

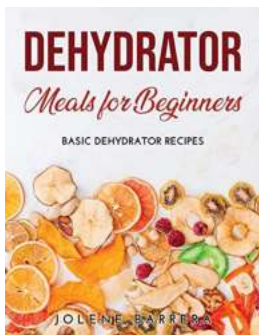
Ingenious Recipes For The Dehydrator And Oven Including Recipes For Chips and Fruit

Are you tired of the same old chips and fruit snacks? It's time to turn things up a notch with these ingenious recipes for the dehydrator and oven! From crispy homemade kale chips to sweet and chewy strawberry fruit leather, these recipes will take your snacking game to a whole new level.

1. Crispy Kale Chips

Kale chips are all the rage these days, and for good reason! Packed with vitamins and antioxidants, kale is a nutritional powerhouse. By dehydrating or baking kale leaves, you can transform them into irresistibly crispy chips. Here's how:

- Preheat your oven to 350°F (175°C).



DEHYDRATION RECIPE BOOK FOR BEGINNERS: INGENIOUS RECIPES FOR THE DEHYDRATOR AND OVEN INCLUDING RECIPES FOR CHIPS, FRUIT LEATHER, BEEF JERKY, MEAT, VEGETABLES AND FRUIT AND MUCH MORE.

by Adam Perry Lang (Kindle Edition)

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1598 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 104 pages
Lending	: Enabled
Screen Reader	: Supported



- Wash and dry a bunch of fresh kale leaves, making sure to remove the tough stems.
- Tear the leaves into bite-sized pieces and place them in a large bowl.
- Drizzle olive oil over the kale, making sure each piece is coated.
- Sprinkle salt, pepper, and any other desired seasonings over the kale.
- Arrange the kale pieces on a baking sheet lined with parchment paper.
- Bake for 10-15 minutes or until crispy.

2. Homemade Fruit Roll-Ups

If you're a fan of fruit snacks and want to enjoy them without added sugars or artificial ingredients, making your own fruit roll-ups is the way to go! With just a few simple steps, you can turn your favorite fruits into delicious and healthy snacks:

- Preheat your oven to the lowest temperature possible (usually around 140°F or 60°C).
- Puree your chosen fruits in a blender or food processor until smooth.
- Line a baking sheet with wax or parchment paper.
- Pour the fruit puree onto the lined baking sheet and spread it evenly with a spatula.

- Place the baking sheet in the oven and leave the door slightly open to allow moisture to escape.
- Bake for 5-8 hours or until the fruit leather is no longer sticky to the touch.
- Once cool, cut the fruit leather into strips and roll them up.

3. Zesty Lime Tortilla Chips

Why settle for store-bought tortilla chips when you can make your own with a zesty twist? These lime-flavored tortilla chips will add an extra burst of flavor to your snack time:

- Preheat your oven to 350°F (175°C).
- Cut corn tortillas into triangles or desired shapes.
- In a bowl, mix lime juice, olive oil, and your favorite seasonings (such as salt, paprika, and garlic powder).
- Brush the lime mixture onto both sides of the tortilla pieces.
- Arrange the tortilla pieces on a baking sheet and bake for 8-10 minutes or until crispy.

4. Cinnamon Apple Chips

Looking for a healthy alternative to satisfy your sweet tooth? These cinnamon apple chips make a delicious guilt-free snack:

- Preheat your oven to 200°F (95°C).
- Slice apples into thin, even rounds.

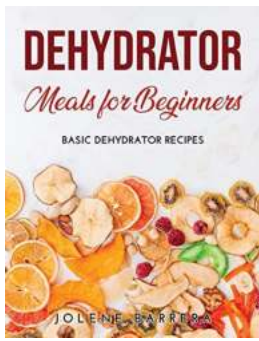
- In a bowl, mix cinnamon and sugar.
- Lightly sprinkle the cinnamon sugar mixture over the apple slices.
- Place the apple slices on a baking sheet lined with parchment paper.
- Bake for 2-3 hours or until the apple chips are crispy and dry.

5. Spicy Mango Jerky

If you're craving for something spicy and tropical, this spicy mango jerky recipe is a must-try:

- Preheat your dehydrator or oven to 135°F (57°C).
- Peel ripe mangoes and cut them into thin slices.
- In a bowl, combine lime juice, soy sauce, honey, and a pinch of cayenne pepper.
- Dip each mango slice into the marinade and ensure it's fully coated.
- Arrange the mango slices on the dehydrator trays or a baking sheet lined with parchment paper.
- Dehydrate or bake for 6-8 hours until the mango jerky is chewy and not sticky.

With these ingenious recipes for the dehydrator and oven, you'll never get bored with your snacks again. Whether you're a fan of crispy chips or chewy fruit snacks, there's something for everyone to enjoy. So grab your dehydrator or preheat your oven, and get ready to indulge in these delicious homemade treats!



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Dehydration recipe book for beginners: Ingenious recipes for the dehydrator and oven

Healthy and varied nutrition - always and everywhere. It is now possible! Discover the long-forgotten art of drying now and save money in the process. This recipe book is perfect for you if ...

You are interested in healthy, high quality and tasty food.

You are looking for tasty snacks on the go that are free from artificial additives.

You want to immerse yourself in the art of drying.

You want to start the oven without the automatic dehydrator.

Don't overpriced dried fruit or want to buy in the supermarket.

You are on a low-carb diet or you are vegan / vegetarian and you are looking for new recipes.

"Dehydration for beginners" is exactly the right thing for health-conscious people:

Incredible variety of dishes and groceries: fruit, healthy chips, fruit leather, beef jerky, meat, vegetables and much more.

Completely new taste experiences thanks to the unique preparation

Not just as a snack

Over 100 recipe ideas for inspiration

The 2 in 1 guide and recipe book for every well-stocked kitchen:

Benefits of drying

All dehydration methods at a glance - from automatic dehydrators to steamers

Food science: what can you dry anyway?

The drying driver's license: this is how you master this art of preparation

Valuable tips for storage and keeping

Tips about the equipment: How do I find the right dehydrator?

Avoid beginners' mistakes: what to look out for when drying!

Over 100 delicious, varied and healthy recipe ideas

Including special chapter: Recipe ideas for pets!

“Today, dehydration is greatly underestimated: Because this is not just a method of making food more durable, you can also create an incredible taste and what is special is that all nutrients and minerals are retained.” - Johannes Zimmermann, Food and Drying expert

The 2 in 1 guide and recipe book is clearly written and very clearly structured.

The recipe section is divided as follows:

Flesh

Fish

Vegetables

Fruit

Mushrooms / herbs

Snacks and fruit leather

Crisps

Low carb recipes

For animals

Top 5 recipes from the author

Discover the aromatic possibilities of drying now:

Zucchini Chips with Garlic

Beef jerky with a spicy teriyaki marinade

Air-dried duck breast ham

Crunchy fried onions

1001 night dates

And much more ...

Everything is delicious: doesn't your mouth water too?



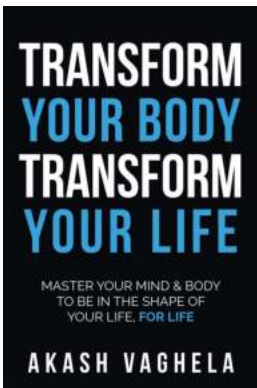
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The Ultimate Easy Mango Cookbook: 50 Delicious Mango Recipes to Satisfy Your Taste Buds

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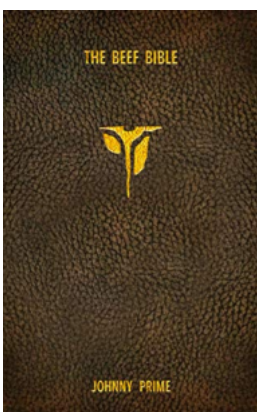
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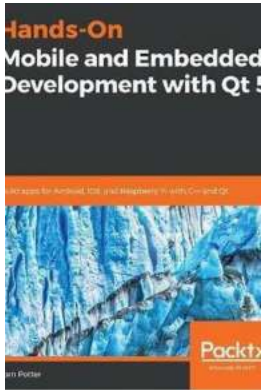
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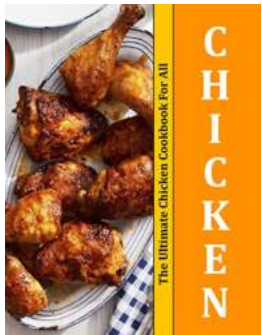
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