



## Dehydrating Food: A Beginner's Guide

By Jay Bills, Shirley Bills

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



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