

DEHYDRATING SNACKS MADE EASY

After a long day of work or play we find ourselves wanting to sit quietly reading a book or watching our favorite show on TV and snacking. Here are some healthy snacks you can munch on while relaxing.

Nothing could be easier than making Veggie Chips – here are the 4 simple steps to healthy snacks!

1. Pick organic veggies that do not have any blemishes on the surface
2. Wash them with a good veggie wash
3. Slice the veggie into thin slices (I use my mandolin to get even thicknesses)
4. Marinate them for added flavour (optional)
5. Season with sea salt, herbs or spices
6. Place in your dehydrator close to each other to make room for lots
7. Dehydrate at 105F to keep the enzymes alive
8. Eat and Enjoy or you can store them in containers



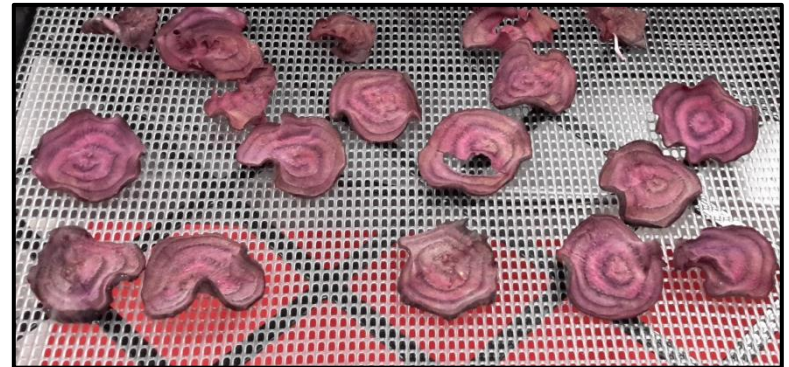
Beets & Potato Chips: A healthy low calorie snack!

Below on the left side you see that we sliced the beets and potatoes very thin using a mandolin and placed them on the fine mesh screen close together (as they are dehydrated they will shrink in size)

The beets are done opposite with no seasoning – just the wonderful sweet taste of the beets comes out!

On the left before dehydrating

To the right after dehydrating for about 4 hours



Below on the left are the potatoes before they are dehydrated. To the right are the potatoes that were marinated in balsamic vinegar and sprinkled with sea salt then dehydrated for about 6-8 hours. A tasty crunchy snack!

You could do the same with many other veggies such as zucchini or sweet potatoes (yams).

When I am dehydrating potatoes or yams I always soak them once they are sliced in water for about 30-60 minutes then drain them and pat them dry before I put them in the dehydrator (this takes out some of the starch).



Onion Strings

Slice a sweet white onion into thin rings – I used the small centres in another recipe. I like to use my mandolin (with the part that makes very thin slices) but you need to be very careful of the sharp blade! What you see on the tray in the picture opposite is 1 large onion →

- 1-2 large white onions

Put these rings into a bowl with the following basic marinade for 15 minutes

- 2 tbsp balsamic vinegar
- ½ tsp garlic powder
- 1 tbsp olive oil

Whisk this marinade until it is well mixed before adding the onion strings

Take one of the trays with the fine mesh screens and place the rings (once you have strained them) as in the picture below



Dehydrate for 3-6 hours at 105F – as you see in the bottom picture they shrink in size and become crisp. The drier you make them the longer they can be kept that's if you can keep everyone from eating them up!

Kale Chips: 1 medium bunch of kale will cover 2-3 trays in your dehydrator

These are really easy to make but you need a Dehydrator to keep them living.

You can also make interesting chips with Swiss chard or collard greens by following the same method we have below.

Ingredients:

- 1 bunch kale
- 1 tbsp olive oil
- 1 tsp sea salt
- 1 tsp garlic powder
- 1 tbsp nutritional yeast



Method;

1. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into pieces.
2. Wash and thoroughly dry the kale pieces with a salad spinner.
3. Put into a large bowl and drizzle kale with olive oil. Massage the kale until it is well coated.
4. Sprinkle with nutritional yeast, sea salt and garlic and toss.
5. Put on the fine screen mesh trays for your dehydrator.
6. Bake in the dehydrator for 4-8 hours at 105F.
7. Store in a cool dry place until ready to eat.

Pictures below: on the left – Kale before dehydrating on the right – Kale after drying for 4-8 hours



Dehydrating Tips:

I use the Excalibur® dehydrator because it has the fan and heating unit on the back wall, so it will blow the warm air evenly over the entire tray (mine has 9 trays). It also comes with a thermostat that I suggest you never turn higher than 105F, to keep the enzymes alive. It usually takes at least 6-12 hours to dry most fruits or vegetables, and at least 8-12 hours to make flax crackers. You will have to turn almost everything you are dehydrating over half way through the drying times.

We sell the Excalibur Dehydrator for \$324.95 retail place an order any time before the end of January and it will be discounted to \$299.97.

We have an informative E-book by Judy Fleming “Dehydrating Made Easy” with 30 recipes and excellent instructions for just \$5. Call our toll free # 1-866-478-2224 to place an order.