

Assignment #22



There are many great reasons for including a dehydrator in your living foods kitchen. From preserving the harvest, to creating healthy conversions of chips, breads, bagels, crackers, and components for flavoring sauces.

Choose a quality dehydrator with square trays to make things easier. Order some non-stick sheets for any wet mixture or fruits. A see-through door is nice (but not necessary).

You can decide to order one with a built-in timer, or without.

A dehydrator plays a crucial role in drying sprouted grains and nuts as well.

- If you have a dehydrator, make something you haven't tried before, like my Savory Zucchini Chips or the Dried Scallions toppings.
- If you have some mushrooms, try drying them and making mushroom powder! It is so delicious in bringing umami to recipes.
- And of course, fresh fruits are always wonderful. Remember that when they are in season and on sale. Buy more and dry some!
- If you don't have one, add it to the gift list! You won't regret it.

It is great to experience all the new opportunities this piece of equipment brings in creating components that can be used in other recipes.

For great recipes and techniques, sign up for my Living Foods series of classes