½ cup white almonds  
½ cup cashews  
6 Tbsp. water

3 Tbsp. lemon juice  
2 ½ Tbsp. nutritional yeast  
1/3 Himalayan salt

Combine white almonds, cashews, water, lemon juice, nutritional yeast and salt in the blender. Blend until smooth.

## Basil Garlic Cashew Spread

2 cups cashews, soaked overnight,  
drained and rinsed  
2 Tbsp. lemon juice  
1 clove garlic

1 Tbsp. water  
1 Tbsp. balsamic vinegar  
6 large fresh basil leaves  
Salt and pepper to taste

Place all ingredients except 2 of the basil leaves in food processor. Process until smooth.

Remove to bowl and garnish with remaining basil leaves that have been sliced into thin strips. Makes 1 cup of spread

## Chili Cheese Dip

1-2 lb. cheddar cheese  
1 large can green chilies  
½ cup dried white onions, diced

1 cup dried tomato pieces  
1-2 tsp. dried red chili peppers  
Red chili powder to taste

Reconstitute dried onions and tomatoes in warm water. Sauté onions and put aside.

Cube cheese and add to pan. When melted add all other ingredients and gently fold in. Serve hot with tortilla chips.

## Cranberry Salsa

|                              |                                      |
|------------------------------|--------------------------------------|
| 3 cups raw cranberries       | 2 Tbsp. orange juice                 |
| ½ cup chopped red onion      | 2 jalapeños finely diced (de-seeded) |
| ½ cup chopped fresh cilantro | 2 tsp. kosher salt                   |
| 3 medium limes juiced        | 2 tsp. cracked black pepper          |
| 2 tsp. fresh orange zest     |                                      |

Roughly chop the cranberries in a food processor. Stir in the red onions, cilantro, jalapeños, lime juice, orange zest, orange juice, salt, and pepper. Pour in a bowl and enjoy!

## Chunky Guacamole:

|                     |                              |
|---------------------|------------------------------|
| 2-3 avocados, cubed | 1 lime, juice from           |
| 2 tomatoes, cubed   | Sea salt and pepper to taste |
| ½ onion, chopped    |                              |

Toss everything together in a bowl, stir to mix and serve!

## Curried Yogurt Dip

|                               |                              |
|-------------------------------|------------------------------|
| 1 ½ cups low-fat Greek yogurt | 1 Tbsp. lime juice           |
| 1 Tbsp. curry powder          | Kosher salt and black pepper |

In a medium bowl, mix together the yogurt; curry powder, lime juice, ½ teaspoon salt, and ¼ teaspoon pepper. Chill for at least 1 hour before serving.

## Feta and Sun-Dried Tomato Dip

|                            |                                   |
|----------------------------|-----------------------------------|
| 4 ounces crumbled Feta     | ½ cup sun-dried tomatoes, drained |
| 1 cup low-fat Greek yogurt | Kosher salt and black pepper      |
| 2 Tbsp. olive oil          |                                   |

In a medium bowl, mash together the Feta, yogurt, and oil until mostly smooth. Mix in the sun-dried tomatoes and season with ½ teaspoon salt and ¼ teaspoon pepper.

## Hazelnut Butter

|                 |                   |
|-----------------|-------------------|
| 1 cup hazelnuts | 1 Tbsp. olive oil |
|-----------------|-------------------|

Combine ingredients and process in food processor, until reaching a “Butter” texture.

## Hot Ricotta Dip

|                                       |  |
|---------------------------------------|--|
| 2 15-ounce containers ricotta         | ½ cup plus 1 tablespoon grated Parmesan (2 ounces) |
| ¼ cup chopped fresh flat-leaf parsley | Kosher salt and black pepper                       |
| 2 tsp. fresh thyme leaves             | 1 Tbsp. olive oil                                  |
| ¼ tsp. crushed red pepper             |  |

Heat broiler. In a medium bowl, mix together the ricotta, parsley, thyme, red pepper, ½ cup of the Parmesan, ½ teaspoon salt, and ¼ teaspoon black pepper. Transfer to a shallow, broiler proof 1-quart baking dish, drizzle with the oil, and sprinkle with the remaining tablespoon of Parmesan. Broil until the top begins to brown, 3 to 5 minutes.

## Lemon, Pepper, and Pecorino Dip

|                                  |                      |
|----------------------------------|----------------------|
| 1 cup sour cream                 | Kosher salt          |
| ½ cup grated Pecorino            | Cracked black pepper |
| 1 Tbsp. finely grated lemon zest |                      |

In a medium bowl, mix together the sour cream, pecorino, lemon zest, ¼ teaspoon salt, and ½ to 1 teaspoon cracked pepper.

## Ranch & Avocado Dipping Sauce/Dressing

|                     |                       |
|---------------------|-----------------------|
| 1 avocado           | 1 Tbsp. chopped onion |
| ½ cup water         | 1 tsp. parsley flakes |
| 2 Tbsp. lemon juice | 2 tsp. dried dill     |
| 1 clove garlic      | ¾ tsp. salt           |

In a small bullet type blender process the avocado, water, and lemon juice until very smooth. Add the remaining ingredients and pulse a few times until well blended.

## Red Pepper, Walnut, and Tahini Dip

|                               |                              |
|-------------------------------|------------------------------|
| 2 red bell peppers            | 1 tsp. sugar                 |
| ½ cup toasted walnuts         | ½ tsp. cumin                 |
| 2 Tbsp. tahini (sesame paste) | ¼ tsp. cayenne               |
| 2 tsp. red wine vinegar       | Kosher salt and black pepper |

Heat broiler to high. Place the bell peppers on a rimmed baking sheet and broil, turning occasionally, until charred, 8 to 12 minutes; let cool, then remove the skins and seeds.

In a food processor, combine the bell peppers, walnuts, tahini, vinegar, sugar, cumin, and cayenne and puree until smooth. Season with ½ teaspoon salt and ¼ teaspoon black pepper.

## Roasted Eggplant Dip

|                                       |                              |
|---------------------------------------|------------------------------|
| 2 medium eggplants, halved lengthwise | 2 Tbsp. olive oil            |
| ½ red onion, finely chopped           | 1 tsp. red wine vinegar      |
| ½ cup chopped fresh basil             | Kosher salt and black pepper |

Heat oven to 400°F. Place the eggplants cut-side down on a rimmed baking sheet and roast until very soft, 30 to 40 minutes; let cool. Scoop out the flesh from the eggplants and roughly chop. In a medium bowl, stir together the eggplant, onion, basil, oil, vinegar, ¾ teaspoon salt, and ¼ teaspoon pepper.

## Spinach-Artichoke Dip

|  |                                     |
|--|-------------------------------------|
| 1 10-ounce box frozen cut or chopped spinach, thawed         | ¾ cup sour cream                    |
| 1 12-ounce jar artichoke hearts, drained and roughly chopped | 1 cup grated Cheddar                |
| ½ cup whipped cream cheese                                   | ½ tsp. kosher salt                  |
|  | ¼ tsp. black pepper                 |
|  | 1 lemon, cut into wedges (optional) |

Heat oven to 400°F. Squeeze the spinach between paper towels to remove excess moisture. In a medium bowl, combine the spinach, artichokes, cream cheese, sour cream, and Cheddar. Season with the salt and pepper. Scrape the mixture into a small oven-safe baking dish. Bake until lightly golden and heated through, about 15 minutes. Serve warm with the chips or bread and the lemon wedges, if desired.

### **Spinach and Parmesan Dip**

- |   |                                |
|---|--------------------------------|
| 1 10-ounce package frozen chopped spinach, thawed | ¼ cup grated Parmesan          |
| 1 cup sour cream                                  | 1 clove garlic, finely chopped |
|   | Kosher salt and black pepper   |

Squeeze any excess liquid out of the spinach. In a medium bowl, combine the spinach, sour cream, Parmesan, garlic, ½ teaspoon salt, and ¼ teaspoon pepper.

### **Spinach and White Bean Dip**

- |   |                              |
|---|------------------------------|
| ¼ cup olive oil                           | 2 ½ cups spinach             |
| 1 clove garlic                            | ¼ cup fresh dill sprigs      |
| 1 15.5-ounce can cannellini beans, rinsed | 1 Tbsp. lemon juice          |
|   | Kosher salt and black pepper |
|   | crostini, for serving        |

In a small saucepan, heat the oil with the garlic over medium heat until fragrant, 2 to 3 minutes; let cool. In a food processor, combine the garlic oil, beans, spinach, dill, and lemon juice. Season with ¾ teaspoon salt and ¼ teaspoon pepper and puree until smooth. Serve with the crostini.

### **Tomatillo and Avocado Dip**

- |   |                              |
|---|------------------------------|
| 4 medium tomatillos, husked and quartered | ½ cup fresh cilantro sprigs  |
| 1 avocado, pitted and peeled              | ¼ white onion, chopped       |
| 1 jalapeño pepper, chopped                | 2 Tbsp. lime juice           |
|   | Kosher salt and black pepper |

In a food processor, combine the tomatillos, avocado, jalapeño, cilantro, onion, and lime juice and pulse until the mixture is the texture of relish. Season with 1 teaspoon salt and ¼ teaspoon black pepper.

### **Vegan Pesto**

- |                               |                                      |
|-------------------------------|--------------------------------------|
| 2 cups tightly packed basil   | Sea salt and ground pepper, to taste |
| ½ cup walnuts or pine nuts    | 1 Tbsp. lemon juice                  |
| 1 to 2 cloves garlic, chopped | 3 Tbsp. nutritional yeast            |
| ½ cup extra-virgin olive oil  |                                      |

Place the basil, walnuts or pine nuts, and garlic in a food processor fitted with the S blade. Pulse to combine, until the mixture is coarsely ground. Turn the motor on and drizzle the olive oil in a thin stream. Add the sea salt, pepper, lemon, and nutritional yeast, and pulse a few more times to combine.

# Fruit Leather Recipes



## Apple Cream Fruit Leather

6 apples  
1/2 tsp. cinnamon  
1/4 tsp. clove  
1 cup nonfat yogurt (plain)  
1/2 tsp. nutmeg

Puree ingredients in food processor or blender until smooth. Place fruit leather sheets in dehydrator trays. Spread puree over fruit leather sheets, 1/4" thick. Dry until leathery (pliable but not sticky).

## Apple Elderberry Fruit Leather

3 cups applesauce  
4 Tbsp. homemade elderberry syrup

Place ingredients into high speed blender OR use food processor to puree until creamy smooth. Pour mixture onto fruit leather inserts. Spread evenly until it is about 1/4 of an inch thick. Dehydrate at 125°F for about 8-12. Peel, cut, and serve!

## Apple Lavender Fruit Leather

3 cups applesauce  
1/2 tsp dried lavender OR 1 tsp  
homemade lavender extract

Place ingredients into high speed blender OR use food processor to puree until creamy smooth. Pour mixture onto fruit leather inserts. Spread evenly until it is about 1/4 of an inch thick. Dehydrate at 125°F for about 8-12hours. Peel, cut, and serve!

## Apple Pie & Cheese Fruit Leather

4 apples: peeled, cored, and  
chopped  
3/4 cup pecans, ground  
1/2 cup cheddar cheese  
1/2 tsp. cinnamon  
1/2 tsp. nutmeg

In a blender, mix all ingredients until puréed. Pour onto solid fruit leather sheets and dry 4–8 hours at 135°, or until leathery. Remove from sheets while still warm. Let cool slightly. Roll in plastic wrap and store in a dark, dry cool place or in the freezer.

### **Apple Pumpkin Fruit Leather**

|                            |                       |
|----------------------------|-----------------------|
| 3 cups apple sauce         | ¼ tsp. ginger powder  |
| 1 cup cooked pumpkin puree | 1/8 tsp. clove powder |
| ½ tsp. cinnamon            |                       |

Place ingredients into high speed blender OR use food processor to puree until creamy smooth. Pour mixture onto fruit leather inserts. Spread evenly until it is about ¼ of an inch thick. Dehydrate at 125°F for about 8-12. Peel, cut, and serve!

### **Apple Raspberry Fruit Leather**

|                   |                                   |
|-------------------|-----------------------------------|
| 3 cups applesauce | ½ cup fresh or frozen raspberries |
|-------------------|-----------------------------------|

Place ingredients into high speed blender OR use food processor to puree until creamy smooth. Pour mixture onto fruit leather inserts. Spread evenly until it is about ¼ of an inch thick. Dehydrate at 125°F for about 8-12. Peel, cut, and serve!

### **Apple Spice Fruit Leather**

|                        |                          |
|------------------------|--------------------------|
| 3 cups apple sauce     | ¼ tsp. ginger powder     |
| ½ tsp. vanilla extract | 1/8 tsp. cardamom powder |

Place ingredients into high speed blender OR use food processor to puree until creamy smooth. Pour mixture onto fruit leather inserts. Spread evenly until it is about ¼ of an inch thick. Dehydrate at 125°F for about 8-12. Peel, cut, and serve!

### **Applesauce & Strawberry Fruit Leather**

|                     |                   |
|---------------------|-------------------|
| 3 cups strawberries | 2 cups bananas    |
| 3 cups applesauce   | 2 cups applesauce |

In a blender, mix all ingredients until puréed. Pour onto solid fruit leather sheets and dry 4–8 hours at 135°, or until leathery. Remove from sheets while still warm. Let cool slightly. Roll in plastic wrap and store in a dark, dry cool place or in the freezer.

### **Blackberry Mint Lime Fruit Leather**

|                     |                    |
|---------------------|--------------------|
| 3 cups blackberries | 2 Tbsp. lime juice |
| ¼ cup mint leaves   | Zest of 1 lime     |
| ¼ cup honey         |                    |

Place blackberries, mint leaves, honey, lime zest, and lime juice in a food processor or a high powered blender. Process until smooth, about 30 seconds. \*Note: If you are not a fan of seeds, strain the puree as best as you can. Pour mixture onto your fruit leather inserts and spread evenly. Dehydrate at 160 for 6 to 7 hours or until no longer wet.

### **Blueberry Lemonade Fruit Leather**

|                                    |               |
|------------------------------------|---------------|
| 4 cups fresh or thawed blueberries | 3 Tbsp. sugar |
| 3 Tbsp. lemon juice                |               |

Place all three ingredients in a small pot over medium heat stirring often until sugar has dissolved and fruit is slightly thickened. Transfer into a food processor and blend together until the mixture is smooth. Let mixture cool, and then pour mixture onto your

fruit leather inserts, spreading into an even layer, roughly 1/8-inch thick. Dehydrate on fruit setting for 3 hours or until no longer wet, but still slightly tacky.

### **Blueberry & Raspberry Fruit Leather**

1 ½ cups applesauce  
1 cup blueberries

1 Tbsp. water  
1 cup raspberries

Place blueberries in a small pot with a tablespoon of water. Simmer over low heat. Mash the blueberries with a fork to break the skins. Simmer until the pulp breaks down, and it is the consistency of a nice gravy. Strain to get the skins out, and cool. Place raspberries in a small pot and simmer over low heat stirring occasionally. Cool, strain to get the seeds out, and cool. Spread applesauce thinly (about 1/8 inch thick) onto your fruit leather inserts.

Using a squeeze bottle, squirt dots of blueberry and raspberry into the applesauce. Dehydrate at 125°F for about 8-12 hours. Peel, cut, and serve

### **Cherry Vanilla Fruit Leather**

20 ounces frozen dark sweet  
cherries

1 ½ tsp. vanilla bean paste  
1 Tbsp. pure honey

In a food processor, combine cherries, reserved cherry juice, vanilla, and honey. Puree until very smooth, about 1 minute. Pour puree onto your fruit leather inserts and spread evenly. Dehydrate at 160 for 6 to 7 hours or until no longer wet. The fruit leather may still be sticky. Remove dehydrator and cut into strips. Roll and tie with twine if desired. To serve, simply peel off the parchment paper and discard.

### **Chocolate Banana Fruit Leather**

4 bananas  
2 Tbsp. cocoa powder

1 Tbsp. brown sugar

Add fruit to a blender or food processor and puree till smooth. Using your fruit leather insets pour the mixture into the tray ¼ inch thick. Dry at 130°F for up to 10 hours. You may want to flip the leather half way through, dry until no moist spots are left.

### **Concord Grape Fruit Leather**

De-stem & wash your grapes. Put fruit into a large pot, and turn to medium heat. No need to add any water to the pot — they'll provide plenty as they heat up and burst. Cook, uncovered, stirring frequently, until most grapes have burst. The unripe ones won't burst. Turn heat down to low, and simmer, uncovered, until the grapes have cooked down a bit. Turn off the heat and let the grape cool off a bit until you can handle comfortably. Strain mixture through a mesh sieve with holes small enough to prevent the seeds from going through. Stir mixture and press the pulp against the sides of the sieve to separate all the liquid from the seeds and skins that will be left behind. Once this process is complete, you'll have plenty of liquid and the pile of seeds & skins will be surprisingly small. Now that you've got just the liquid, you're ready to cook it down for the fruit leather. Pour strained mixture back into the pot and turn the burner back onto low heat. Simmer on low, uncovered, until it turns thick. This may take a couple hours. Stir it fairly frequently, especially toward the end when it sticks to the bottom of the pot more readily. Keep it at very low heat so as not to burn it. You'll know it's done when you can drag your spoon through the middle of it and the track doesn't fill back in. Let mixture cool, and then pour mixture onto your fruit leather

inserts, spreading into an even layer, roughly 1/8-inch thick. Dehydrate on fruit setting for 3 hours or until no longer wet, but still slightly tacky.

### **Kiwi, Peach, & Banana Fruit Leather**

4 kiwis

1 banana

2 peaches

Chop and add all fruit into a blender. Blend until smooth (Don't over blend if you want more texture) Oil fruit leather insert and place on dehydrator trays Pour about 2 cups of blended mixture onto sheet. Dehydrate at 115°F for 4-6 hours.

### **Mango Blackberry Fruit Leather**

2 ripe mangoes peeled & cubed

2 cups blackberries

Place ingredients into high speed blender OR use food processor to puree until creamy smooth. Pour mixture onto fruit leather inserts. Spread evenly until it is about ¼ of an inch thick. Dehydrate at 125°F for about 8-12. Peel, cut, and serve!

### **Marion Berry Lavender Fruit Leather**

4 cups fresh or thawed Marion berries

1-2 tsp fresh lavender

2 Tbsp. sugar

Place all three ingredients in a small pot over medium heat stirring often until sugar has dissolved and fruit is slightly thickened. Transfer into a food processor and blend together until the mixture is smooth. Let mixture cool, and then pour mixture onto your fruit leather inserts, spreading into an even layer, roughly 1/8-inch thick. Dehydrate on fruit setting for 3 hours or until no longer wet, but still slightly tacky.

### **Mixed Berry & Beet Fruit Leather**

2 cups berries of choice, fresh or frozen

Up to ¼ cup honey

About ½ cup water

1 cup beets fresh/package or 1 15oz can

Prepare your beets if using fresh. Peel them & then steam or roast them. Let cool until you're ready to use them. Combine berries & beets in a blender & blend until you need to start adding water. Slowly add in water until you reach the desired consistency you want. It should be like custard. Not as thick as pudding but not as thin as cream. Slowly add honey (if desired) until it's as sweet as you like. Remember that dehydrating fruit brings out extra sweetness as well! Lightly oil the fruit roll sheets with coconut oil or butter. You will use as minimal oil as possible. Pour into two fruit roll sheets on dehydrator trays. Spread with a spatula. The mixture should be about ¼ of an inch thick. I prefer too thick to too thin. Be careful to make sure the mixture is spread evenly. If you can see through some areas of the fruit sheets, as the leather dehydrates, you will have tears. It doesn't affect the taste, just the appearance. Place in dehydrator for 2 hours at 160. After 2 hours, you can turn down to between 130-140 & continue to dehydrate for 5-7 hours, checking frequently. If the leather feels squishy in spots it's not done. It should peel easily & feel dry. You will definitely feel if the leather is too dry as it will become brittle & start to break when you peel it up. Once leather is dry, remove & cut with scissors into strips or squares.

## Nectarine Banana Fruit Leather

2 nectarines

2 bananas

Place fruit into blender. Blend until smooth. Wipe oil on Fruit Roll-Up Sheet or Non-Stick Sheet. Pour about 2 cups onto sheet. Spread mixture evenly across the tray. Dehydrate at 115°F for 4-6 hours. Finish by rolling up in parchment paper.

## Orange Julius Fruit Leather

1 ½ cups applesauce

2 tsp. dried oranges, ground

1 small apple, peeled, cored and chopped

1 ½ tsp. vanilla

2 Tbsp. corn syrup

In a blender mix applesauce, apple, dried orange, vanilla and corn syrup until pureed. Pour onto solid fruit leather sheets. Dry at 135°F for 4 to 8 hours, or until leathery. Remove from sheets while still warm. Let cool slightly. Roll in plastic wrap and store in dark, dry cool place, or in the freezer.

## Passion Strawberry Fruit Leather

2 cups washed cored and roughly chopped fresh strawberries

¾ cup applesauce nonstick cooking spray

2 Tbsp. passion fruit syrup

Purée chopped strawberries with the applesauce and passion fruit syrup. Spray your fruit leather inserts with a light coating of non-stick cooking spray. Pour the puréed fruit carefully into your fruit leather inserts. Dehydrate at full power for up to 8 hours. When done, cool for a couple of minutes and carefully slide a butter knife or thin spatula under the leather. Cut into 2-4 pieces and roll into cylinders. Store in zip lock baggies.

## Peanut Butter Banana Fruit Leather

2 bananas, peeled and sliced

2 Tbsp. peanut butter

Blend at high speed until smooth – less than one minute. Spread onto dehydrator sheet; dehydrate at 125-135 for 4-5 hours.

## Pear Fruit Leather

4 very ripe pears

¼ tsp. ground cinnamon

¼ cup water

Pinch fine salt

2 Tbsp. granulated sugar

2 tsp. freshly squeezed lemon juice

Peel the pears and remove the cores and stem, Cut into small pieces. Place fruit pieces into a saucepan and carefully add the water, sugar, cinnamon, and salt. Bring the mixture to a low boil, over medium to medium high heat. Once you reach a slow boil, reduce the heat to medium low and simmer, stirring occasionally, until the pears are knife tender. This took about five minutes since me pears were so ripe. If your pears are less ripe, just make sure you can easily pierce them with a fork and increase your cook time to about 15 minutes before moving on to next step. Very slowly and carefully pour mixture into blender. I held a thick towel over the top instead of the lid to help any steam escape. Blend on high until mixture is very smooth. Carefully pour mixture from blender onto your fruit leather inserts and spread out evenly. Place in dehydrator for 2 hours at 160.

## Pear Vanilla Fruit Leather

5 ripe pears, peeled and chopped

3 Tbsp. raw agave nectar

1 vanilla bean, scrapped

Blend all ingredients in a blender until smooth. Pour mixture onto your fruit leather inserts. Spread the mixture out into an even thin layer. Dehydrate at 110F overnight or until completely dry to the touch. Cut into desired lengths using scissors. Roll up and enjoy.

## Pineapple, Banana & Coconut Fruit Leather

2 20-ounce cans crushed  
pineapple

2-3 Tbsp. honey

1 cup coconut flakes

1 ripe banana

In a blender add both cans of crushed pineapple, banana and honey. Blend until smooth. Pour mixture onto your fruit leather inserts. Spread the purée 1/8" to a 1/4" thick. Dehydrate at 150F for about 6-8 hours. About 3/4 of the way, take out your trays and sprinkle the pineapple mixture with coconut flakes. At this point the fruit leather should not be completely dry; it should still be somewhat wet. Gently pat down the coconut to make sure it has set into the pineapple puree. Continue drying until the leather is shiny and no longer wet and super sticky.

## Pineapple, Strawberry & Banana Fruit Leather

6 slices pineapple

6 strawberries

2 bananas

Shredded coconut

Add pineapple, bananas, and strawberries to blender. Blend until smooth (Don't over blend if you want more texture) Oil fruit leather sheet and place on dehydrator trays pour about 2 cups of blended mixture onto each sheet. Sprinkle with shredded coconut (optional). Dehydrate at 115°F 4-6 hours.

## Pumpkin Fruit Leather

2 cups (one 16-oz can) pumpkin

1 tsp. ground cinnamon

1 cup canned evaporated

1/2 tsp. ground nutmeg

2 cups applesauce

1/2 tsp. ground allspice

1/4 cup honey

2 Tbsp. finely chopped dried  
cranberries

1/4 cup dried shredded coconut

Mix all ingredients together, adjust spices if needed, keep in mind that drying will intensify the flavors. You may want to try a test batch or half batch before adjusting. Spray fruit leather inserts with a nonstick cooking spray. Spread mixture onto fruit leather sheets. Or drop by tablespoon fulls to make "cookies". Leave about 1/2" to 1" between rounds. Dry 8 to 24 hours at around 135 F. The mixture will darken as it dries. Cut in squares or strips. Roll up if you like. The coconut will make this recipe less sticky than some other fruit leathers. If making the "cookie" version, make sure to flip them half way through dehydrating to dry the under sides.

## Pumpkin Pie Leather

|                                 |                 |
|---------------------------------|-----------------|
| 2 cups apples, peeled and diced | 3 Tbsp. honey   |
| ¼ cup water                     | ½ tsp. cinnamon |
| ½ tsp. lemon juice              | ¼ tsp. nutmeg   |
| 1 cup pumpkin purée             | ¼ tsp. allspice |

In a medium to large pot add diced apples and water. Bring to a boil. Add in lemon juice. Reduce heat to medium-low and simmer until apples start to turn to sauce and can be mashed easily with a fork. Using a blender food processor, blend until smooth. Add in pumpkin purée, honey, cinnamon, nutmeg and allspice. Continue cooking for an additional 5 minutes to let the flavors meld. Pour mixture onto your fruit leather inserts. Spread the purée 1/8" to a ¼" thick on top of the lined sheet. Dehydrate at 150°F for approximately 8 hours until purée no longer feels gummy.

## Spiced Sweet Potato Apple Fruit Leather

|                         |                                |
|-------------------------|--------------------------------|
| 3 medium sweet potatoes | ¼ tsp. ginger powder           |
| 3 apples                | Pinch of clove                 |
| ½ tsp. cinnamon powder  | Couple scrapes of whole nutmeg |

Cut sweet potatoes in half. Peel and core your 3 apples. Place them all into a baking dish. Cover and bake for 30 minutes. Carefully remove apples and return sweet potatoes to oven (covered) and bake another 20 minutes or so, until completely soft. Allow to cool a bit. Gently peel the skin from the sweet potatoes and place into food processor. Add apples and spices. Puree until completely smooth. Pour mixture onto your fruit leather inserts, spreading into an even layer, roughly 1/8-inch thick. Dehydrate on fruit setting for 3 hours or until no longer wet, but still slightly tacky.

## Strawberry Balsamic Fruit Leather

|                                     |               |
|-------------------------------------|---------------|
| 4 cups fresh or thawed strawberries | 2 Tbsp. sugar |
| 2 Tbsp. balsamic vinegar            |               |

Place all three ingredients in a small pot over medium heat stirring often until sugar has dissolved and fruit is slightly thickened. Transfer into a food processor and blend together until the mixture is smooth. Let mixture cool, and then pour mixture onto your fruit leather inserts, spreading into an even layer, roughly 1/8-inch thick. Dehydrate on fruit setting for 3 hours or until no longer wet, but still slightly tacky.

## Strawberry Basil Fruit Leather

|                                     |                     |
|-------------------------------------|---------------------|
| 1 ½ lb. strawberries                | ½ cup sugar         |
| 1 cup fresh basil (about 40 leaves) | 1 Tbsp. lemon juice |

Combine all ingredients in a food processor and puree for 1 minute until smooth. Pour the puree into a pot or saucepan and bring to a boil. Reduce heat to medium-low and simmer for 5 to 10 minutes until the mixture becomes a little thicker. Let cool slightly, and pour mixture onto your fruit lather inserts. Spread the purée 1/8" to a ¼" thick. Dehydrate at 150°F for approximately 8-10 hours until the puree is shiny and no longer wet and supper sticky.

## Strawberry, Rhubarb & Pineapple Fruit Leather

2 cups fresh strawberries

2 Tbsp. honey

1 cup fresh rhubarb

1 dash lemon juice

½ cup pineapple

Add fruit to a blender or food processor and puree till smooth. Using your fruit leather insets pour the mixture into the tray ¼ inch thick. Dry at 130°F for up to 10 hours. You may want to flip the leather half way through, dry until no moist spots are left.

## Tropical Fruit Leather

6 ripe bananas: peeled and cut  
into pieces

1 orange: peeled and quartered

In a blender mix all ingredients until puréed. Pour onto solid fruit leather sheets and dry 4–8 hours at 135°, or until leathery. Remove from sheets while still warm. Let cool slightly. Roll in plastic wrap and store in a dark, dry cool place or in the freezer.

## Watermelon Fruit Leather

8 cups watermelon

2/3 cups granulated sugar

Puree watermelon, draining through cheese cloth, set over a mesh strainer. Drain almost all of the liquid. Combine watermelon solids with sugar, discarding any seeds. Blend again if needed to ensure a smooth mixture. Pour mixture onto your fruit leather insets, spreading into an even layer, roughly 1/8-inch thick. Dehydrate on fruit setting for 3 hours or until no longer wet, but still slightly tacky.

## Watermelon Kiwi Mango Fruit Leather

1 cups watermelon

2-4 Tbsp. honey

1 cup kiwi

1 Tbsp. lemon juice

1 cup mango

2-4 Tbsp. of water (as needed)

Add the fruit, honey, lemon juice, and water (if needed) to your pan. Cover with a lid. Cook on low until the fruit is released in juices and combined together. Let it cook down until thickened. Allow to cool. Add the cooked fruit to your blender and blend until very smooth. Spread the thick puree onto dehydrator sheet lined with silicone mats or parchment paper. It should be spread on thick. Use a spatula to get a nice even surface (important, so it dries evenly!). Dehydrate at 135°F for 6-11 hours depending on method, thickness and fruit of your fruit leather. Sometimes one section will dry faster, so turn the tray occasionally to help keep the drying even. Carefully peel fruit leather off sheet and cut into 12 strips. Roll in parchment paper strips and seal the end with a staple.

# Fruit Snacks



## Homemade Fruit Snacks

- |   |                     |
|---|---------------------|
| 1 ½ cups pureed fruit                           | 2 Tbsp. honey       |
| 5 packets or ¼ cup of unflavored gelatin powder | 3 Tbsp. fruit juice |

Puree fruit in a food processor or blender. Pour it into a medium sized saucepan on medium heat. Whisk in juice and honey. Heat until it starts to bubble and slowly add the gelatin powder whisking continually until combined. Pour into an 8×8 baking dish, or small silicone candy molds. Place in the fridge for 2-3 hours. After the mixture sets, cut around the sides of the pan with a knife and slide a spatula underneath and place on a cutting board. Cut snacks into small pieces to serve. Store fruit snacks in the fridge for up to a week.

## Homemade Sour Watermelon Gummies

- |  |  |
|--|--|
| 4 cups fresh watermelon, cut into chunks (or 2 cups juice) | ¼ cup raw honey (optional, depending on the sweetness / ripeness of your watermelon) |
| 6 Tbsp. gelatin  |  |
| ½ cup freshly squeezed lemon juice                         |  |

Add the fresh watermelon to a blender and liquefy. Strain the blended watermelon through a fine mesh strainer, discarding the pulp - you should have about 2 cups of juice.

Skim the small amount of white foam from the top of the watermelon juice and discard.

Divide the juice: add half to a small saucepan and the other half to a bowl. Add the grass fed gelatin to the juice in the bowl by sprinkling it over the surface. Let it sit for a few minutes so that it dissolves into the juice. It will solidify. Gently heat the watermelon juice in the saucepan just to warm it - do not bring it to a boil or simmer. Add the gelatin & juice mixture to the rest of the juice in the saucepan. Whisk or stir to combine until the liquid is smooth. Add the raw honey and lemon juice; whisk until dissolved and combined. Pour the gelatin mixture into molds or a refrigerator safe pan. Chill until set, about 30 minutes and then either remove the gelatin from the mold or slice it into pieces. Can be stored at room temperature, although they are great cold.

# Fruit Recipes



## Banana Nut Brittle

2 ½ cups pitted dates  
8 bananas - peeled  
3 cups almonds- chopped  
separately in processor

3 cups dried, unsweetened shaved  
coconut  
¼ cup flax meal

Blend bananas, dates, and flax meal in food processor until smooth. Stir in nuts and coconut. Evenly spread 4 cups of mixture on you fruit leather inserts. Score into the size and shape you want. Dehydrate at 105°F for 12 hours, then flip them over and continue dehydrating for another 12 hours or until crispy. Store in a sealed container in the refrigerator or freezer for up to 4 months.

## Blueberries

Start with blueberries that are not over ripe. Rinse your berries and pick out any that are over ripe or mushy. Spread berries out on dehydrator sheets. Set dehydrator to the fruit setting and dry for about 15-18 hours.

## Cantaloupe

Cut cantaloupe in half. Clean out the pulp. Cut in quarters or eighths – whichever works best for you? Cut the wedges into ½" slices (not chunks) Layout on dehydrator trays in single layer, not touching or overlapping. Dehydrate on 125°F-130°F until chewy but firm (depending on weather and how ripe your cantaloupe is, may take 18-20 hours) Store in airtight container. These make great snacks! Tip – cut into smaller portions and they make great additions to granola or oatmeal!

## Shredded Coconut

Remove liquid from the coconut before breaking it apart. To do this, find the soft eye and push a screwdriver through to the center, then drain liquid. Tap the seam the runs between the eyes to break apart & remove outer shell. Use a potato peeler to peel off the inner husk. Use a grater to shred coconut pieces. To keep coconut from falling through trays, place on dehydrator trays. You may also want to put a Fruit Roll-Up on an empty tray at the bottom of all trays to catch any stray pieces that fall through. Dehydrate at 115°F for 2 - 4 hours until dry

## Coconut Chunks

Remove liquid from the coconut before breaking it apart. Find the soft eye and push a screwdriver through to the center and drain liquid. Tap the seam the runs between the eyes to break apart & remove outer shell. Use a potato peeler to peel off the inner husk Cut into ¼ - 3/8 inch slices Place on dehydrator trays. Dehydrate at 130°F for 8 - 10 hours until dry.

## Honey Glazed Banana Chips

¼ cup honey thinned with ¼ cup water.

Slice bananas and place into glaze. Drain and place on trays. Place fruit leather mat a few trays below to catch any drips from honey glaze. Dry at 135°F for 2 hours, then set the temperature at 115°F or lower for 6-12 hours, or until you get the consistency you're aiming for.

## Kiwi Chips

Slice each kiwi into ¼ inch slices and remove skin. Put fruit onto dehydrator trays, leaving space between the kiwi so they're not touching or overlapping each other. Set to the fruit setting on your dehydrator and let dry for 12 hours.

## Lemon Pecan Banana Chips

2 bananas - cut into ¼ - 3/8 inch  
pieces

½ lemon - juiced  
¼ cup pecans, crushed

Peel and cut bananas. Juice lemon into medium bowl (set aside). Soak bananas pieces in lemon juice for a minute or two. Roll lemon-soaked bananas in chopped pecans. Place coated bananas on Dehydrator trays. Dry at 135°F for 2 hours, then set the temperature at 115°F or lower for 6-12 hours, or until you get the consistency you're aiming for.

## Mango Chips

Start with fresh ripe mangoes. Wash all your fruit and slice into long strips. Mangoes are very slippery when peeled. It is easier to cut them after removing the seed from the center. Place the mango slices onto dehydrator trays. The thinner the slices the faster the fruit will dehydrate. Set the dehydrator on the fruit setting for about 14 hours.

## Raspberries

Start with raspberries that are not over ripe. The fruit should be firm and red, not dark burgundy. Wash raspberries in cold water. Try and dry your raspberries the best you can make sure to get majority of the water out of the centers of each fruit. Spray fruit lightly with lemon juice to keep them from going turning brown. Dry for about 15-18 hours.

## Watermelon Chips

Cut watermelon in half, then in half again. Slice a quarter of the melon into ¼ - ½ inch-strips. Cut off the rind portion from those slices. Place slices onto dehydrating trays. Using a screen will help with the removal of the watermelon chips. They are quite sticky! Dehydrator at 135°F for 8 - 16 hours.

# Granola & Trail Mix



## Apple Oatmeal Granola

5 medium apples, sliced and peeled  
6 cups rolled oats  
1 cup nuts  
1 cup raisins

Dehydrated crumbled raspberries, to taste (optional)  
1 cup maple syrup  
2 cups warm-hot water

In a separate bowl, mix the maple syrup with water. Set aside. In a large bowl, mix all of the other dry ingredients for this no bake oatmeal cookie. Stir in maple syrup mixture. Dump mixture onto dehydrator trays. Turn on the dehydrator and forget about them until morning, and then enjoy your chewy oatmeal cookie with your yogurt!

## Banana-Blueberry Granola

1 cup almonds  
½ cup walnuts  
¼ cup pumpkin seeds  
¼ cup sunflower seeds  
3 pitted dates, soaked for 10 minutes

1 ripe bananas  
1 Tbsp. raw honey  
Pinch Himalayan salt  
1 cup blueberries

Soak the nut/seed mix for 8 hours (or overnight) using fresh water. Rinse thoroughly and drain. Transfer into a large glass bowl. Soak dates and discard the water. In a blender, combine dates, 1 banana, blueberries, honey, salt and blend until smooth and creamy. Transfer the mixture into your nut/seed bowl and give it a stir. Spread mixture evenly onto fruit leather inserts. Dehydrate for 18-24 hours at 118°F.

## Buckwheat Granola

|   |   |
|---|---|
| ½ apple, peeled and cored               | ½ cup sunflower and pumpkin seeds, soaked |
| ½ cup orange juice                      | 3 dates, chopped                          |
| 4 small dates, soaked                   | ½ cup raisins                             |
| 2 Tbsp. raw honey, or to taste          | 2 Tbsp. Cinnamon                          |
| 2 cups buckwheat oats, soaked overnight | 1 Tbsp. Nutmeg                            |
| 1 cup dried coconut                     |   |

Blend apple, orange juice, dates and honey in food processor until smooth. Transfer to a large bowl. Fold in the rest of the ingredients. Spread mixture evenly onto fruit leather inserts. Dehydrate at 115°F for 3-4 hours. Flip the granola over onto the trays and peel away the inserts. Continue dehydrating for another 8 to 12 hours or until the granola is crunchy. Break into pieces and serve.

## Cherry Almond Granola

|                                    |                              |
|------------------------------------|------------------------------|
| 2 cups slivered almonds            | ¼ tsp. salt                  |
| 1 cup chopped pecans               | 2 Tbsp. coconut oil , melted |
| 1 cup sunflower seeds              | 4 Tbsp. honey                |
| 1 cup unsweetened shredded coconut | 1 tsp. vanilla extract       |
|                                    | 1 cup dried cherries         |

Combine nuts, seeds, cherries, coconut and salt in large bowl. Combine coconut oil, honey and vanilla in a small bowl, and then stir into nut mixture until well combined. Spread mixture evenly onto fruit leather inserts. Dehydrate at 115°F for 3-4 hours.

## Cocoa Almond Crumbles

|                                |                        |
|--------------------------------|------------------------|
| 4 cups raw organic almonds     | ½ cup shredded coconut |
| 1 Tbsp. unrefined sea salt     | 1 tsp. vanilla         |
| ¾ cup maple syrup              | 3 Tbsp. coconut oil    |
| ¾ cup unprocessed cocoa powder |                        |

Place the almonds and salt in a large bowl. Cover completely with filtered or purified water and soak for 12 to 24 hours. Strain, rinse, and then place in food processor. Pulse several times until almonds reach the desired size and consistency. Place almonds in large bowl. Add additional ingredients and stir well. Place mixture on dehydrator sheets and spread to 1-inch layers, covering trays evenly. Dehydrate at 115 for 24 hours. When the 24 hours have elapsed, allow the crumbles to sit in the dehydrator until they cool to room temperature. They should be crunchy — not stale or damp. If they are quite right, turn the dehydrator back to 115°F and let the crumbles dehydrate for another 2 to 3 hours.

## Cranberry Coco Granola

|                                 |                             |
|---------------------------------|-----------------------------|
| 2/3 cup raw almonds             | 1 Tbsp. coconut oil, melted |
| 1/3 cup raw cashews             | 2 Tbsp. maple syrup         |
| 1/3 cup raw, skinless hazelnuts | 2 tsp. vanilla              |
| 1 Tbsp. chia seeds              | 1/2 tsp. cinnamon           |
| 1 Tbsp. pistachios              | 2 Tbsp. dried cranberries   |
| 1 Tbsp. finely shredded coconut |                             |

Place almonds, cashews, hazelnuts and pistachios into a blender or food processor slightly to create a nice texture. Place chopped nuts into a medium size bowl. Add chia seeds and ground cinnamon and stir to combine. In a small bowl whisk together maple syrup, coconut oil and vanilla then pour over your nut mix. Stir to combine. Spread your maple, vanilla coated crushed nut mix into one even layer onto your fruit leather inserts. Dehydrate at 150 for about 4 hours. Remove trays and sprinkle in chopped cranberries and coconut flakes. Continue to dehydrate until mix reaches desired dryness

## Cranberry Maple Granola

|  |  |
|--|--|
| 1 apple cored and chopped  | 2 tsp. sea salt                          |
| 1 1/2 cups date paste (dates soaked and then processed until smooth) | 1/2 cup sunflower seeds, soaked 2+ hours |
| 1/2 cup maple syrup  | 2 cups almonds, soaked 4+ hours          |
| 2 Tbsp. lemon juice  | 3 cups pecans, soaked 2+ hours           |
| 2 Tbsp. orange zest (or ginger powder)                               | 1 cup pumpkin seeds soaked 2+ hours      |
| 1 Tbsp. vanilla extract  | 1 cup dried cranberries or raisins       |
| 1 tsp. ground cinnamon   | or dried apples                          |

In a food processor, place the fresh apples, date paste, maple syrup, lemon juice, orange zest, vanilla, cinnamon, salt and 1/4 of the sunflower seeds and grind until completely smooth. Transfer the mixture to a large mixing bowl. Add the remaining 1/4 cup of sunflower seeds, the almonds, pecans, and pumpkin seeds to the food processor. Coarsely chop the nuts and seeds in a few quick pulses. Add them to the bowl with the apple mixture, add the cranberries and combine well. Spread mixture evenly onto fruit leather inserts. Dehydrate for 6-8 hours at 115°F. Flip the granola over onto the trays and peel away the inserts. Continue dehydrating for another 8 to 12 hours or until the granola is crunchy. Break into pieces and serve.

## Fruity Granola Bars

|                               |                       |
|-------------------------------|-----------------------|
| 8 oz. unsweetened applesauce  | 2/3 cup coconut       |
| 1 cup dried fruit (of choice) | 1/3 cup chia seeds    |
| 1/3 cup sunflower seeds       | 1/4 cup flaxseed meal |
| 1/4 cup hemp seeds            | 1/2 cup water         |
| 1 cup rolled oats             |                       |

In a small bowl mix the flaxseed meal with the water and wait few minutes until it becomes thick. In a medium size bowl mix all the ingredients until just combined. Spread mixture evenly onto fruit leather inserts. Dehydrate at 115°F for 3-4 hours. Flip

the granola over onto the trays and peel away the inserts. Continue dehydrating for another 8 to 12 hours or until the granola is crunchy. Break into pieces and serve.

### Old Fashioned Granola

|                                |                                 |
|--------------------------------|---------------------------------|
| 4 cups rolled old fashion oats | ½ cup chopped dried apples      |
| ½ cup chopped pecans           | ½ cup chopped dried apple peels |
| ½ cup raisins                  | ½ cup chopped dried bananas     |
| ½ cup dried pineapple          | ½ cup olive oil                 |
| ½ cup raisins                  | ½ cup honey                     |
| ½ cup walnuts                  | ½ tsp. vanilla                  |

Heat wet ingredients – stir olive oil, honey, and vanilla together then drizzle over the dry ingredients stirring as you go to coat all ingredients. Place into dehydrator at 125°F and let dry to desired consistency.

*You may add so many other things of your choice – here are a few ideas. Wheat germ, Wheat flakes, Coconut, Agave nectar, Fresh or dried fruits, Pumpkin seeds, Sunflower seeds, Flax seed, Brazil nuts, Almonds, Peanuts, Bee pollen, ½ cup maple syrup, Sprouted buckwheat, Sesame seed, Orange juice, Sea salt, Cinnamon... The combinations are endless!*

### Paleo Granola (Gluten Free)

|                                    |                        |
|------------------------------------|------------------------|
| 2 cups raw walnuts                 | 2 Tbsp. water          |
| 2 cup raw cashews                  | 3 Tbsp. grape seed oil |
| 1 cup raw pumpkin seeds            | 1/3 cup honey          |
| 1 cup unsweetened shredded coconut | 1 tsp. vanilla extract |
| 1 cup dried cranberries            | ½ tsp. ground cinnamon |
| 1 egg white, lightly beaten        | ½ tsp. kosher salt     |

Add the first 3 ingredients to a blender or food processor. Pulse a few times to chop the nuts. In a large mixing bowl, whisk together the egg white with the water until bubbly and slightly foamy. Add grape seed oil, honey, vanilla extract, cinnamon and salt to the egg white/water mixture and whisk together well. Pour the chopped nut mixture into the mixing bowl, along with the dried cranberries and shredded coconut. Stir everything well to make sure it is all coated. Spread the granola mixture evenly on Dehydrate at 150 until mix reaches desired dryness.

## Paleo Pumpkin Spice Granola

|                                  |                                       |
|----------------------------------|---------------------------------------|
| 2/3 cup honey                    | 1 tsp. ground cinnamon                |
| 3 Tbsp. extra virgin coconut oil | 2 cups raw pumpkin seeds              |
| 1 tsp. vanilla extract           | 1 ½ cups unsweetened shredded coconut |
| ¼ tsp. kosher salt               | ½ cup whole brown flax seeds          |
| ½ cup pumpkin puree              | 1 cup golden berries, roughly chopped |
| ½ tsp. ground ginger             |                                       |
| ½ tsp. ground cloves             |                                       |

In a small saucepan, whisk together and bring to a slight boil the honey, coconut oil, and vanilla. Remove from heat. Whisk in the pumpkin, ginger, cloves, and cinnamon. In a large mixing bowl, stir the pumpkin seeds, shredded coconut, flax seeds, and chopped golden berries together. Pour the liquid honey mixture over the dry ingredients and stir together.

Using a fork or spoon, break up the granola mixture into small bite-sized pieces. Dehydrate at 150 until mix reaches desired dryness. Store in a refrigerated jar and enjoy over almond milk.

## Paleo Trail Mix

|                          |                        |
|--------------------------|------------------------|
| 2 handfuls of almonds    | 1 tsp. vanilla extract |
| 1 handful of walnuts     | 1 Tbsp. coconut oil    |
| 1 tsp. pumpkin pie spice | Pinch of salt          |

In a dry pan, gently warm the nuts on medium heat. In a separate dish, melt the coconut oil and stir in the vanilla extract. When the nuts are warm to the touch add the salt and pumpkin pie spice, tossing to evenly coat. Then as a final step, slowly drizzle in the coconut oil and vanilla. This should be just enough to make the nuts glisten, not so much that there is an oily residue in the pan. Coconut oil will solidify when it returns to room temp, so you do not want to overdo this. Toss out any excess. Once the nuts are lightly coated in the oil, remove from heat and set aside in a separate dish to cool. Dehydrate at 150 until mix reaches desired dryness.

## Pumpkin Granola

|                                 |                             |
|---------------------------------|-----------------------------|
| 3 cups gluten-free oats         | 1 Tbsp. pumpkin pie spice   |
| ½ cup walnut pieces             | 2 tsp cinnamon              |
| ¾ cup pumpkin seeds             | ¼ cup organic pumpkin puree |
| ¼ cup flax seeds                | ½ cup raisins               |
| ¼ cup coconut oil, liquid state | ½ cup golden raisins        |
| 1/3 cup maple syrup             |                             |

In a large bowl mix together your oats, walnuts, flax, pumpkin seeds and spices. Stir. In a smaller bowl, combine your maple syrup, coconut oil & pumpkin puree. Whisk together until it is well combined. Pour your wet ingredients into your dry ingredients and stir until your oats mixture is completely coated. Spread evenly onto fruit leather inserts. Dry at 115° F for about 24 hours or until light brown and crisp. Stir in the raisins to your finished granola. Store in an air tight container

## Pumpkin Seeds

|                            |                 |
|----------------------------|-----------------|
| 1 seeds from large pumpkin | ½ tsp. cinnamon |
| 2 Tbsp. olive oil          | ¼ tsp. nutmeg   |
| 1 tsp. agave               | ¼ tsp. cloves   |
| 1 tsp. salt                | 1/8 tsp. ginger |

Rinse seeds thoroughly then soak overnight in a bowl of water. Drain and dry well with paper towel. Mix all ingredients thoroughly in a bowl. Spread seeds onto fruit leather inserts in one layer. Dry for 18-24 hours at 150°F, until crisp.

## Raw Cherry Crisp Granola

|                        |   |
|------------------------|---|
| 2 cups walnuts         | 2 cups fresh cherries, pitted,<br>chopped |
| 1 cup almonds          |   |
| 2 cup flaked, raw oats | ½ cup agave nectar                        |

Place walnuts and almonds in food processor. Pulse until coarsely ground. Remove to bowl. Stir oats into nut mixture. Mix together cherries and agave. Stir into nut mixture. Place in 4 ramekins or small glass bowls. Dehydrate at 145 for 45 minutes reduce heat to 115 and dehydrate for 5-6 more hours. Serve warm.

## Snack Mix

|   |  |
|---|--|
| 1 cup walnuts   | ½ cup Deglet dates, pitted and<br>sliced |
| 1 cup almonds   |  |
| 1 cup dried fruit (such as<br>chopped pineapple, blueberries,<br>cranberries) | 2 Tbsp. hemp seeds                       |
| ½ cup Goji berries  | ½ tsp. cinnamon (optional)               |
| ½ cup raw mulberries  | ½ tsp. cardamom (optional)               |
|   | 1 pinch cayenne pepper (optional)        |

Soak walnuts and almonds for one hour. Drain and rinse well. Chop into chunks or small pieces. Spread chopped nuts onto the trays. Dehydrate at 145 degree F for two hours or until dry and crunchy. Place the nuts and remaining ingredients into a plastic bag. Shake vigorously until well combined. Store in an airtight glass jar or container at room temperature or in the refrigerator

## Spiced Granola

|  |  |
|--|--|
| ¼ cup maple syrup                      | 2 cups other raw soaked nuts             |
| ¼ cup honey                            | 1 cup unsweetened shredded dried coconut |
| ¼ cup unrefined coconut oil            | 1/3 cup sesame seeds                     |
| 1 ½ tsp. non-alcoholic vanilla extract | 1 tsp. ground cinnamon                   |
| 2 cups crispy almonds                  | ½ tsp. ground cardamom                   |
| 1 cup pumpkin seeds or sunflower seeds | 1 cup mixed dried fruit                  |

Mix the coconut oil, sweeteners, and vanilla together in a small bowl. In a food processor, chop all nuts to your desired size, (but not finely ground). You can keep large chunks as well, if you would like. Mix the nuts, seeds, coconut and spices. Pour the liquid mixture over the top of the dry ingredients and stir well. Next, add the dried fruit. Spread the granola in a thin layer on dehydrator trays using your fruit leather inserts. Dehydrate at 115 for about 24 hours until fairly dry.

## Vanilla-Cinnamon Granola

|                              |                        |
|------------------------------|------------------------|
| 2 cups raw almonds (soaked)  | ¾ tsp. cinnamon        |
| 1 cup raw walnuts (soaked)   | 6 pitted organic dates |
| 1 cup pumpkin seeds (soaked) | ¼ cup water            |
| 1 tsp. vanilla extract       | 2 Tbsp. raw honey      |

Soaked walnuts and almonds for 6 hours. Soak pumpkin seeds for 2 hours. Place each in a separate bowl, and add enough filtered water to cover them. About 15 minutes before starting the granola, soak dried dates in filtered water to rehydrate them. Puree dates, vanilla extract, honey, and cinnamon in a food processor or blender until you form a paste. Using a food processor, coarsely chop your nuts and seeds. Combine the nuts/seeds with the date paste. Spread this mixture onto a fruit leather inserts. Dehydrated granola for about 20 hours at 115°F. Granolas will be crunchy and only slightly chewy when it is done drying.

## Vanilla Almond Granola

|                             |                           |
|-----------------------------|---------------------------|
| 2 ½ cups old-fashioned oats | ½ cup pure maple syrup    |
| ¾ cup slivered almonds      | ¼ cup coconut oil, melted |
| ¾ tsp. ground cinnamon      | 1 Tbsp. vanilla extract   |

In a large bowl, combine the oats, almonds, and cinnamon in a large bowl and stir. Set aside. In a medium bowl, whisk together the maple syrup, coconut oil, and vanilla together. Pour this mixture over the dry ingredients and stir to combine. Make sure you evenly combine everything. Spread mixture evenly onto fruit leather inserts. Dehydrate for 18-24 hours at 118°F.

# Herbs & Spice Recipes



## Apple Pie Spice

4 Tbsp. cinnamon  
2 tsp. nutmeg  
2 tsp. allspice

*Uses: Oatmeal, pies, cobblers, granola, fruit crisp, cinnamon rolls, breads, muffins*

## Adobo Blend (Spicy)

2 Tbsp. garlic powder  
3 Tbsp. onion powder  
1 tsp. sea salt  
2 tsp. cayenne pepper  
1 Tbsp. oregano  
½ tsp. black pepper

*Uses: Chicken, to make spicy meat dishes, soups*

## Baking Powder

½ tsp. cream of tartar  
¼ tsp. baking soda  
¼ tsp. cornstarch

## Beau Monde Seasoning

1 Tbsp. ground cloves  
1 ¼ tsp. ground cinnamon  
1 Tbsp. salt  
1 Tbsp. ground bay leaf  
1 Tbsp. ground allspice  
2 Tbsp. ground black pepper  
1 tsp. ground nutmeg  
1 tsp. ground mace  
1 tsp. celery seed  
2 Tbsp. ground white pepper

## Blackening Spice Mix

1 tsp. ground basil  
1 tsp. ground thyme  
1 tsp. garlic  
1 tsp. white pepper  
1 tsp. black pepper  
1 tsp. salt or sea salt  
1 tsp. onion powder  
2 tsp. cayenne pepper  
1 tsp. paprika

### **Caesar Salad Dressing Mix**

- |                                |                               |
|--------------------------------|-------------------------------|
| 1 ½ tsp. grated lemon peel     | 2 tsp. grated parmesan cheese |
| 1 tsp. oregano                 | ½ tsp. pepper                 |
| 1/8 tsp. instant minced garlic |                               |

### **Cajun Spice (4oz container)**

- |                      |                       |
|----------------------|-----------------------|
| 4 tsp. salt          | 2 tsp. onion powder   |
| 4 tsp. garlic powder | 1 tsp. cayenne pepper |
| 1 Tbsp. paprika      | 2 ½ tsp. oregano      |
| 2 tsp. black pepper  | 2 ½ tsp. thyme        |

### **Celery Salt**

Celery, as much or a little as you prefer

Wash celery and chop into small chunks. You can use a food processor to save time. Place celery evenly onto your dehydrator trays. Turn your dehydrator to the vegetable setting, for 2 - 4 hours. Depending on how thin slices are, you may need to dehydrate for up to 4 hours or more or until crisp. Continue to dehydrate until slices are completely dehydrated, dry and crisp. One tablespoon of non-dehydrated celery is equal to ½ teaspoon of dehydrated celery. Remove and place in blender. Blend to a fine powder.

To make into celery salt: add 2 cups of celery powder to 1 cup of sea salt and mix together well.

### **Chai Masala (dried)**

- |                            |                                |
|----------------------------|--------------------------------|
| 1 black cardamom pod seeds | ¼ tsp. carom seeds             |
| 4 cloves                   | 1 tsp. dried ginger (optional) |
| ½ tsp. fennel seeds        | 1 tsp. ground cinnamon         |
| ¼ tsp. black peppercorns   |                                |

Grind until fine; store in glass container in cool, dark place for 6 months; makes 3 Tbsp.

### **Chili Powder (½ pint container)**

- |                        |                      |
|------------------------|----------------------|
| ½ cup paprika          | 2 Tbsp. onion powder |
| 2 Tbsp. garlic powder  | 2 Tbsp. oregano      |
| 2 Tbsp. cayenne pepper | 4 tsp. cumin         |

### **Chili Seasoning Mix (½ pint container)**

- |                     |                     |
|---------------------|---------------------|
| 2 Tbsp. flour       | 2 tsp. cumin        |
| 4 tsp. chili powder | 2 tsp. parsley      |
| 1 Tbsp. dried onion | 2 tsp. salt         |
| 1 Tbsp. garlic      | 1 tsp. dried basil  |
| 2 tsp. sugar        | ¼ tsp. black pepper |

## Chinese Five-Spice Powder

- |                               |                              |
|-------------------------------|------------------------------|
| 1 tsp. ground Szechwan pepper | 1 ¼ tsp. ground fennel seeds |
| ½ tsp. ground cinnamon        | 1 tsp. ground star anise     |
| ½ tsp. ground cloves          |                              |

## Chicken Seasoning

- |                            |                                 |
|----------------------------|---------------------------------|
| 1 Tbsp. rosemary           | 3 Tbsp. dry minced parsley      |
| 1 Tbsp. oregano            | 1 tsp. pepper                   |
| 1 Tbsp. ground sage        | 1 Tbsp. paprika                 |
| 1 tsp. powdered ginger     | 2 Tbsp. garlic salt             |
| 1 tsp. marjoram            | 2 Tbsp. onion salt              |
| 1 ½ tsp. thyme             | 2 Tbsp. chicken bouillon powder |
| 3 Tbsp. packed brown sugar | 1 pkg. tomato soup mix          |

Pulse all ingredients in a blender. To coat chicken add 1 oz. mix to 1 cup flour. Dip chicken in egg and then seasoning mix.

## Creole Meat Seasoning

- |                                   |                      |
|-----------------------------------|----------------------|
| ½ cup salt                        | ¼ cup cayenne pepper |
| ¼ cup finely minced garlic        | 2 tsp. cumin seed    |
| ¼ cup freshly ground black pepper |                      |

## Creole Seasoning

- |                       |                              |
|-----------------------|------------------------------|
| 4 tsp. salt           | 2½ tsp. onion powder         |
| 4 tsp. paprika        | 1½ tsp. dried thyme leaves;  |
| 1 Tbsp. garlic powder | 1½ tsp. dried oregano leaves |
| 1 Tbsp. black pepper  | 1½ tsp. cayenne pepper       |

## Curry Powder (½ pint container)

- |                               |                              |
|-------------------------------|------------------------------|
| 5 Tbsp. ground coriander      | 1 ½ tsp. ground black pepper |
| 2 Tbsp. cumin                 | 1 tsp. cinnamon              |
| 1 Tbsp. turmeric              | ½ tsp. ground cloves         |
| 2 tsp. ground ginger          | ½ tsp. ground cardamom       |
| 2 tsp. dry mustard            | ½ tsp. cayenne pepper        |
| 2 tsp. ground fenugreek seeds |                              |

## Dry Fruit Spice

- |  |               |
|--|---------------|
| 2 tsp. chopped dried cranberries,<br>blueberries, or raisins | 1 tsp. ginger |
| 2 Tbsp. organic sugar  | 1 tsp. cloves |
| 1 Tbsp. cinnamon   | 1 tsp. nutmeg |

*Uses: Muffins, granola, dessert topping, vanilla ice cream, breads or substitute for cinnamon sugar*

## Fajita Blend

|                       |                                  |
|-----------------------|----------------------------------|
| 1 Tbsp. minced onion  | 1 tsp. paprika                   |
| 1 Tbsp. garlic powder | ¾ tsp. ginger                    |
| 1 Tbsp. onion powder  | 1 tsp. lime crystals (Real Lime) |
| 1 Tbsp. chili powder  | ½ tsp. crushed red pepper        |

*Uses: Fajitas, stir fry, vegetables, dips and wraps. Also try adding to cream based salad dressings.*

## Fajita Seasoning

|                     |                      |
|---------------------|----------------------|
| 1 tsp. cumin        | ¼ tsp. garlic powder |
| ½ tsp. oregano      | ¼ tsp. salt          |
| ¼ tsp. onion powder | ¼ tsp. pepper        |

## Garam Masala (4oz container)

|                              |                      |
|------------------------------|----------------------|
| 1 Tbsp. cumin                | 1 tsp. cinnamon      |
| 1 ½ tsp. ground coriander    | ½ tsp. ground cloves |
| 1 ½ tsp. ground cardamom     | ½ tsp. nutmeg        |
| 1 ½ tsp. ground black pepper |                      |

## Garlic Salt

Garlic, as much or as little as you prefer

Lay garlic on dehydrator trays, with no pieces overlapping. Dehydrate at 95F for 2 - 4 hours. Depending on how thinly garlic is sliced you may need to dehydrate for up to 4 hours or more or until crisp. Garlic is ready when it is brittle and feels like you could 'snap' it. Place dried garlic in a food processor and process until mixture turns to a powder.

*(4oz container) Use 2 Tbsp. garlic powder per 6 Tbsp. salt. We recommend that you place your dehydrator in a well ventilated area when drying onions or garlic, because the smell can be very overpowering.*

## Greek Blend

|                       |                                    |
|-----------------------|------------------------------------|
| 1 Tbsp. minced onion  | 1 Tbsp. rosemary                   |
| 2 Tbsp. garlic powder | ½ tsp. black pepper                |
| 2 Tbsp. oregano       | 1 tsp. real lemon                  |
| 1 Tbsp. thyme         | 1 tsp. dry crushed red bell pepper |

*Uses: Chicken, pork, Greek salads topping, gyros, stuffed cabbage or grape leaves*

## Greek Seasoning

|                            |                                   |
|----------------------------|-----------------------------------|
| ¼ cup dried oregano leaves | 2 Tbsp. crushed dried lemon grass |
| 2 Tbsp. fennel seeds       | ¾ tsp. black pepper               |

## Herb Mix

|                              |                              |
|------------------------------|------------------------------|
| 1 Tbsp. onion powder         | 1 tsp. dried thyme leaves    |
| 1 Tbsp. garlic powder        | 1 tsp. dried marjoram leaves |
| 1 Tbsp. dried parsley flakes | 1 tsp. pepper                |
| 1 tsp. dried basil leaves    |                              |

## Herbs de Provence

|                                    |                            |
|------------------------------------|----------------------------|
| 1 Tbsp. dried basil leaves         | 1 Tbsp. dried thyme leaves |
| 1 Tbsp. dried marjoram leaves      | 2 tsp. orange zest         |
| 1 Tbsp. dried summer savory leaves | 1 powdered bay leaf        |
|                                    | 1 tsp. fennel seeds        |

## Indian Spice Blend

|                         |                     |
|-------------------------|---------------------|
| 8 tsp. cumin            | 2 tsp. cayenne      |
| 4 tsp. ground ginger    | 4 tsp. turmeric     |
| 2 tsp. ground coriander | 2 tsp. black pepper |

## Italian Dressing Blend

|                      |                     |
|----------------------|---------------------|
| 2 Tbsp. thyme        | 2 tsp. onion powder |
| 2 Tbsp. dry mustard  | 2 tsp. oregano      |
| 2 tsp. garlic powder | 2 tsp. parsley      |

*Uses: Italian dressings, vegetables, vinaigrette based vegetable salads, pasta salad*

## Italian Herb Seasoning

|                  |                                   |
|------------------|-----------------------------------|
| ¼ c oregano      | ¼ c basil                         |
| 2 Tbsp. marjoram | 2 Tbsp. rosemary                  |
| 2 Tbsp. thyme    | 2 Tbsp. garlic powder ¼ c parsley |

## Italian Seasoning (Half pint container)

|                  |                  |
|------------------|------------------|
| 2 Tbsp. basil    | 2 Tbsp. rosemary |
| 2 Tbsp. marjoram | 2 Tbsp. thyme    |
| 2 Tbsp. oregano  |                  |

## Kale Powder

Kale leaves, as many or a few as you prefer

Wash kale and cut into approximately 2 inch pieces. Place on dehydrating trays. Dehydrate at 135°F for 2-4 hours or at 115°F (for raw foods) for 3-6 hours (or until crispy). Take your crispy, dehydrated kale leaves and load them into your blender. Pulse them over and over, pausing to allow the leaves to settle. When leaves are a fine powder you are done.

*If you are wondering why you would ever use kale powder? It turns out that Kale is considered a superfood. One cup of chopped kale contains 33 calories and 9% of the daily value of calcium, 206% of vitamin A, 134% of vitamin C, and a whopping 684% of vitamin K. It is also a good source of minerals copper, potassium, iron, manganese, and phosphorus. Kale's health benefits are primarily linked to the high concentration*

and excellent source of antioxidant vitamins A, C, and K — and Sulphur-containing phytonutrients. Carotenoids and flavonoids are the specific types of antioxidants associated with many of the anti-cancer health benefits. Kale is also rich in the eye-health promoting lutein and zeaxanthin compounds. Beyond antioxidants, the fiber content of cruciferous kale binds bile acids and helps lower blood cholesterol levels and reduce the risk of heart disease, especially when kale is cooked instead of raw.

*Ways to use Kale Powder: Add up to 2 Tbsp. in any spaghetti Sauce or casserole dish. You can add some to salads, or blend the powder right into your morning smoothies. You can use Kale as a garnish, just like dried cilantro or parsley.*

### **Kitchen Spice Mix**

|                                   |                       |
|-----------------------------------|-----------------------|
| 2 Tbsp. salt                      | 2 tsp. ground ginger  |
| 1 ground dried lemon peel         | 2 tsp. ground nutmeg  |
| 1 Tbsp. dry English-style mustard | 2 tsp. black pepper   |
| 2 tsp. ground allspice            | 2 tsp. cayenne pepper |

*Uses: For roasted meats and cutlets.*

### **Imitation “Lowry’s” Seasoned Salt**

|                                 |                            |
|---------------------------------|----------------------------|
| 2 Tbsp. pepper                  | 1 tsp. dry marjoram leaves |
| 1 Tbsp. chicken bouillon powder | 1 Tbsp. minced parsley     |
| 1 tsp. onion salt               | 1 tsp. paprika             |
| 1 tsp. onion powder             | ½ tsp. curry powder        |
| 1 Tbsp. garlic salt             | 1 Tbsp. chili powder       |
| 1 tsp. cumin powder             | 1/3 cup salt               |

### **Middle Eastern Spice Mix**

|                  |                                   |
|------------------|-----------------------------------|
| 1 tsp. cumin     | 1 tsp. red pepper flakes, crushed |
| 1 tsp. cardamom  | ½ tsp. ginger                     |
| ½ tsp. allspice  | 1 tsp. turmeric                   |
| ½ tsp. coriander | 1 tsp. salt                       |
| ½ tsp. cloves    | 1 Tbsp. paprika                   |
| 1 tsp. pepper    | 1 tsp. cinnamon                   |

### **Imitation Mrs. Dash Seasoning Blend**

|                       |                     |
|-----------------------|---------------------|
| ½ tsp. cayenne pepper | 1 tsp. savory       |
| 1 Tbsp. garlic powder | 1 tsp. mace         |
| 1 tsp. basil          | 1 tsp. onion powder |
| 1 tsp. marjoram       | 1 tsp. sage         |
| 1 tsp. thyme          | 1 tsp. black pepper |
| 1 tsp. parsley        |                     |

## Mulling Spice

|                        |                                 |
|------------------------|---------------------------------|
| 1 cup brown sugar      | 1 tsp. dried ground orange peel |
| 2 tsp. ground cinnamon | 1 tsp. ground allspice          |
| 1 tsp. ground cloves   | ½ tsp. ground nutmeg            |

## No-Salt Seasoning

|                       |   |
|-----------------------|---|
| 1 Tbsp. garlic powder | 2½ tsp. ground white pepper                 |
| 2 ½ tsp. thyme leaves | 1 Tbsp. dry mustard                         |
| 2 ½ tsp. onion powder | 2 ¼ tsp. dried finely chopped<br>lemon peel |
| 2 ½ tsp. paprika      | 1 Tbsp. ground black pepper                 |
| 2 ¼ tsp. celery seed  |   |

## Old Bay Seasoning Mix

|                            |                        |
|----------------------------|------------------------|
| 1 Tbsp. ground bay leaves  | ½ tsp. ground ginger   |
| 2 ½ tsp. celery salt       | ½ tsp. paprika         |
| 1 ½ tsp. dry mustard       | ½ tsp. red pepper      |
| ¼ tsp. ground black pepper | ¼ tsp. ground mace     |
| ¾ tsp. ground nutmeg       | ¼ tsp. ground cardamom |
| ½ tsp. ground cloves       |                        |

## Onion-Paprika Blend

|                     |                       |
|---------------------|-----------------------|
| 2 tsp. paprika      | ¼ tsp. cayenne pepper |
| 1 tsp. onion powder | ¼ tsp. white pepper   |
| ½ tsp. salt         |                       |

## Onion Powder

Chop onions into small chunks. You can use a food processor to save time. Place slices evenly onto your dehydrator trays. Turn your dehydrator to the vegetable setting, for 2 - 4 hours. Depending on how thin slices are, you may need to dehydrate for up to 4 hours or more or until crisp. Continue to dehydrate until slices are completely dehydrated, dry and crisp. We recommend that you place your dehydrator in a well ventilated area when drying onions or garlic, because the smell can be very overpowering. Also onions are poisonous to pets.

## Onion Soup Mix

|                            |                             |
|----------------------------|-----------------------------|
| ¾ cup instant minced onion | ¼ tsp. crushed celery seeds |
| ½ cup beef bouillon powder | ¼ tsp. sugar                |
| 4 tsp. onion powder        |                             |

### **Oriental Spice for Stir Fry** *(keep refrigerated)*

|                                  |                            |
|----------------------------------|----------------------------|
| 1 tsp. freshly grated lemon peel | ¼ tsp. anise seed, crushed |
| ¼ tsp. fennel seed, crushed      | ¼ tsp. ground cinnamon     |
| ¼ tsp. ground cloves             | ¼ tsp. ground ginger       |

### **Parmesan Mix**

|  |                      |
|--|----------------------|
| 1 lb. parmesan or Romano cheese,<br>grated | ¼ cup basil          |
| ¼ cup oregano                              | ¼ cup parsley flakes |

### **Pasta Blend**

|                       |                     |
|-----------------------|---------------------|
| 5 Tbsp. dried basil   | 2 Tbsp. dried thyme |
| 3 Tbsp. dried oregano | 1 tsp. dried garlic |

### **Pickling Mix**

|                               |                            |
|-------------------------------|----------------------------|
| ¼ cup mustard seeds           | 2 Tbsp. crushed bay leaves |
| ¼ cup dill seed               | 1 Tbsp. celery seeds       |
| ¼ cup coriander seeds         | 1 Tbsp. white peppercorns  |
| 2 Tbsp. crushed chili peppers |                            |

### **Pizza Topping:**

|                       |                            |
|-----------------------|----------------------------|
| 1 Tbsp. garlic powder | 2 Tbsp. crushed red pepper |
| 1 Tbsp. onion powder  | 1 Tbsp. oregano            |
| 2 Tbsp. minced onion  |                            |

*Uses: Pizza sauce, pizza topping, Italian sausage, grinders, pizza boats.*

### **Poultry Seasoning** (4 oz. container)

|                 |                    |
|-----------------|--------------------|
| 3 tsp. rosemary | 3 tsp. marjoram    |
| 3 tsp. sage     | 3 tsp. celery salt |
| 3 tsp. thyme    | ¾ tsp. pepper      |

### **Pumpkin Pie Spice**

|                  |                |
|------------------|----------------|
| 4 Tbsp. cinnamon | 1 Tbsp. cloves |
| 2 Tbsp. ginger   |                |

*Uses: Pumpkin or sweet potato pie, candied yams, toppings for eggnog or cappuccino*

### **Seafood Herbs**

|                             |                         |
|-----------------------------|-------------------------|
| 5 tsp. dried basil          | 4 tsp. dried parsley    |
| 5 tsp. crushed fennel seeds | 1 tsp. dried lemon peel |

## Seafood Seasoning

|   |                         |
|---|-------------------------|
| 4 tsp. dried parsley, crushed                 | 2 tsp. dried lemon peel |
| 1 ½ T dried chives, dill or tarragon, crushed | 1 ½ tsp. dried mustard  |
|   | ½ tsp. garlic granules  |

*Use about 2 teaspoons per pound of fish, and poach in about ¼ c water or salt free broth. For variety, sprinkle the fish with paprika or toasted nuts.*

## Imitation Shake N' Bake Mix

|                            |                                |
|----------------------------|--------------------------------|
| 1 cup all-purpose flour    | 2 tsp. salt                    |
| 2 cup fine dry breadcrumbs | 2 tsp. sugar                   |
| 2 tsp. cornstarch          | 3 ½ tsp. poultry seasoning     |
| 2 tsp. paprika             | 2 Tbsp. crumbled dried parsley |
| 2 tsp. onion powder        |                                |

## Spaghetti Sauce (Italian) Blend

|                 |                       |
|-----------------|-----------------------|
| 2 Tbsp. oregano | 1 Tbsp. parsley       |
| 1 Tbsp. basil   | 1 Tbsp. garlic powder |
| 1 Tbsp. thyme   | 1 Tbsp. onion powder  |

*Uses: Spaghetti sauce, lasagna, pastas, Italian rolls and breads*

## Stuffing Blend

|                              |                            |
|------------------------------|----------------------------|
| 6 Tbsp. dried rubbed sage'   | 2 Tbsp. dried parsley      |
| 3 Tbsp. dried sweet marjoram | 4 tsp. dried celery flakes |

## Taco Seasoning (4 oz. container)

|                       |                     |
|-----------------------|---------------------|
| 2 Tbsp. chili powder  | 1 tsp. paprika      |
| ½ tsp. garlic powder  | 1 tsp. cumin        |
| ½ tsp. onion powder   | 2 tsp. salt         |
| ½ tsp. cayenne pepper | 2 tsp. black pepper |
| ½ tsp. dried oregano  |                     |

## Vegetable Seasoning Blend

|                                |                  |
|--------------------------------|------------------|
| ¼ cup onion powder             | 2 tsp. marjoram  |
| ¼ cup dried parsley flakes     | 2 tsp. thyme     |
| 2 Tbsp. salt-free lemon pepper | 2 tsp. basil     |
| 2 Tbsp. garlic powder          | 2 tsp. oregano   |
| 2 Tbsp. celery seeds           | 2 tsp. pepper    |
| 2 tsp. sage                    | 2 tsp. dill weed |

*For use with vegetables; or make broth by mixing 1 rounded teaspoon with 1 cup of warm water.*

# Marinade & Dressing Recipes



Combine all ingredients into container of choice and smother meat. Place marinating meat in refrigerator for 8-12 hours or let set overnight. Some recipes tend to get saltier the longer they set. Please note - If using this marinade for chicken, be sure to follow food prep safety precautions to prevent any food contamination or illness.

## Apple Mustard Marinade

½ cup apple juice or cider  
¼ cup cider vinegar  
¼ cup coarse grain mustard  
2 Tbsp. olive oil

1 Tbsp. brown sugar, packed  
4 garlic cloves, minced  
1-½ tsp. soy sauce  
Black pepper to taste

## Black Pepper Marinade

3 cups amber ale or lager  
2 cups soy sauce  
½ cup Worcestershire sauce

2 Tbsp. cracked black peppercorns, plus 2 Tbsp. coarsely ground black pepper, for sprinkling before drying the meat

## Bulgolgi Marinade

½ cup soy sauce  
½ cup sugar  
1 Tbsp. minced ginger  
3 Tbsp. minced garlic

½ pear, mashed (preferably Asian pear but any ripe pear will do)  
2 medium sized onions, sliced  
3 Tbsp. sesame oil

## Carne Asada Marinade

|   |                                 |
|---|---------------------------------|
| ¾ cup orange juice                              | 1 Tbsp. chili powder            |
| ½ cup lemon juice                               | 1 Tbsp. ground cumin            |
| 1/3 cup lime juice                              | 1 Tbsp. paprika                 |
| 4 cloves garlic, minced                         | 1 tsp. dried oregano            |
| ½ cup soy sauce                                 | 1 Tbsp. black pepper            |
| 1 tsp. finely chopped canned<br>Chipotle pepper | 1 bunch fresh cilantro, chopped |
|   | ½ cup olive oil                 |

## Cayenne Habanero

|   |                             |
|---|-----------------------------|
| 1 cup all-spice cayenne habanero<br>sauce | 1 tsp. worcestershire sauce |
| 1 bottle of amber ale beer                | ¼ cup ketchup               |

*You get a buffalo-style flavor from this marinade, which has a subtle vinegar taste.*

## Chicken Fajita Marinade

|                          |                              |
|--------------------------|------------------------------|
| ¼ cup beer               | 1 Tbsp. brown sugar          |
| 1/3 cup fresh lime juice | 1 Tbsp. Worcestershire sauce |
| 1 Tbsp. olive oil        | 1 Tbsp. chopped cilantro     |
| 2 cloves garlic, minced  | ½ tsp. ground cumin          |
|                          | Salt to taste                |

## Chipotle Lime marinade

|                            |                               |
|----------------------------|-------------------------------|
| 1 tsp. salt                | ½ tsp. dried oregano, crushed |
| ¼ tsp. ground black pepper | 1 tsp. paprika                |
| 1 tsp. chipotle powder     | ¼ tsp. ground cumin           |
| ½ tsp. garlic powder       | 1 tsp. lime juice             |

## Cilantro Lime Marinade

|  |                             |
|--|-----------------------------|
| 2 each Garlic Cloves, smashed                                    | ¼ tsp. Garlic Powder        |
| ½ cup Cilantro, fine chop  | 2 tsp. Olive Oil            |
| 2 each Scallions, green part only,<br>finely chopped or bruised* | 1 Tbsp. Water               |
| ½ tsp. Onion Powder  | 1 tsp. Honey                |
| 1 Tbsp. Cumin, powder  | ½ each Lime, juice and zest |
|  | Salt & Pepper to taste      |

## Clove Garlic Marinade

|                              |  |
|------------------------------|--|
| 2/3 cup vegetable oil        | 1 tsp. salt                            |
| 1/3 cup Worcestershire sauce | ½ tsp. pepper                          |
| ¼ cup soy sauce              | ½ yellow onion, minced                 |
| ¼ cup steak sauce            | 10 cloves garlic, peeled and<br>minced |
| ¼ cup water                  |  |

*Garlic lovers, this marinade is for you!*

## Garlic and Herb Marinade

|                         |                                      |
|-------------------------|--------------------------------------|
| 1/3 cup water           | 1 tsp. dried Italian-style seasoning |
| 1/3 cup vinegar         | 1 tsp. poultry seasoning             |
| 1/3 cup vegetable oil   | 1 tsp. dried rosemary, crushed       |
| 3 cloves garlic, minced | 1 tsp. salt                          |
| 1 tsp. dried thyme      | 1 tsp. ground black pepper           |

*Easy and versatile. A nice alternative to bottled dressings for marinade!*

## Hamburger Marinade

|                                  |                              |
|----------------------------------|------------------------------|
| 1 oz. package of onion soup mix  | 1 Tbsp. worcestershire sauce |
| 1 cup water, 1 tsp garlic powder | ½ tsp. anchovy paste         |
| 1 Tbsp. crushed red chili flakes |                              |

*Definitely can taste the onion flavor on the beef jerky, so tasty!*

## Hawaiian Marinade

|                         |                      |
|-------------------------|----------------------|
| ¼ cup pineapple juice   | 1 tsp. ground ginger |
| ¼ cup light soy sauce   | ¼ tsp pepper         |
| 1/8 tsp. cayenne pepper | 1 tsp. salt          |
| 1 crushed garlic clove  | Pineapple chunks     |
| 1 Tbsp. brown sugar     |                      |

*The fruity pineapple flavor mellows out the saltiness.*

## Hickory Smoke Marinade

|                              |                         |
|------------------------------|-------------------------|
| ½ cup soy sauce              | 2 Tbsp. liquid smoke    |
| 1 cup water                  | Garlic salt – to taste  |
| 2 Tbsp. Worcestershire sauce | Lemon pepper – to taste |
| 2 Tbsp. Hickory Smoke        | Black pepper – to taste |

## Honey BBQ Marinade

|                             |                       |
|-----------------------------|-----------------------|
| 1/3 cup honey               | 2 Tbsp. brown sugar   |
| ½ cup ketchup               | 1 Tbsp. soy sauce     |
| ¼ cup butter                | 1 mashed garlic clove |
| 1 Tbsp. apple cider vinegar | 1 tsp. chili powder   |
| 2 tsp. dijon mustard        |                       |

*This marinade is sweet and has a nice BBQ taste.*

## Jalapeno & Lime Beef Jerky

|  |                     |
|--|---------------------|
| 1 jalapeno, half of seeds discarded, chopped | ½ cup tequila       |
| 1/3 cup fresh lime juice                     | 4 Tbsp. brown sugar |
| ¼ cup tamari (or regular soy)                | 2 tsp. salt         |
|  | 2 tsp. pepper       |

### **Jamaican Jerk Marinade**

- |                                      |  |
|--------------------------------------|--|
| 2 cups coarsely chopped green onions | 2 tsp. chopped peeled fresh ginger                           |
| ½ cup coarsely chopped onion         | 1 tsp. ground allspice                                       |
| 2 Tbsp. white vinegar                | ¼ tsp. ground nutmeg   |
| 1 Tbsp. soy sauce                    | ¼ tsp. black pepper  |
| 1 Tbsp. vegetable oil                | 1/8 tsp. ground cinnamon                                     |
| 2 tsp. kosher salt                   | 2 garlic cloves, minced                                      |
| 2 tsp. fresh thyme                   | 1 to 4 Scotch bonnet or habanero peppers, seeded and chopped |
| 2 tsp. brown sugar                   |  |

### **Kentucky Bourbon Marinade**

- |  |   |
|--|---|
| 1/3 cup Kentucky bourbon   | 1 cup water                                       |
| 1/3 cup frozen pineapple juice concentrate, thawed and undiluted | 1 tsp. minced garlic, or to taste                 |
| 1/3 cup soy sauce  | 1 tsp. grated fresh ginger root (optional)        |
| 1/3 cup apple cider vinegar                                      | 3 dashes hot pepper sauce, or to taste (optional) |

*This straight Kentucky sour mash bourbon marinade is perfect. Adding a little smoke with hickory, mesquite or apple wood compliments the flavor nicely.*

### **Lemongrass & Chili Marinade**

- |                           |                      |
|---------------------------|----------------------|
| 8 chopped Thai chilies    | 2 ½ Tbsp. fish sauce |
| 1/3 cup minced lemongrass | 3 Tbsp. soy sauce    |
| 1/3 cup brown sugar       | 2 tsp. curry powder  |

*This one is a little spicy, definitely has a kick of heat!*

### **Mango Teriyaki Marinade**

- |                         |                                    |
|-------------------------|------------------------------------|
| 1 ½ cups mango nectar   | 1 clove garlic, peeled and crushed |
| 1 ½ cups teriyaki sauce | Salt and pepper to taste           |
| ¾ cup dried cherries    |                                    |

### **Peaches and Tequila Marinade**

- |                            |                                     |
|----------------------------|-------------------------------------|
| ½ cup peach preserves      | 2 (1.5 fluid ounce) jiggers tequila |
| ¼ cup Worcestershire sauce | ¼ cup chopped onion                 |
| ¼ cup apple cider vinegar  | 1 clove garlic, minced              |
| 1 cup orange juice         | Salt and pepper to taste            |

## **Peanut-Ginger Marinade**

|                            |                                 |
|----------------------------|---------------------------------|
| ½ cup hot water            | 2 Tbsp. white vinegar           |
| ½ cup creamy peanut butter | 4 cloves garlic, minced         |
| ¼ cup chile paste          | 2 tsp. grated fresh ginger root |
| ¼ cup soy sauce            | ¼ tsp. ground red pepper        |
| 2 Tbsp. vegetable oil      |                                 |

*Great Asian style marinade with a kick*

## **Smokey Cola Marinade**

|                                     |  |
|-------------------------------------|--|
| 1 cup cola                          | Kosher salt  |
| 1/3 cup soy sauce                   | 1 to 2 chipotle chilies in adobo sauce, coarsely chopped |
| 1/3 cup rice vinegar (not seasoned) | 1 tsp. smoked paprika                                    |
| ¼ cup honey                         | 1 tsp. onion powder                                      |

Bring the cola, soy sauce, vinegar, honey and 1 tablespoon salt to a simmer in a saucepan over medium heat. Cook, stirring, until reduced to 1 cup, about 12 minutes. Remove from the heat and stir in the chipotles, paprika and onion powder; let cool completely. Proceed with above instructions.

## **Smokey Tequila-Lime Marinade**

|                                |                              |
|--------------------------------|------------------------------|
| 1 Tbsp. garlic powder          | ¼ cup lime juice             |
| 1 Tbsp. onion powder           | ½ cup tequila                |
| 1 tsp. salt                    | ¼ cup vegetable oil          |
| ½ tsp. cayenne pepper          | ¼ cup chopped fresh cilantro |
| 2 Tbsp. liquid smoke flavoring |                              |

*This marinade has a has a taste of Mexico with a hint of Texas.*

## **Spicy Asian marinade**

|                               |                                      |
|-------------------------------|--------------------------------------|
| ½ tsp. salt                   | 1 clove garlic, crushed              |
| 1/8 tsp. ground black pepper  | ¼ cup soy sauce                      |
| ½ tsp. Chinese 5 spice powder | 1 tsp. Sriracha (chile garlic paste) |
| 2 Tbsp. brown sugar           |                                      |

## **Spicy Beer Marinade**

|                                 |                        |
|---------------------------------|------------------------|
| 1 bottle of Corona beer         | ½ cup light soy sauce  |
| 3 Serrano peppers thinly sliced | 1 tsp. cracked pepper. |
| 1 cup lemon juice               |                        |

*The flavor of the beer is definitely noticeable when you bite into the jerky, with a mild hint of spiciness in the background. Yum!*

### **Spicy Garlic Marinade**

1 can of your favorite beer  
¾ cup soy sauce  
2 Tbsp. worcestershire sauce  
1 Tbsp. honey

1 Tbsp. Liquid Smoke  
2 tsp. Cholula hot sauce  
6 cloves crushed garlic

### **Spicy Orange Teriyaki Marinade**

½ cup soy sauce  
¼ cup packed brown sugar  
2 Tbsp. chili paste with garlic  
2 tsp. ground ginger  
2 tsp. garlic powder  
2 tsp. sesame oil

1 Tbsp. Chinese cooking wine  
⅓ cup orange marmalade  
1 (8 ounce) can pineapple chunks,  
juice reserved  
1 Tbsp. chopped fresh cilantro  
(optional)

*You should be able to find garlic Chile paste and Chinese cooking wine at your local Asian market."*

### **Sweet Balsamic Marinade**

¾ cup balsamic vinegar  
½ cup olive oil  
2 tsp. brown sugar

¼ cup finely minced sweet onion  
Cracked black pepper

### **Teriyaki Marinade**

1 cup soy sauce  
2 crushed garlic cloves  
2 tsp. ground ginger root

2 Tbsp. brown sugar  
1 tsp. pepper

### **Traditional Jerky Marinade**

¼ cup soy sauce  
1 Tbsp. worcestershire sauce  
1 tsp. hickory smoke flavor salt

½ tsp. onion powder  
¼ tsp. garlic powder  
Pepper to taste

*This slightly sweet marinade is perfect for chicken and other poultry.*

### **Wine Marinade**

½ cup soy sauce  
¼ cup red wine  
3 Tbsp. white sugar

1 tsp. minced garlic  
1 tsp. ground ginger  
1 tsp. molasses

*Mouthwatering, red wine marinade flavored with soy sauce, garlic, ginger and molasses.*

# Meat & Jerky Recipes



## Bacon Jerky

Cut the sliced bacon into strips that are 1 inch long and ¼ inch wide.

In a skillet, sauté the bacon until crisp, than drain the pieces on paper towels.

Line each drying tray with a solid “fruit leather” sheet (parchment paper can be substituted). Top it with a mesh sheet. Arrange the bacon pieces in one layer on the mesh sheet. Put the drying trays in the dehydrator. Twice during the drying process, remove the drying bacon and wipe it with paper towels to remove as much of the fat as possible. Return the bacon to the drying trays. Dry the bacon until it crumbles easily, about 6 to 8 hours, depending on the make of the dehydrator. One pound of bacon weighs 2 to 3 ounces dried.

## Bottom Round Jerky

3 lbs. bottom round

¼ cup soy sauce

¼ cup worcestershire sauce

½ tsp. Liquid Smoke

1 tsp garlic powder

1 Tbsp. Tabasco sauce

1 Tbsp. A-1 Steak Sauce

Cut meat, 3/16 on a meat slicer. Soak in soy sauce, Worcestershire sauce, liquid smoke, garlic powder, Tabasco sauce and A1 steak sauce for about 10 hours. Place meat on trays and dehydrate at 155°F, until meat cracks.

## Cajun Beef Jerky

1 lb. meat

2 Tbsp. sweet paprika

4 tsp. Packed brown sugar

2 tsp. Salt

2 tsp. Dry mustard

½ tsp. Ground ginger

½ tsp. Cayenne pepper

¼ tsp. ground allspice

Put meat in freezer for about half hour or until firm but not solid. Using a sharp knife, cut into ¼ inch thick strips, cutting with the grain for chewy strips or across the grain for more brittle strips. In a bowl, combine paprika, brown sugar, salt, mustard, ginger, cayenne and allspice. Add meat strips and toss to coat. Let stand at room temperature for about 15 minutes, or cover to refrigerate for up to 8 hours. Preheat

oven to 350°F. Arrange meat strips on prepared baking sheets, leaving space between each strip. Bake in preheated oven for 10 minutes or until meat is no longer pink inside. Transfer to a baking sheet lined with paper towels, turning to blot both sides. Place cooked meat strips on mesh drying trays. Dry at 155°F for about 7 to 9 hours, occasionally blotting any fat that rises to the surface with paper towels, until jerky is firm and flexes and cracks, but doesn't break, when gently bent. Transfer to a clean baking sheet lined with paper towels and let cool completely, turning once to blot thoroughly.

### **Eggplant Jerky**

|                          |                                   |
|--------------------------|-----------------------------------|
| 1 large eggplant         | 2 Tbsp. pure maple syrup          |
| ½ cup olive oil          | ½ tsp. paprika                    |
| 4 Tbsp. balsamic vinegar | Regular or apple wood-smoked salt |

Wash eggplant and slice into thin strips. In a large bowl whisk together oil, vinegar, maple syrup, and paprika. Place strips in the mixture a few at a time, turning to make sure each are completely coated. If you run short of marinade, add a little more oil and stir it in with your hands. Marinate for 2 hours. Then, place strips onto dehydrator trays, strips should be close but not overlapping. Sprinkle on a little salt (You don't need much). Place trays in dehydrator. Dehydrate at 115°F for 12 to 18 hours or until dry and fairly crisp.

Store strips in an airtight container or plastic bag. Pat or blot with paper towel to absorb any excess oil.

### **Herb & Garlic Hamburger Jerky**

|                             |                                    |
|-----------------------------|------------------------------------|
| 1 lb. lean ground beef      | 1 Tbsp. chopped fresh oregano      |
| ½ cup chopped onion         | 1 Tbsp. chopped fresh sage         |
| 6 cloves garlic             | 1 ½ tsp. salt                      |
| 1 cup chopped fresh parsley | ½ tsp. freshly ground black pepper |

In a food processor, combine beef, onion, garlic, parsley, oregano, sage, salt and pepper. Process until finely chopped and mixture has a paste-like consistency. Using a piping bag, pipe strips of beef mixture onto prepared baking sheets, leaving at least ½ inch between strips. Flatten, if necessary, to ¼ inch thickness. Place cooked meat strips on mesh drying trays. Dry at 155°F for about 7 to 9 hours, occasionally blotting any fat that rises to the surface with paper towels, until jerky is firm and flexes and cracks, but doesn't break, when gently bent. Transfer to a clean baking sheet lined with paper towels and let cool completely, turning once to blot thoroughly.

### **Maple & Dijon Jerky**

|             |                              |
|-------------|------------------------------|
| 1 lb. meat  | 2 Tbsp. grainy dijon mustard |
| ¼ tsp. salt | 2 Tbsp. pure maple syrup     |

Put meat in freezer for about half hour or until firm but not solid. Using a sharp knife, cut into ¼ inch thick strips, cutting with the grain for chewy strips or across the grain for more brittle strips. In a bowl, combine salt, mustard and maple syrup. Add meat strips and toss to coat. Let stand at room temperature for 15 minutes, or cover and refrigerate for up to 8 hours. Preheat oven to 350°F. Remove meat from marinade, discarding excess marinade and accumulated juices. Arrange meat strips on prepared

baking sheets, leaving space between each strip. Bake in reheated oven for 10 minutes or until meat is no longer pink inside. Transfer to a baking sheet lined with paper towels, turning to blot both sides. Place cooked meat strips on mesh drying trays. Dry at 155°F for about 7 to 9 hours, occasionally blotting any fat that rises to the surface with paper towels, until jerky is firm and flexes and cracks, but doesn't break, when gently bent. Transfer to a clean baking sheet lined with paper towels and let cool completely, turning once to blot thoroughly.

### Salmon Jerky

|                               |                                    |
|-------------------------------|------------------------------------|
| ½ cup raw apple cider vinegar | ½ Tbsp. garlic powder              |
| 1 Tbsp. organic lemon juice   | 1 ½ tsp. sea salt                  |
| 2 Tbsp. coconut aminos        | 1 cup of filtered water            |
| 1 Tbsp. paprika               | 14 oz. wild salmon (partly frozen) |
| ½ Tbsp. onion powder          |                                    |

Freeze salmon for 30 min until it is slightly firm. (This makes it easier to cut evenly) Cut into ¼ inch pieces. Scrape the knife against the skin, to “peel” the salmon flesh away from the skin. Do this until all the salmon flesh is removed from the skin. In a glass bowl or container, mix all your brine ingredients together. Add salmon to the bowl of brine and let sit for 12 hours, in the refrigerator, covered. Carefully take the brined salmon pieces out and lay onto the paper towels to soak up any dripping liquid. \*\* (The lemon juice and apple cider vinegar almost “cook” the salmon so it turns into a harder texture, be careful with it because it is more brittle like this). \*\* Transfer salmon pieces to dehydrator tray. Dehydrate for 3-4 hours at 145°F. Salmon is done when it turns a darker reddish brown. It should be dry and chewy, not crunchy. When you bend it, it should not snap in half.

### Spicy Turkey Jerky

|                                |                               |
|--------------------------------|-------------------------------|
| 1 lb. turkey meat, sliced thin | 1/3 cup Worcestershire sauce  |
| 2 Tbsp. liquid smoke           | 1 ½ tsp. hickory liquid smoke |
| 3 Tbsp. soy sauce              | 1 Tbsp. onion salt            |
| 10 dashes Tabasco sauce        |                               |

Mix all ingredients together in a marinade dish. Mix together and add strips of turkey or beef into marinade. Marinade for 8 to 24 hours. Take strips out of marinade and towel to remove excess liquid. Place on dehydrator trays. Set dehydrator to 165°F or higher. Dehydrate until jerky is tough/crisp. You don't want it crunchy, but you don't want wet spots either. Time varies based on make/model of dehydrator and other conditions.

### Teriyaki Jerky

|                           |                 |
|---------------------------|-----------------|
| 1 lb. meat of your choice | ¼ cup soy sauce |
| 1/8 tsp Pepper            | ½ tsp. ginger   |
| 2 Tbsp. brown sugar       |                 |

Cut meat into 3/16. Combine all ingredients into a bowl making sure meat is completely covered in marinade. Marinade for 4-10 hours. Place on dehydrator trays and dry at 155°F for approximately 6-8 hours. Or until meat starts to crack.

# Miscellaneous Recipes

## Dehydrated Eggs

8 large eggs per tray

Each of these trays holds roughly eight large eggs, anymore are more likely to run over and spill onto the trays below leaving you with a mess to clean up! Break the eggs into a bowl and whisk them until the yolks and whites are evenly mixed, if you're dehydrating whole eggs. You can also separate the yolks from the whites and dehydrate them separately. Using your silicone mats, line your dehydrator tray, carefully pour whisked eggs onto the tray. Use a spoon to further spread it. You don't want it too thick or it will take a long time to dry or run onto the trays below. Try to spread it evenly so that you don't have part of the tray finished before the thicker parts. It won't be perfect, but take a few minutes to spread it as evenly as you can. Place trays into dehydrator and set at 135°F for about 4-8 hours. When eggs are dry and crumbly, break them into small pieces and place into a blender. Blend until eggs turn to powder. When reincorporating the eggs, use one tablespoon whole dried egg powder to 1 tablespoon water, to make one reconstituted egg.

## Dehydrated Marshmallows

Marshmallows (As many or as little as you prefer)

Spread marshmallows on dehydrator trays. Dehydrate at 160°F for 6-12 hours. The inside is still a little bit gummy, but when cooled, they are hard. **\*\*Note – do not get these confused with the small freeze dried marshmallows you find in store bought cereals.**

## Natural Food Coloring

*NOTE: These are made from real food and therefore can impart flavor to your icing if used in large quantities. Because these are dehydrated, they will store in a cabinet for up to a year.*

### Red/Pink

Peel beets, then thinly and evenly slice them and place them on the dehydrator sheet. Set temperature to 150°F and dehydrate until crispy. Allow to cool then remove and pulse in blender. Store in an airtight container until ready to use.

### Orange

Peel then thinly and evenly slice carrots and place on dehydrator sheet. Set temperature to 150°F and dehydrate until crispy. Allow to cool then remove and pulse in blender. Store in an airtight container until ready to use.

### Yellow

Peel then thinly and evenly slice butternut squash and place on dehydrator sheet. Set temperature to 150°F and dehydrate until crispy. Allow to cool then remove and pulse in blender. Store in an airtight container until ready to use.

### Green

Wash then dry well a bunch of spinach. Remove stems and place on dehydrator

sheet. Set temperature to 150°F and dehydrate until crispy. Allow to cool then remove and pulse in blender. Store in an airtight container until ready to use.

## **Brown**

Use cocoa powder.

## **Fruit Powder**

2 cups Dehydrated Fruit (any unsweetened fruit like strawberries, watermelon, apricots, kiwi, etc.)

Thinly slice your fruit of choice and place the fruit onto dehydrating trays. Dehydrate at 125°F for 4- 12 hours until dry depending on chosen fruit. Freeze the dehydrated fruit overnight. Blend the frozen fruit until it turns into a powder.

## **Gingerbread Ornaments**

2 cups Baking soda

1 cup Cornstarch

3 Tbsp. Ground cinnamon

2 tsp. Ground cloves

1 ¼ cups Cold water

Small candies for decorating  
(optional)

Parchment Paper

Cookie Cutters

Paint brushes

Clear craft varnish or paint

Craft glue (optional)

Decorative ribbon, string or elastic

In a saucepan, whisk together baking soda, cornstarch, cinnamon and cloves. Stir in water and cook over medium heat, stirring constantly for about 3-5 minutes or until thickened into thick dough and loses shine. Scrape mixture into a heatproof bowl and cover immediately with a damp towel and then with plastic wrap to prevent it from drying out. Let cool at room temperature. Place a sheet of parchment paper on a work surface. Divide dough into pieces and work with one piece at a time, keeping remaining pieces covered with a damp towel. Using a rolling pin, roll dough out to 1 ¼ inch thickness. Using cookie cutters, cut out shapes rerolling scraps and adding a touch of water as necessary to keep the dough smooth and pliable. Using a plastic straw or a skewer, cut a small hole in the top that will be used to thread string to hang the ornament. Roll out a scrap of dough for a test piece, making sure it is the same thickness as the ornaments. Place shapes onto drying trays and dry at 155°F for 3 to 4=5 hours or until very firm and dry throughout. Break the test piece to check the inside and make sure there is no sign of moisture. Let cool completely on wire racks. Paint all sides of each ornament with varnish or other clear paint to seal. Let dry. Using glue, attach candies to ornaments to decorate as desired. Let dry completely. Thread decorative ribbon through the holes, leaving enough length to hang over branches.

## **Homemade Pixie Sticks**

2 tsp fruit powder

2 tsp granulated sugar

1 pack paper straws

Blend fruit powder and sugar together in a blender or food processor until fully combined. Fold over the bottom of a paper straw. Using a small funnel, pour powder into the straw until almost full, leaving room to fold over the top. Enjoy!

# Pet Food Recipes



**WARNING:** Do not feed your pets onions, chocolate, grapes, raisins or milk (most are lactose-intolerant.)

Although milk is not toxic to cats, it may have adverse effects. Adult cats fed a nutritious diet do not need milk, and many cats are lactose-intolerant. Like humans, this causes stomach upset, cramps and gas. If your cat loves milk, and begs for it, a small amount of cream may be okay, twice a week.

## Brown Rice Veggie Pet Treats

2 coarsely chopped carrots

Cold water

2 ½ cups cooked long-grain brown rice, cooled

1 cup frozen green peas, thawed

¼ cup salt-free tomato paste

½ tsp. Crumbled dried basil or oregano

In a saucepan, cover carrots with cold water by about ¼ inch; bring to a boil over high heat. Reduce heat and boil gently for about 7 minutes or until carrots are soft. Drain, reserving cooking water. Let carrots cool. In a food processor, puree carrots, rice, peas, tomato paste and basil, gradually adding 1 to 2 Tbsp. of the reserved cooking water if necessary to make thick and smooth. Scoop out 1 tsp. of carrot mixture for small crisps and 1 Tbsp. for large. With moistened fingers, pat out to a rounded rectangle about ¼ inch thick. Place at least ½ inch apart on fine-mesh drying trays. Repeat with the remaining mixture, dipping your fingers in water often to prevent sticking. Dry at 130°F for 5 to 6 hours for small or 6 to 8 hours for or until crisp and dry throughout. Let cool completely on trays or on wire racks. Store in a cookie tin at room temperature for up to 3 months.

## Finicky Cat Food

1 cup cooked chicken, chopped

¼ cup cooked carrot, chopped

½ cup cooked rice

Chicken broth

½ cup cooked broccoli, chopped

Process all but broth in a blender or food processor. Add enough broth to so ingredients hold together. This same recipe can be used with fish (broil or microwave until it flakes.) You can also vary the recipe by adding rice or other vegetables.

*Cats love tuna, and this recipe is no exception. If tuna is in oil, do not add the canola oil.*

### \* WARNING \*

*Tuna has thiaminase. Thiaminase is an amino acid that breaks down the thiamin in a cat's body. Thiamin is necessary to aid in vitamin E absorption in the feline body. A steady diet of tuna is very harmful to the physical status of a cat.*

## Fish Delight

2 cans sardines

½ cup cooked green beans,

1 tsp. butter

chopped

½ cup water

1 tsp. fish sauce

½ cup cooked carrots, chopped

Place butter in a pan over medium heat. Add the sardines and cook for a few minutes. Break the sardines up with a spoon and add the remaining ingredients. Bring to a boil and take off heat. Let it cool and it's ready.

## Dog Food Chicken Chow

¼ cup of millet and ¼ cup of quinoa (rinsed in a fine sieve to remove the bitter taste)

Handful of whole wheat (or plain) egg noodles

¼ cup of orzo

Six boneless, skinless chicken thighs or same amount of beef, or pork

1 cup of chopped fresh carrots (or about a ½ cup dehydrated)

½ cup of sliced celery (two Tbsp. dehydrated)

1 cup of sweet potato, diced (½ cup dehydrated)

1 cup of butternut squash, diced (½ cup dehydrated)

2 cups of chicken stock for the millet/quinoa/egg noodle/orzo

2 cups of chicken stock for the chicken and vegetables in the pressure cooker

Put the carrots, celery, sweet potato, and butternut squash aside in some boiled water in a measuring jug for about 5 minutes to re-hydrate then put in the pressure cooker. If using fresh veggies, simply place in the pressure cooker. Add two cups of chicken stock. DO NOT add salt or pepper. Make sure the stock you use is ONION-FREE, because ONIONS ARE POISONOUS TO DOGS!!!

Cook millet, quinoa, egg noodles, and orzo in a separate pan with 2 cups of chicken stock. Watch it to make sure it doesn't stick as it absorbs the stock rapidly! This takes about 20 minutes to cook. Add hot water to mix if it dries out too soon.



# Vegetable Recipes



## Avocado Chips

4 avocados, halved and pitted  
(leave skin on)  
½ lemon

¼ cup fresh cilantro  
¼ tsp. cayenne pepper  
¼ tsp. sea salt

Squeeze lemon juice onto the avocado slices. Remove the peel from the slices and lay them out on your dehydrator racks. Sprinkle the avocado slices with chopped cilantro, cayenne, and sea salt. Dehydrate for 10 hours at 165°F.

*For Best results us a food slicer to slice avocados evenly (slice with skin on).*

## Bell Pepper Candy

2 red bell peppers, remove seeds,  
core and membrane

1 Tbsp. pure maple syrup (less to  
taste)

Rinse peppers and pat dry with a paper towel. Slice bell peppers into ½" strips, add to a mixing bowl, drizzle with maple syrup and toss to coat all sides. Cover bowl and refrigerate for 1 to 2 hours. Place pepper strips on dehydrator shelves without touching. Turn dehydrator to 125°F, and dehydrate approximately 24 hours or until bell peppers are crispy and brittle. Some strips may get crispy earlier than others, remove as they crisp.

Allow to cool completely and place in an air-tight bag until ready to eat.

## Brussels Sprout Chips

12-15 Brussels sprouts  
1 Tbsp. coconut oil

½ tsp. salt  
½ tsp. black pepper

Trim the end of the brussels sprouts and peel the outer leaves off. Once you get to the inner leaves, cut another ¼" off the end of brussels sprout and peel off more of the leaves. Repeat with the remaining brussels sprouts. Place the outer leaves in a large bowl and toss with the coconut oil, salt, and pepper. Spread onto dehydrator trays and dry at 125 F for 6-8 hours.

## Cauliflower Popcorn

|                       |                        |
|-----------------------|------------------------|
| 1 head of cauliflower | 2 tsp. chili powder    |
| 1 tsp. olive oil      | Salt & Pepper to taste |
| 2 tsp. cumin          |                        |

Cut cauliflower florets into bite-sized pieces. Toss with olive oil until coated. Add spices, salt and toss again until coated. Eat immediately, or dehydrate at 115°F until desired texture, 8-12 hours

## Buffalo Cauliflower Wings

|                             |                      |
|-----------------------------|----------------------|
| 1 head cauliflower          | 2 Tbsp. olive oil    |
| 12 dates, softened in water | 2 tsp. garlic powder |
| ¼ cup sun dried tomatoes    | 2 tsp. onion powder  |
| 1 cup chopped fresh tomato  | ¼ to 1 tsp. cayenne  |
| 1 Tbsp. chili powder        |                      |

Rinse the head of cauliflower and chop into florets. Pat dry well until there is little to no moisture left on them. In a small, bullet type blender, process the remaining ingredients until very smooth. Pour over the cauliflower and toss until well coated. Place on a lined sheet in the dehydrator and dry at 118°F for about two hours until the buffalo sauce is thickened and the cauliflower has softened. Serve with ranch dressing.

## Carrot Chips

Carrots (as many or as little as you prefer)

Using a food slicer, slice carrots evenly. Arrange your sliced carrots onto dehydrator trays; leave space between the carrots so they're not touching each other, to allow the warm air to do its job. If dehydrating grated carrots, spread them out as much as possible on your fruit roll trays. Dehydrate between 125°F and 135°F for 6-12 hours. Dehydrated carrots will be leathery when fully dried. \*Please remember to rotate your dehydrator trays, for even drying.

## Cheddar Onions

|  |                     |
|--|---------------------|
| 3 lbs. onions                              | 1 Tbsp. lemon juice |
| 1 cup sunflower seeds, soaked 3 to 6 hours | 1 Tbsp. tahini      |
| ½ red pepper                               | ½ garlic clove      |
| 2 Tbsp. nutritional yeast                  | Sea salt to taste   |
| 1 Tbsp. olive oil                          |                     |

Slice onions about ¼ - ½" inch thick. Set aside. In a blender, combine the remaining ingredients. Blend until smooth. Pour sauce over onions and mix until well coated. Place onions on you silicone sheet. Dehydrate for at least 24 hours until crispy.

*These crispy onions are a great addition to salads and soups. Plus, they will store beautifully in the freezer, so make extra and you'll have them for quite some time.*

## Cheesy Garlic Kale Chips

|   |                         |
|---|-------------------------|
| Large bunch of kale                                 | ¼ cup raw cashews       |
| 1 sweet red pepper, seeds, stem<br>and pith removed | ¼ cup nutritional yeast |
| 5 cloves of garlic, smashed                         | 2 Tbsp. lemon juice     |
| ¼ cup raw sunflower seeds                           | 1 tsp. sea salt         |
|   | 2 chives                |

Soak the cashews and sunflower seeds for 4 hours. Drain. Remove the stems from the kale and place the leaves in a large bowl. Blend all ingredients except for the kale in a high power blender. Dump the cheese mixture onto the kale and use your hands to mix it around and coat both sides of each leaf. Dehydrate below 115°F for 7-12 hours. This will vary depending on your dehydrator. Mine doesn't have a specific heat setting, just low, medium and high.

## Cheesy Zucchini Chips

|                           |                         |
|---------------------------|-------------------------|
| 3 medium zucchini         | 1 tsp. sea salt         |
| 1/3 cup nutritional yeast | Dash paprika (optional) |

Thinly slice zucchini, we recommend using a food slicer or a mandolin. In a large bowl add all of the ingredients and mix with your hands until the chips are coated. Lay zucchini flat on dehydrator trays, making sure to space them out. Dehydrate at 135 for a few hours, until crispy.

*\*Additional flavors to try: garlic, dried mustard, curry, chili powder, ranch mix, or a taco seasoning.*

## Cinnamon Sugar Radish Chips

|                   |                                  |
|-------------------|----------------------------------|
| 10-15 radishes    | ½ Tbsp. honey                    |
| 1 Tbsp. olive oil | 1-2 Tbsp. cinnamon sugar mixture |

Slice the radishes approximately ¼ inch thick and put them in a microwave safe bowl. When you are done slicing, microwave for about 30 seconds to soften them up. Drain any liquid, and add them to a larger bowl. Add the olive oil, honey, and cinnamon sugar. Mix well to coat all of the radishes. Spread out onto dehydrator. Make sure they are evenly spread out and not stacked on top of each other. Dehydrate between 125°F and 135°F for 6-12 hours.

## Crispy Curried Turnip Chips

|                      |                               |
|----------------------|-------------------------------|
| 2 large turnips      | ¼ tsp. ground coriander seeds |
| 2 Tbsp. olive oil    | ¼ tsp. ground cumin           |
| ½ tsp. salt          | ¼ tsp. cayenne pepper         |
| ½ tsp. garlic powder |                               |

Wash and slice turnips. A mandolin slicer makes this task much easier. In a large bowl, toss turnips with remaining ingredients; be sure to evenly coat them with oil and spices.

Lay turnip chips evenly onto dehydrator trays making sure none overlap. Dehydrate at 125 for 4 hours. Stop to turn the chips over. Continue drying another 4 hours or until chips reach desired crispness.

## **Dehydrated Potatoes**

Wash and peel your potatoes. Cut into quarters; boil for about 5-8 minutes. Depending on how many potatoes you have and the size of your pot. The more potatoes the longer you should cook them. You want them just soft enough for a fork or a skewer to go through. Let the potatoes cool in the fridge. We recommend leaving them overnight. Use your food processor to cut the potatoes into shreds. Using the same blade you would use to shred cheese. This will make the potatoes look like uncooked hash-browns. Shredded potatoes can be used for hash-browns, soups, casseroles, stews and much more.

Next, load up your trays. Place trays into your dehydrator, set temperature at 125°F and dehydrate for 8-10 hours.

## **Dehydrated Corn**

Shuck and wash ears of corn. Fill a large pot with water. Boil corn for about 10 minutes. Now you will need to take all the corn kernels off of the stock. Break the corn up before you place it on the dehydrator trays. Load up your trays. Set the temperature between 125°F and 135°F and dehydrate for 8 to 12 hours. When finished, corn stores best in vacuumed sealed mason jars.

## **Dried Jalapeño Peppers**

Clean and slice peppers into ¼" rounds, spread them out on a dehydrator tray, dry them for about 8 hours until completely dried. Once they're dried, store them in a sealed airtight container. We recommend canning jars because then you can always clearly see what's in them. \*A note of caution, though – jalapenos get really hot when dried. Their flavor concentrates and you can use less dried jalapenos than you would fresh.

## **Dried Mushrooms**

Rinse or Brush clean. If rinsing, be sure to pat dry with a towel to remove as much moisture from the surface as you can – just takes less drying time in the end. Slice thinly. We recommend slicing mushrooms to ¼" inch slices. Using a mandolin will ensure even slices. You don't want different thicknesses because the drying time will take longer. Place slices on dehydrator racks in a single layer. Dehydrate at about 100°F for 8-10 hours. Mushrooms shouldn't be brittle, or spongy.

## **Dehydrated Peas**

Shell, wash, and lightly steam fresh peas until you see the skin indent a little, then rinse with cold water, let dry. Arrange on your food dehydrator trays. Turn on your food dehydrator and set the temperature between 125°F and 135°F. They will be brittle when fully dried. Drying time: between 5-14 hours. Please remember to rotate your trays for even drying.

## Garlic & Herb Beet Chips

|                                    |                                 |
|------------------------------------|---------------------------------|
| 3 medium fresh beets               | ½ tsp. unrefined sea salt       |
| 2 Tbsp. extra-virgin olive oil     | Dash (1/8 tsp.) black pepper    |
| 1 tsp. red wine vinegar (optional) | Pinch (1/16 tsp.) garlic powder |
| ½ tsp. Herbs of choice             |                                 |

In a medium bowl combine oil, vinegar, herbs, salt, pepper, and garlic powder. Set aside.

Scrub beets well, trim tops and bottoms off of beets and discard. Peel the beets using a vegetable peeler (its best to wear gloves to avoid staining your hands). Slice the beets into very thin slices, just under 1/8-inch thick (2mm). Using a mandolin will ensure even slices. Put the beet slices in bowl with oil-herb mixture. Toss thoroughly and gently to coat. Dehydrate at 115°F until desired texture, 8-12 hours.

## Kale Chips with Cinnamon

|                           |                  |
|---------------------------|------------------|
| 1 bunch kale              | 1/8 cup sugar    |
| ½ cup raw sunflower seeds | ½ Tbsp. cinnamon |
| 1/3 cup water             |                  |

Place dry ingredients in a food processor and blend until smooth, adding water slowly.

Wash kale and spin dry. Cut leaves into pieces (removing stem), and place in a large bowl

Sprinkle cinnamon mixture over kale mix until evenly coated. Place on dehydrating trays.

Dehydrate at 135°F for 2-4 hours or at 115°F (for raw foods) for 3-6 hours (or until crispy)

## Maple Cinnamon Parsnip Chips

|                                     |                 |
|-------------------------------------|-----------------|
| 3 parsnips peeled, sliced very thin | 1 tsp. cinnamon |
| 2 Tbsp. maple syrup                 | ½ tsp. sea salt |

Using a sharp knife or a mandolin slicer, slice the parsnips very thin. Add them to a bowl with the maple syrup. Toss the chips around in the bowl so they all get coated with maple syrup. Line dehydrator trays with slices chips and sprinkle on the cinnamon and sea salt.

Dehydrate at 125 for 4 hours. Stop to turn the chips over. Continue drying another 4 hours or until chips reach desired crispness.

## Squash Chips

|                           |   |
|---------------------------|---|
| Yellow squash or zucchini | Salt, pepper, and any other favorite spices |
| Olive oil                 |   |

Using a mandolin, slice squash or zucchini into thin and even slices. You want them to be thin, but not paper thin. Arrange the slices in a single layer on dehydrator trays. The slices can be close to each other, but not overlapping. Brush lightly with olive oil. Sprinkle with your favorite spice combination. Set your dehydrator to 125° and dry for 12 hours to overnight.

## Rosemary Sweet Potato Chips

|                      |                                |
|----------------------|--------------------------------|
| 1 large sweet potato | 1 tsp. dried rosemary, crushed |
| 2 Tbsp. olive oil    | ½ tsp. sea salt                |
| 1 Tbsp. lemon juice  |                                |

Cut sweet potato into paper-thin slices with a mandolin or sharp knife. Place slices in bowl, and gently toss with oil and lemon juice until well coated. Add rosemary and salt, and continue to toss until well combined. Lay slices on dehydrator trays without overlapping. Dehydrate 6 to 10hours, or until crispy, shifting trays as necessary to dry chips evenly.

*Unlike white potatoes, sweet potatoes do not have to be cooked before they're eaten. We've seasoned these wholesome chips with rosemary, but you please feel free to substitute other dried spices, such as garlic powder, onion powder, nutritional yeast, paprika, or cayenne pepper.*

## Sriracha Chickpeas

|                             |               |
|-----------------------------|---------------|
| 1 19-ounce can of chickpeas | 1 Tbsp. sugar |
| 3 Tbsp. sriracha            | 1 tsp. salt   |

Rinse the chickpeas well and place them on a kitchen towel. Pat dry. Place the sriracha and salt in a large bowl. Add in the chickpeas and coat evenly. Sprinkle with the sugar and transfer to a dehydrator tray lined with a fruit tray. Set at 130°F and dehydrate for 10-12 hours. Seal in an airtight container.

## Sweet Potato Bark

|                                   |                          |
|-----------------------------------|--------------------------|
| 1 large or 2 small Sweet Potatoes | 1 Tbsp. real maple syrup |
| ½ cup apple juice                 | 1 tsp. cinnamon          |

Peel sweet potatoes, cut into chunks. Boil until soft, drain, and mash. Stir in apple juice, maple syrup, and cinnamon. If you like nutmeg, you may replace half of the cinnamon with nutmeg. Run the mashed sweet potatoes through a blender until creamy. If your blender struggles with the mixture, add a few more spoonfuls of juice or water. Cover dehydrator trays with your fruit leather inserts. Spread mixture thinly and as evenly as possible on inserts. An eighth inch thickness is recommended. Dehydrate at 135°F for eight to ten hours. The sweet potatoes will form a sheet that may have cracks running through it. After about six hours of drying, peel the bark off the non-stick sheets and flip it over to make sure the bottom portion is dry as well. Place the bark directly on the dehydrator trays without the non-stick sheets. Depending on how long you dry it, the sweet potato sheet will either tear like fruit leather or break into bark. For snacking and short term use, you may prefer to dry it to the leather stage. If packing for a trip that will last more than a month, dry it longer to the snappy bark stage.

## Sweet Potato Chips

|                                    |                        |
|------------------------------------|------------------------|
| 2 Sweet potatoes                   | 1 Tbsp. onion powder   |
| 1 Tbsp. garlic powder              | Extra virgin olive oil |
| 1 Tbsp. Montreal chicken seasoning | Sea salt               |

Wash sweet potatoes with a brush. Mix dry ingredients together. Slice sweet potatoes as thinly as possible, or with a food processor place sweet potatoes in large bowl and toss with oil sprinkle with dry ingredients and toss to coat Place on dehydrator trays Dehydrate at 135°F for 18hours or until desired texture.

## Tofu Chips

|                                  |                         |
|----------------------------------|-------------------------|
| Canola or olive oil for greasing | 1 tsp. onion powder     |
| 2 blocks tofu                    | 1/8 tsp. black pepper   |
| 2 tsp. salt                      | Pinch of cayenne powder |
| ½ tsp. Spanish paprika           |                         |

Lightly brush dehydrator trays with oil to prevent tofu from sticking. Slice tofu into very thin pieces, no more than 1/8-inch-thick. Layer the tofu slices on the prepared sheet.

Lightly mist the slices using cooking spray. Dry until chips reach desired crispness.

Make the seasoning: Mix together salt, Spanish paprika, onion powder, pepper, and cayenne powder in a bowl. Sprinkle on tofu chips only as needed.

## Turnip Chips

|                      |                               |
|----------------------|-------------------------------|
| 2 large turnips      | ¼ tsp. ground coriander seeds |
| 2 Tbsp. olive oil    | ¼ tsp. ground cumin           |
| ½ tsp. salt          | ¼ tsp. cayenne pepper         |
| ½ tsp. garlic powder |                               |

Wash and slice turnips; we prefer using a mandolin slicer. In a large bowl, toss turnips with remaining ingredients; be sure to evenly coat them with oil and spices.

Lay turnip chips flat on dehydrator trays in a single layer and not overlapping. Flip turnip chips over and bake for an additional 5-10 minutes.

## Zucchini Chips

|                  |                       |
|------------------|-----------------------|
| 2 zucchini       | ¼ tsp. black pepper   |
| 1 tsp. olive oil | ¼ tsp. smoked paprika |
| ¼ tsp. salt      |                       |

Using a mandolin, slice the zucchini thinly and toss with olive oil, salt, pepper, and smoked paprika. Lay out on the dehydrator evenly to make sure they get nice and crispy. Dehydrate for 4 hours at 140°F.

# Yogurt Recipes



## Homemade Yogurt

2 Qt. milk

½ cup sugar (I use raw sugar)\*

1 Tbsp. unflavored gelatin

2 Tbsp. yogurt (plain is best)\*\*

1 Tbsp. vanilla

Dissolve gelatin in 1/3 c. cold water. Heat milk to 190°F add gelatin, sugar and vanilla. Cool to 130°F. Add commercial yogurt and stir well with a wire whisk. Pour into 2 quart jars (or whatever containers you want to use); screw on lid. Set in dehydrator on low heat for 8 to 10 hours.

*Serving suggestions: Stir in fruit, pie filling or dry flavored jello. \*You can omit the sugar all together if you'd like. You may want to do this especially if you plan to stir in pie filling or jello.*

## Strawberry Yogurt Taffy

Mix plain raw yogurt with a jam or fruit sauce of your choice. Use a little less than you would if you were going to eat it out of the bowl, the dehydration concentrates the sweetness. Spread the mixture out onto your fruit leather inserts. Keep it thick enough so that there are no thin areas where the mat shows through. Set dehydrator at about 120°F for thicker taffy and for thinner taffy we recommend setting your dehydrator at about 95°F.

## Yogurt Taffy

2 cups Plain raw yogurt

½ cup Jam or fruit sauce of your choice

Mix together the 2 ingredients and spread out onto fruit leather inserts. Keep it thick enough that there are no thin areas where the inserts shows through. Set dehydrator at about 120F for thicker spreads, and for thinner yogurt, 95F will work fine. If it's important to you that the milk remains raw, use thinner (undrained) yogurt and keep the temp low. When it is all "leathery" and will peel smoothly off of inserts, it is done.

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