



COSORI®

PREMIUM PRO 10-TRAY
FOOD DEHYDRATOR

Recipes

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your purchase!* 

(We hope you love your new food dehydrator as much as we do)



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weekly, featured recipes
made exclusively by our in-house chefs



CONTACT OUR CHEFS

Our helpful, in-house chefs are ready to assist you with any questions you might have!

Email: recipes@cosori.com

On behalf of all of us at Cosori,

Happy cooking!

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Tips from the Chef

This handy cookbook will illustrate how to get the most out of your Cosori Food Dehydrator.

Cleaning the Trays

- Soak the trays in hot, soapy water for easy removal of food residue between the tray grooves.
- If you don't have a large enough sink to soak the trays in, use a soft-bristled brush to brush away food residue.

Cleaning the Base

- Remove chunks of food that may have fallen onto the base.
- Dampen a clean washcloth with warm water. Use the washcloth to remove any food residue on the base of the dehydrator.
- Make sure to thoroughly dry the base before using the dehydrator again. Do not immerse the base in water.

Handling Stale Food

- Do you have stale cookies, crackers, cereal, or chips? Missing that satisfying crunching sound? No problem. Re-crisp your stale foods with ease! Place them in a single layer on the dehydrator trays and dehydrate at 150°F / 65°C for 1 to 2 hours.
- Dehydrate stale bread slices to make breadcrumbs. Dehydrate stale bread slices at 125°F / 50°C for 4 to 6 hours, then pulse in a food processor.

Storage

- Store your dehydrated food in airtight containers, mason jars, or it may be vacuum sealed. Do not store directly in metal containers.
- If storing in freezer bags, make sure to remove as much air as possible before sealing.
- After dehydrating, food will be warm. Before storing, make sure to let your food cool for 30 minutes to 1 hour, or until it has come completely to room temperature.
- Fruit must be conditioned prior to long term storage. To condition, after the dried fruit has cooled to room temperature, store in a clear, glass jar with a tight-fitting lid. Do not pack the fruit too tightly into the jar. Let the fruit sit for a week and check it daily for any signs of moisture or condensation. Shake the jars daily to create the opportunity for pockets of moisture to form. If any moisture is visible, return the dried fruit to the dehydrator for additional dry time. If any mold is apparent at any time, discard the entire batch. Vegetables do not need to be conditioned but can be for additional safety.
- Storage temperature should be 50°F / 10°C or lower. Foods should be stored in a cool, dark place in a container devoid of moisture and oxygen, as those elements will introduce spoilage.
- You can store dried fruit, vegetables, herbs, nuts, and bread for up to 1 year in the refrigerator or freezer.
- Dried meats, poultry, and fish should only be stored for 3 months if kept in the refrigerator, or up to 1 year in the freezer.

Dehydrating Food

- If there are items in your dehydrator that are taking a while to dehydrate, do NOT attempt to rectify the situation by turning up the temperature. Try to even out the cuts on the pieces of food, rearrange the food on the trays, or rotate the trays in the dehydrator instead.
- The large capacity of this dehydrator means that each recipe will need to be doubled, tripled or sometimes quadrupled in order to fill every tray.
- Foods with similar dry temperatures can be placed in the dehydrator at the same time on different trays, even if they have different dry times. Simply remove each food as it is finished.
- Be aware that foods placed in the dehydrator together may mix aromas due to air flow patterns, so plan accordingly. Avoid dehydrating foods with strongly clashing flavor profiles at the same time.
- Adding lemon juice to fruits, like apples and bananas, can help prevent them from turning brown. Squeeze lemon juice over your fruits or let them sit in a solution of lemon juice and water for 5 minutes before dehydrating.
- Choose lean meats or cut the fat off of fatty meats when making jerky. Fat can turn rancid and affect the quality of your food.
- Choose non-fat dairy products such as milk, yogurt, or cheese when dehydrating.
- Fatty products such as avocados, nut butters, coconut milk, olives and so on do not dehydrate well and will spoil.
- Blanch and shock any vegetables or foods prior to dehydrating that would normally be cooked before eating (potatoes, pasta, rice, green beans, etc.)
- Cut your food into evenly sized pieces. This will ensure that all food pieces finish dehydrating at the same time. You can partially freeze meat for even slicing. A mandoline slicer works best for slicing vegetables or fruit.
- If the food seems soft or spongy, place the food into the dehydrator for additional drying time. The ideal result is dry and firm, crisp, brittle, or leathery, depending on the item being dehydrated.
- Dehydrating times may vary based on local humidity and temperature, the humidity and temperature inside your home, the water content of the food, and the size of the food.
- To make any fruit or vegetable leather/bark, cook the food until tender and then puree it and season as desired. Do not add any fats or oils to the purée. Spread a thin layer of the purée onto the fruit leather trays and dehydrate at 135–145°F for 10 to 14 hours until completely dry. All leathers or barks can be ground into powders.
- All dried vegetables and fruits can similarly be ground into powders using a blender, food processor, or spice grinder.
- Only use the fruit leather trays when necessary — they will block crucial air flow when drying other items and slow down dehydrating times.
- Parchment paper and plastic wrap can be used to line all of the trays.
- Parchment paper should be used to line the mesh trays or fruit leather trays when foods that may stain the material are being dehydrated.

Dehydrating Guide

Food Item	Preparation	Texture	Temperature (°F)	Dehydrating Time (hours)
Apples	Peel, core, and cut into 1/8-inch-thick rings	Pliable	135–145	2–10
Apricots	Cut in half or quarter, remove pit	Pliable	135–140	16–24
Bananas	Peel and cut into 1/4-inch-thick slices	Crisp	135–140	8–24
Blueberries	Submerge in boiling water for until skin splits, then dry off. Line trays with parchment.	Pliable	135–140	24–35
Cherries	Cut in half and pit	Pliable	135–140	8–36
Cranberries	Submerge in boiling water until skins split, then dry off. Line trays with parchment.	Pliable	135–140	22–30
Dates	Remove pit and slice	Pliable	100–110	18–20
Figs	Quarter and remove stem	Pliable	135–140	18–24
Grapes	Submerge in boiling water until skin splits, then dry off. Line trays with parchment.	Pliable	135–140	8–38
Mangos	Peel, remove pit, and cut into 3/8- to 1/4-inch-thick pieces	Leathery	135–145	12–16
Nectarines	Cut into 1/8- to 3/8-inch-thick slices & brush with lemon juice	Pliable	125–130	10–14
Peaches	Cut into 1/8- to 3/8-inch-thick slices & brush with lemon juice	Pliable	125–130	10–14
Pears	Cut into 1/8- to 3/8-inch-thick slices & brush with lemon juice	Pliable	130–140	18–36
Pineapple	Remove rind and cut into 1/4- to 3/8-inch-thick rings	Leathery	125–130	16–22
Plantains	Peel and slice into 1/8-inch-thick rounds	Crisp	150–160	7–10
Raspberries	Rinse and dry completely	Pliable	125–130	14–20
Strawberries	Hull and cut into 1/4-inch-thick slices	Crisp	135–140	8–12
Watermelon	Cut into 1/2-inch-thick pieces	Pliable	135–145	12–18
Oranges	Cut into 3/8-inch-thick wheels	Brittle	135–140	4–8
Lemons	Cut into 3/8-inch-thick wheels	Brittle	135–140	4–8
Limes	Cut into 3/8-inch-thick wheels	Brittle	135–140	4–8
Asparagus	Boil for 4 minutes then drain and submerge in ice bath. Pat dry before placing on trays.	Brittle	140	4–12

Food Item	Preparation	Texture	Temperature (°F)	Dehydrating Time (hours)
Brussels Sprouts	Trim off ends and slice into ¼-inch thick pieces	Crisp	140–150	6–16
Broccoli	Cut into ¼-inch florets	Brittle	125–135	6–14
Broccoli, rice	Pulse in food processor until riced, spread on mesh tray	Crisp	125–135	4–8
Cabbage	Core, trim, and cut into ½-inch thick strips	Leathery	125–135	10–14
Cauliflower, florets	Cut into ½-inch florets	Leathery	125–135	6–16
Cauliflower, rice	Pulse in food processor until riced, spread on mesh tray	Crisp	125–135	4–8
Celery	Cut stalks into ⅛- to ⅜-inch-thick slices	Brittle	120–130	4–8
Cucumber	Cut into paper-thin rounds	Crisp	125–130	2–5
Eggplant, chips	Cut into ⅛- to ⅜-inch-thick rounds	Crisp	135–140	4–6
Eggplant, diced	Cut into ¼-inch cubes	Leathery	145–155	6–8
Garlic	Peel, cut into ⅛-inch-thick slices	Brittle	110–120	10–18
Green Beans	Blanch, shock, dry, and cut into 1-inch-long pieces	Brittle	125–130	6–10
Mushrooms	Wash, remove stems, and slice into ¼-inch thick pieces	Crisp	125–130	6–10
Onions	Slice into ⅛- to ¼-inch-thick pieces	Brittle	125–130	5–14
Peas	Blanch, shock, and dry	Brittle	125–130	6–12
Peppers, Large	Slice into ¼-inch-thick strips or squares	Brittle	125–135	8–15
Peppers, Small	Leave whole	Brittle	125–135	10–18
Rhubarb	Cut into ¼-inch-thick pieces	Brittle	130–140	8–12
Spinach	Leave whole	Brittle	145–155	10–14
Sweet Potato	Cut into long, ¼-inch-thick strips	Leathery	130–140	6–8
Tomatoes, Roma	Quarter lengthwise	Leathery	130–140	18–30

Food Item	Preparation	Texture	Temperature (°F)	Dehydrating Time (hours)
Zucchini, chips	Cut into 1/8-inch-thick rounds	Brittle	130–140	2–3
Zucchini, diced	Cut into 1/4-inch cubes	Crisp	130–140	4–6
Beets	Cook whole until fork tender, then slice into 1/8- to 3/8-inch-thick rounds	Crisp	125–135	16–22
Carrots, strips	Slice into 1/8-inch thick strips	Crisp	130–145	2–6
Carrots, diced	Cut into 1/4-inch cubes	Brittle	125–135	4–6
Potatoes	Slice into paper-thin rounds, blanch, and pat dry before arranging on the trays.	Brittle	130–140	5–10
Chives	Cut into 4-inch pieces	Brittle	135–145	8–12
Rosemary	Leave on stem	Brittle	100–110	4–8
Basil	Detach from stem	Brittle	140–150	10–14
Lavender	Leave on stem	Brittle	125–135	5–8
Thyme	Leave on stem	Brittle	95–110	4–8
Dill	Leave on stem	Brittle	95–110	4–8
Parsley	Detach from stem	Brittle	100–110	4–8
Flowers (Large)	Detach from stem and place right side up on trays	Fully Dry	130–140	4–6
Flowers (Petals)	Lay flat and spaced apart on trays	Fully Dry	100–120	4–6
Flowers (Small)	Detach from stem and place right side up on trays	Fully Dry	120–125	2–4
Flowers (Extra Small)	Leave on stems	Fully Dry	110–120	1–2
Almonds	Soak 1 cup almonds in 2 cups water + 1 tablespoon kosher salt for 12–18 hours, then rinse	Crunchy	110–150	18–24
Walnuts	Soak 1 cup walnuts in 2 cups water + 1 tablespoon kosher salt up to 24 hours, then rinse	Crunchy	110–150	12–24
Pasta	Cook, drain, and spread on mesh tray	Brittle	135–140	3–4
Canned Beans	Drain, rinse, and pat dry	Brittle	130–135	6–8
Rice, Brown	Cook in low-fat broth and spread on mesh trays	Crisp	145–150	4–6

Food Item	Preparation	Texture	Temperature (°F)	Dehydrating Time (hours)
Rice, White	Cook in low-fat broth and spread on mesh trays	Crisp	145–150	4–6
Breadcrumbs	Dry bread slices then pulse in food processor	Crisp	125–130	4–6
Tuna, packed in water	Drain well and spread onto mesh tray	Crisp	145–150	6–8
Ground Meat, 1 lb	Cook fully, drain off all fat, mix with ½ cup breadcrumbs, and crumble	Crunchy	145–150	6–12
Canned Chicken	Drain well and spread onto mesh tray	Crisp	145–150	6–12
Beef Jerky	Slice into ¼-inch-thick slices	Chewy	165	4–6
Pork Jerky	Slice into ¼-inch-thick slices	Chewy	165	4–6
Fish Jerky	Slice into ¼-inch-thick slices	Chewy	145	6–8
Fruit Leathers	Blend fruit, strain, and pour onto Cosori Fruit Roll Sheet	Leathery	165	4–6



jerbies



BEEF JERKY

YIELD

8 servings

PREP

12 hours

10 minutes

DEHYDRATE

4 hours

4 pounds beef eye of round

Marinade

1 cup Worcestershire sauce

1 cup soy sauce

2 tablespoons honey

Items Needed

Resealable plastic bag

1. **Cut** the beef across the grain into $\frac{1}{4}$ -inch-thick slices and set aside.
2. **Mix** the Worcestershire sauce, soy sauce, and honey until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the marinated beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.

BEEF TERIYAKI JERKY

YIELD PREP

8 servings
12 hours
10 minutes

DEHYDRATE

4 hours

4 pounds beef eye of round

Marinade

1 cup soy sauce
½ cup light brown sugar
½ teaspoon fresh ginger, grated
2 garlic cloves, crushed
½ cup pineapple juice

Items Needed

Resealable plastic bag

1. **Cut** the beef across the grain into ¼-inch-thick slices and set aside.
2. **Mix** the soy sauce, light brown sugar, ginger, garlic, and pineapple juice until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the marinated beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.

BREAKFAST BACON JERKY

YIELD PREP

8 servings
10 minutes
6 hours

DEHYDRATE

20 strips applewood smoked bacon
4 teaspoons light brown sugar
2 teaspoons ground fennel seeds
2 teaspoons garlic powder
1 teaspoon onion powder
1 teaspoon dried thyme
½ teaspoon dried sage
½ teaspoon crushed red pepper
½ teaspoon black pepper

1. **Cut** the bacon strips crosswise into halves or thirds and set aside.
2. **Mix** all seasonings together until well combined.
3. **Press** a generous amount of the seasoning mix onto each side of the bacon.
4. **Place** the cut bacon evenly between the Cosori Food Dehydrator trays.
5. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
6. **Remove** when done. The jerky should bend but not snap in half.
7. **Cool** to room temperature on the trays, then serve.



BEEF BULGOGI JERKY

YIELD

8 servings

PREP

12 hours

10 minutes

DEHYDRATE

4 hours

4 pounds beef eye of round

Marinade

1 cup soy sauce

1 cup brown sugar

4 tablespoons sesame oil

4 tablespoons garlic powder

2 teaspoons kosher salt

Items Needed

Resealable plastic bag

1. **Cut** the beef across the grain into ¼-inch-thick slices and set aside.
2. **Mix** the soy sauce, brown sugar, sesame oil, garlic powder, and salt until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the marinated beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



CANDIED SWEET & SPICY BACON

YIELD

8 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

20 strips bacon

Marinade

6 tablespoons soy sauce

6 tablespoons brown sugar

4 tablespoons garlic chili sauce

4 teaspoons sesame oil

4 teaspoons mirin

Items Needed

Resealable plastic bag

1. **Cut** the bacon strips crosswise into halves or thirds and set aside.
2. **Mix** the soy sauce, brown sugar, garlic chili sauce, sesame oil, and mirin until well combined.
3. **Place** the cut bacon and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the bacon evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done.
9. **Cool** to room temperature on the trays, then serve.



CHIPOTLE PORK JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

4 hours

2 pounds pork tenderloin

Marinade

1 can chipotle adobo sauce (7 ounces)

1 tablespoon tomato paste

1 teaspoon salt

2 teaspoons granulated sugar

2 teaspoons garlic powder

Items Needed

Blender or food processor fitted with the blade attachment

Resealable plastic bag

1. **Cut** the tenderloin into ¼-inch-thick slices and set aside.
2. **Blend** the chipotle adobo sauce, tomato paste, salt, sugar, and garlic powder together in a blender or food processor until smooth.
3. **Place** the sliced tenderloin and chipotle marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced pork evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 160°F and time to 4 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



JALAPEÑO-LIME JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

4 hours

2 pounds beef eye of round

Marinade

12 jalapeños, seeded

4 limes, juiced

1 cup fresh cilantro

4 green onions, chopped

2 garlic cloves

1 teaspoon salt

1 teaspoon ground cumin

1 teaspoon crushed red pepper

½ teaspoon black pepper

Items Needed

Blender or food processor fitted with
the blade attachment

Resealable plastic bag

1. **Cut** the beef across the grain into ¼-inch-thick slices and set aside.
2. **Blend** the jalapeños, lime juice, cilantro, green onions, garlic, salt, cumin, crushed red pepper, and black pepper in a blender or food processor fitted with the blade attachment until smooth.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



SRIRACHA-HONEY JERKY

YIELD

8 servings

PREP

12 hours

10 minutes

DEHYDRATE

4 hours

4 pounds beef eye of round

Marinade

2 cups sriracha

¾ cup honey

½ cup rice wine vinegar

2 teaspoons salt

Items Needed:

Resealable plastic bag

1. **Cut** the beef across the grain into ¼-inch-thick slices and set aside.
2. **Mix** the sriracha, honey, vinegar, and salt until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



GARLIC-SOY JERKY

YIELD

8 servings

PREP

12 hours

10 minutes

DEHYDRATE

4 hours

4 pounds beef eye of round

Marinade

1 cup soy sauce

2 tablespoons Worcestershire sauce

6 teaspoons garlic powder

½ cup light brown sugar

½ teaspoon salt

Items Needed

Resealable plastic bag

1. **Cut** the beef across the grain into ¼-inch-thick slices and set aside.
2. **Mix** the soy sauce, Worcestershire sauce, garlic powder, light brown sugar, and salt until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



SMOKY MAPLE JERKY

YIELD

8 servings

PREP

12 hours

10 minutes

DEHYDRATE

4 hours

4 pounds beef eye of round

Marinade

1 cup maple syrup

½ cup soy sauce

2 teaspoons liquid smoke

2 teaspoons garlic powder

2 teaspoons onion powder

1 teaspoon salt

½ teaspoon black pepper

Items Needed

Resealable plastic bag

1. **Cut** the beef across the grain into ¼-inch-thick slices and set aside.
2. **Mix** the maple syrup, soy sauce, liquid smoke, garlic powder, onion powder, salt, and black pepper until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



BRAZILIAN BBQ JERKY

YIELD

8 servings

PREP

12 hours

10 minutes

DEHYDRATE

4 hours

4 pounds top round beef

Marinade

1 cup lime juice

1 cup olive oil

2 teaspoons salt

1 teaspoon black pepper

8 garlic cloves, grated

2 teaspoons crushed red pepper

4 teaspoons ground cumin

4 teaspoons dried oregano

2 teaspoons onion powder

2 teaspoons ground coriander

Items Needed

Resealable Plastic Bag

1. **Cut** the beef across the grain into ¼-inch-thick slices and set aside.
2. **Mix** the lime juice, olive oil, salt, black pepper, garlic, crushed red pepper, cumin, oregano, onion powder, and coriander until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



SWEET & SOUR PORK JERKY

YIELD

8 servings

PREP

12 hours

10 minutes

DEHYDRATE

4 hours

2 pounds pork tenderloin

Marinade

½ cup lime juice

4 tablespoons fish sauce

2 tablespoons light brown sugar

2 medium shallots, grated

4 garlic cloves, grated

1 teaspoon black pepper

½ teaspoon salt

Items Needed

Resealable plastic bag

1. **Cut** the tenderloin into ¼-inch-thick slices and set aside.
2. **Mix** the lime juice, fish sauce, brown sugar, shallot, garlic, black pepper, and salt until well combined.
3. **Place** the sliced pork and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced pork evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



SWEET HEAT JERKY

YIELD

8 servings

PREP

12 hours

10 minutes

DEHYDRATE

4 hours

4 pounds beef eye of round

Marinade

1 cup soy sauce

½ cup Worcestershire sauce

½ cup ketchup

8 teaspoons Dijon mustard

¾ cup light brown sugar

8 teaspoons smoked paprika

2 tablespoons chili powder

1 tablespoon cayenne pepper

2 teaspoons garlic powder

2 teaspoons onion powder

2 teaspoons salt

Items Needed

Resealable plastic bag

1. **Cut** the beef across the grain into ¼-inch-thick slices and set aside.
2. **Mix** the soy sauce, Worcestershire sauce, ketchup, Dijon mustard, brown sugar, paprika, chili powder, cayenne pepper, garlic powder, onion powder, and salt until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



CAROLINA-STYLE PORK JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

4 hours

2 pounds pork tenderloin

Marinade

1 cup ketchup

2 teaspoons smoked paprika

2 teaspoons garlic powder

2 teaspoons onion powder

2 teaspoons chili powder

2 teaspoons ground mustard

1 teaspoon salt

1 teaspoon black pepper

Items Needed

Resealable plastic bag

1. **Cut** the tenderloin into ¼-inch-thick slices and set aside.
2. **Mix** the ketchup, paprika, garlic powder, onion powder, chili powder, ground mustard, salt, and pepper until well combined.
3. **Place** the sliced pork and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced pork evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 160°F and time to 4 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



PEPPERED JERKY

YIELD

8 servings

PREP

12 hours

10 minutes

DEHYDRATE

4 hours

4 pounds top round beef

Marinade

1 cup soy sauce

½ cup Worcestershire sauce

2 teaspoons black pepper

½ teaspoon white pepper

Items Needed

Resealable plastic bag

1. **Cut** the beef across the grain into ¼-inch-thick slices and set aside.
2. **Mix** the soy sauce, Worcestershire sauce, black pepper, and white pepper until well combined.
3. **Place** the beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



SMOKED SALMON JERKY

YIELD PREP

4 servings
4 hours
10 minutes
6 hours

DEHYDRATE

2½ pounds salmon

Marinade

1 cup soy sauce
2 tablespoons molasses
2 tablespoons lemon juice, freshly squeezed
2 teaspoons black pepper, freshly ground
2 teaspoons liquid smoke

Items Needed

Resealable plastic bag

1. **Cut** the salmon into ¼-inch-thick slices and set aside.
2. **Mix** the soy sauce, molasses, lemon juice, black pepper, and liquid smoke until well combined.
3. **Place** the salmon and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 4 hours.
5. **Drain** and discard the marinade.
6. **Place** the sliced salmon evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 145°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done.
9. **Cool** to room temperature on the trays, then serve.



SALMON TERIYAKI JERKY

YIELD

4 servings

PREP

4 hours

10 minutes

DEHYDRATE

6 hours

2 pounds salmon

Marinade

1 cup soy sauce

½ cup granulated sugar

½ teaspoon fresh ginger, grated

2 garlic clove, crushed

½ cup orange juice

Items Needed

Resealable plastic bag

1. **Cut** the salmon into ¼-inch-thick slices and set aside.
2. **Mix** the soy sauce, sugar, grated ginger, garlic, and orange juice until well combined.
3. **Place** the salmon and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 4 hours.
5. **Drain** and discard the marinade.
6. **Place** the sliced salmon evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 145°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done.
9. **Cool** to room temperature on the trays, then serve.

CAJUN COD JERKY

YIELD PREP

4 servings
4 hours
10 minutes
6 hours

DEHYDRATE

2 pounds Alaskan cod fillet

Marinade

2 lemons, juiced
2 teaspoons salt
2 teaspoons garlic powder
2 teaspoons paprika
2 teaspoons onion powder
½ teaspoon cayenne pepper
½ teaspoon black pepper

1. **Cut** the cod into ¼-inch-thick slices and set aside.
2. **Mix** the lemon juice, salt, garlic powder, paprika, onion powder, cayenne pepper, and black pepper until well combined.
3. **Place** the cod and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 4 hours.
5. **Drain** and discard the marinade.
6. **Place** the sliced cod evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 145°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done.
9. **Cool** to room temperature on the trays, then serve.

SPICY SRIRACHA-TOFU JERKY

YIELD PREP

4 servings
12 hours
10 minutes
6 hours

DEHYDRATE

2 pounds extra-firm tofu

Marinade

½ cup soy sauce
4 tablespoons sriracha
4 tablespoons honey
2 teaspoons garlic powder

Items Needed

Resealable plastic bag

1. **Cut** the tofu into ¼-inch-thick slices and set aside.
2. **Mix** the soy sauce, sriracha, honey, and garlic powder until well combined.
3. **Place** the sliced tofu and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced tofu evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done.
9. **Cool** to room temperature on the trays, then serve.



DEHYDRATED EGG YOLKS

YIELD
PREP
DEHYDRATE

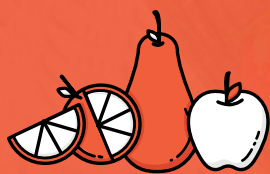
12 servings
96 hours
3 hours

1½ cups granulated sugar
1½ cups kosher salt
12 egg yolks

Items Needed

9 x 13-inch heatproof baking dish
Plastic wrap

1. **Mix** the sugar and salt in a bowl until well combined.
2. **Spread** half of the salt and sugar mixture onto a 9 x 13-inch baking dish.
3. **Make** 12 indentations in the salt and sugar mixture using the back of a spoon or measuring utensil.
4. **Place** 1 egg yolk into each indent, then cover using the rest of the salt and sugar mixture.
5. **Wrap** the baking tray tightly in plastic wrap and refrigerate for 3 to 4 days.
6. **Remove** the egg yolks from the salt cure and gently rinse off the excess salt under running water, then pat dry.
7. **Place** the egg yolks evenly between the Cosori Food Dehydrator trays.
8. **Set** temperature to 145°F and time to 3 hours, then press *Start/Stop*.
9. **Remove** when done and serve grated over pasta or vegetables.



fruits



CHOCOLATE- COVERED BANANAS

YIELD	2 servings
PREP	10 minutes
DEHYDRATE	12–16 hours

1 banana, sliced into ¼-inch-thick rounds

4 ounces bittersweet chocolate (70% cacao)

Sea salt, for sprinkling

1. **Place** the banana slices evenly between the Cosori Food Dehydrator trays.
2. **Set** temperature to 140°F and time to 16 hours, then press *Start/Stop*.
3. **Check** the banana slices every hour after 12 hours until they are mostly dry to the touch and slightly sticky.
4. **Remove** when done.
5. **Microwave** the chocolate in a microwave-safe bowl in 30-second intervals, stirring between each interval, until the chocolate is completely melted.
6. **Dip** the dehydrated bananas slices in the melted chocolate to coat.
7. **Sprinkle** the sea salt over the chocolate-covered bananas.
8. **Cool** to room temperature and serve when the chocolate has hardened.



SPICED APPLE CHIPS

YIELD

4 servings

PREP

10 minutes

DEHYDRATE

6–12 hours

2 red apples, peeled and cored

½ lemon, juiced

1 tablespoon granulated sugar

1 teaspoon ground cinnamon

¼ teaspoon nutmeg

½ teaspoon vanilla extract

1. **Slice** the apples into ¼-inch-thick slices.
2. **Mix** together the sliced apples, lemon juice, sugar, cinnamon, nutmeg, and vanilla extract until the apple slices are evenly coated.
3. **Place** the apple slices evenly between the Cosori Food Dehydrator trays.
4. **Set** temperature to 140°F and time to 12 hours, then press *Start/Stop*.
5. **Check** the apple slices every hour after 6 hours until they are dry and rubbery. They should not stick together when folded.
6. **Remove** when done and serve.

HONEY-BOURBON PEACHES

YIELD PREP

1 serving
4 hours
10 minutes
12–16 hours

DEHYDRATE

1 peach, pit removed
½ cup hot water
½ cup honey
½ cup bourbon or whisky

Items Needed

Resealable plastic bag

1. **Slice** the peach into ½-inch-thick pieces and set aside.
2. **Mix** the hot water and honey in a bowl until the honey dissolves, then add the bourbon.
3. **Place** the peach slices and bourbon mixture into a resealable plastic bag.
4. **Marinate** in the refrigerator for 4 hours.
5. **Place** the sliced peaches evenly between the Cosori Food Dehydrator trays.
6. **Set** temperature to 140°F and time to 16 hours, then press *Start/Stop*.
7. **Check** the peaches every hour after 12 hours until they are pliable but do not break when bent.
8. **Remove** when done and serve.

BLACK & BLUEBERRY FRUIT LEATHER

YIELD PREP

4 servings
10 minutes
4 hours

DEHYDRATE

1 pound blueberries
½ cup blackberries
3 tablespoons granulated sugar
2 teaspoons lemon juice

Items Needed

Blender
Mesh strainer
Cosori fruit roll sheet

1. **Blend** all ingredients together in a blender on low speed until smooth.
2. **Strain** the berry mix with a mesh strainer to get rid of the seeds.
3. **Pour** the berry mix back into the blender and blend on high speed until liquified.
4. **Place** the fruit roll sheet onto the Cosori Food Dehydrator tray, then pour the berry purée in a ⅛-inch-thick layer onto the fruit roll sheet.
5. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
6. **Remove** when done and no longer tacky to the touch and serve.

RASPBERRY FRUIT LEATHER

YIELD
PREP
DEHYDRATE

4 servings
10 minutes
4 hours

1½ pounds raspberries
2 tablespoons granulated sugar
1 teaspoon lemon juice

Items Needed

Blender
Mesh strainer
Cosori fruit roll sheet

1. **Blend** the raspberries, sugar, and lemon juice in a blender on low speed until smooth.
2. **Strain** the raspberry purée with a mesh strainer to remove the seeds.
3. **Pour** the raspberry purée back into the blender and blend on high speed until liquified.
4. **Place** the fruit roll sheet onto the Cosori Food Dehydrator tray, then pour the raspberry purée in a ⅛-inch-thick layer onto the fruit roll sheet.
5. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
6. **Remove** when done and no longer tacky to the touch and serve.

BLACKBERRY FRUIT LEATHER

YIELD
PREP
DEHYDRATE

4 servings
10 minutes
4 hours

1½ pounds blackberries
2 tablespoons granulated sugar
1 teaspoon lemon juice

Items Needed

Blender
Mesh strainer
Cosori fruit roll sheet

1. **Blend** the blackberries, sugar, and lemon juice in a blender on low speed until smooth.
2. **Strain** the blackberry mix with a mesh strainer to get rid of the seeds.
3. **Pour** the blackberry mix back into the blender and blend on high speed until liquified.
4. **Place** the fruit roll sheet onto the Cosori Food Dehydrator tray, then pour the blackberry purée in a ⅛-inch-thick layer onto the fruit roll sheet.
5. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
6. **Remove** when done and no longer tacky to the touch and serve.



RED BERRY FRUIT LEATHER

YIELD

4 servings

PREP

10 minutes

DEHYDRATE

4 hours

1 pound strawberries

½ cup raspberries

½ tablespoon granulated sugar

1 teaspoon vanilla extract

1 teaspoon lemon juice

Items Needed

Blender

Mesh strainer

Cosori fruit roll sheet

1. **Blend** all the ingredients together in a blender on low speed until smooth.
2. **Strain** the berry mix with a mesh strainer to get rid of the seeds.
3. **Pour** the berry mix back into the blender and blend on high speed until liquified.
4. **Place** the fruit roll sheet onto the Cosori Food Dehydrator tray, then pour the berry purée in a ¼-inch-thick layer onto the fruit roll sheet.
5. **Set** temperature to 165°F and time to 4 hours, then press *Start/Stop*.
6. **Remove** when done and no longer tacky to the touch and serve.



snacks



ZUCCHINI CHIPS

YIELD

4 servings

PREP

10 minutes

DEHYDRATE

12 hours

2 zucchinis

1 tablespoon olive oil

½ teaspoon salt

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon paprika

½ teaspoon black pepper

1. **Slice** the zucchinis into ¼-inch-thick slices.
2. **Combine** all ingredients together with the zucchini in a bowl and mix well.
3. **Place** the zucchini slices evenly between the Cosori Food Dehydrator trays.
4. **Set** temperature to 165°F and time to 12 hours, then press *Start/Stop*.
5. **Remove** when done and serve.



GARLIC KALE CHIPS

YIELD

4 servings

PREP

5 minutes

DEHYDRATE

12–13 hours

4 ounces kale, chopped

2 teaspoons olive oil

2 teaspoons garlic powder

1 tablespoon Parmesan cheese,
grated

½ teaspoon salt

1. **Combine** all ingredients in a bowl and mix well.
2. **Place** the seasoned kale evenly between the Cosori Food Dehydrator trays.
3. **Set** temperature to 120°F and time to 13 hours, then press *Start/Stop*.
4. **Check** the kale every hour after 2 hours until it is crisp and dry.
5. **Remove** when done and serve.



SHAWARMA KALE CHIPS

YIELD

4 servings

PREP

5 minutes

DEHYDRATE

12–13 hours

4 ounces kale, ribs removed and torn
into 2 to 3-inch pieces

2 teaspoons olive oil

½ teaspoon salt

1 teaspoon cumin

½ teaspoon garlic powder

½ teaspoon cinnamon

½ teaspoon ground coriander

½ teaspoon smoked paprika

½ teaspoon ground cardamom

1. **Combine** all ingredients in a bowl and mix well.
2. **Place** the seasoned kale evenly between the Cosori Food Dehydrator trays.
3. **Set** temperature to 130°F and time to 13 hours, then press *Start/Stop*.
4. **Check** the kale every hour after 2 hours until it is crisp and dry.
5. **Remove** when done and serve.



RANCH CARROT CHIPS

YIELD

6 servings

PREP

8 minutes

DEHYDRATE

4–12 hours

3 large carrots, peeled

1 packet ranch dressing seasoning

1 teaspoon water, as needed

Items Needed

Vegetable peeler

1. **Peel** the carrots into ribbons using a vegetable peeler and place into a large bowl.
2. **Toss** the carrots with the ranch dressing seasoning, adding the water only as needed to make the seasoning stick to the carrots.
3. **Place** the carrots evenly between the Cosori Food Dehydrator trays.
4. **Set** temperature to 145°F and time to 12 hours, then press *Start/Stop*.
5. **Check** the carrots every hour after 4 hours until they are crisp and dry.
6. **Remove** when done and serve.



SWEET & SPICY ALMONDS

YIELD

2 servings

PREP

8 hours

DEHYDRATE

24 hours

½ pound raw almonds

4 cups water

2 tablespoons salt, divided

1 tablespoon granulated sugar

½ teaspoon cayenne pepper

¼ teaspoon black pepper

1. **Soak** the almonds in the water and 1½ tablespoons salt for 8 hours.
2. **Drain** and rinse the almonds, then pat dry.
3. **Toss** the almonds in the remaining salt, sugar, cayenne pepper, and black pepper until the almonds are evenly coated.
4. **Place** the almonds evenly on the Cosori Food Dehydrator trays.
5. **Set** temperature 130°F and time to 24 hours, then press *Start/Stop*.
6. **Remove** when done and serve.



RAW CORN CRACKERS

YIELD

4 servings

PREP

15 minutes

DEHYDRATE

8–12 hours

2 ears of corn, husked

$\frac{3}{4}$ cup golden flaxseeds

$\frac{1}{2}$ cup water

1 teaspoon salt

$\frac{1}{2}$ teaspoon garlic powder

Items Needed

Parchment paper

Food processor fitted with the blade attachment

1. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
2. **Cut** the kernels from the ear of corn.
3. **Add** the corn kernels, flaxseeds, water, salt, and garlic powder to a food processor fitted with the blade attachment and blend until smooth.
4. **Spread** the batter over the parchment-lined trays in $\frac{1}{8}$ -inch-thick layers.
5. **Set** temperature to 165°F and time to 12 hours, then press *Start/Stop*.
6. **Check** the crackers every hour after 8 hours until the crackers are hard and dry.
7. **Remove** when done and serve.



KIMCHI CHIPS

YIELD	4–5 servings
PREP	1 week
DEHYDRATE	8 hours

- 1 head Napa cabbage, quartered lengthwise
- ½ cup kosher salt
- 2 tablespoons sweet rice flour or 1 tablespoon granulated sugar
- 1 cup water
- 10 cloves garlic
- 1-inch piece fresh ginger, peeled
- ½ Asian pear, peeled and cored
- ½ yellow onion, quartered
- ½ cup gochugaru
- 3 tablespoons fish sauce

Items Needed

- Food processor fitted with the blade attachment
- 2 mason jars or glass jars with tight-fitting lids

1. **Cut** the tough core out of the cabbage quarters and discard, then cut each quarter into approximately 2-inch-square pieces. Wash the cabbage leaves in very cold water and drain over a colander.
2. **Place** the cabbage in a very large bowl. Add the kosher salt to the cabbage and toss to coat evenly. Let the cabbage sit in the salt for an hour, moving the cabbage with your hands occasionally to make sure the salt is evenly distributed. The cabbage should shrink in size by about half as it loses moisture.
3. **Rinse** the salt from the cabbage leaves over a colander, working in batches to make sure it is all removed. Place the rinsed cabbage in a large, clean bowl.
4. **Combine** the sweet rice flour and 1 cup of water in a small saucepan and whisk to combine. Warm over medium-low heat, stirring often, until it thickens and bubbles start to form. Set aside to cool.
Note: If you are using sugar instead of sweet rice flour, skip this step.
5. **Place** the garlic, ginger, pear, and yellow onion into a food processor fitted with the blade attachment and blend until a smooth paste forms.
6. **Add** the gochugaru, sweet rice paste or sugar, and fish sauce and pulse several times until fully combined.
7. **Coat** the cabbage with the gochugaru paste, stirring to make sure each leaf is coated.
8. **Pack** the kimchi into 2 mason jars, leaving 1 inch of room at the top. Press the cabbage down so the liquid rises up, then seal the lids tightly.
9. **Place** the jars on a sheet tray to catch any liquid overflow and let the kimchi ferment at room temperature in a cool, dark place, for 1 to 7 days. Check and taste the kimchi daily until it is fermented to your liking.
10. **Remove** the kimchi from the jars and pat them dry with paper towels, then lay the kimchi flat in single layers onto the Cosori Food Dehydrator trays.
11. **Set** temperature to 160°F and time to 8 hours, then press *Start/Stop*.
12. **Remove** the kimchi chips when done and let cool completely in the dehydrator before serving or blending into a powder for use as a seasoning.



SEED CRACKERS

YIELD

4 servings

PREP

5 minutes

DEHYDRATE

8–12 hours

1 cup pumpkin seeds
½ cup sesame seeds
½ cup flaxseed
½ cup chia seeds
1 teaspoon salt
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon cayenne pepper
½ teaspoon black pepper
1 cup water

Items Needed

Parchment paper

1. **Cut** the parchment paper to fit inside the Cosori Food Dehydrator trays.
2. **Mix** all of the ingredients together in a large bowl.
3. **Allow** the seeds to absorb the water for about 3 minutes, creating a batter.
4. **Spread** the batter over the parchment-lined trays in ¼-inch-thick layers.
5. **Set** temperature to 165°F and time to 12 hours, then press *Start/Stop*.
6. **Check** the crackers every hour after 8 hours until they are hard and dry.
7. **Remove** when done and serve.



GREEN ONION GARLIC CRACKERS

YIELD

4 servings

PREP

15 minutes

DEHYDRATE

8–12 hours

1 tablespoon olive oil

5 green onions, root ends cut off and discarded

2 garlic cloves

1 cup water

1 teaspoon salt

$\frac{1}{8}$ teaspoon black pepper

2 cups flaxseed

Items Needed

Blender or food processor fitted with the blade attachment

Parchment paper

1. **Heat** a frying pan on the stove on medium heat for 5 minutes.
2. **Add** the olive oil and allow to heat up for 15 seconds, then add the green onions and garlic cloves.
3. **Cook** the garlic until lightly brown. Remove from heat and set aside.
4. **Cook** the green onions on each side until brown for about 5 minutes. Set aside.
5. **Blend** the garlic, green onions, water, salt, and pepper in a blender or food processor fitted with the blade attachment until smooth.
6. **Add** the flaxseed to the blended mixture, creating a batter, and set aside.
7. **Cut** the parchment paper to fit inside the Cosori Food Dehydrator trays.
8. **Spread** the batter over the parchment-lined trays in $\frac{1}{8}$ -inch-thick layers.
9. **Set** temperature to 165°F and time to 12 hours, then press *Start/Stop*.
10. **Check** the crackers every hour after 8 hours until they are hard and dry.
11. **Remove** when done and serve.



sweets



HOMEMADE YOGURT

YIELD

2 cups

PREP

20 minutes

DEHYDRATE

10 hours

4 cups whole milk

½ cup store-bought plain
unsweetened yogurt

Items Needed

Candy thermometer

8 glass jars (4 ounces each) with
tight-fitting lids

Fine mesh sieve (optional)

1. **Set** up a large bowl of ice with a second bowl sitting on top of it, large enough to hold the 4 cups of milk.
2. **Pour** the milk into a saucepan with a candy thermometer attached to the side. Warm the milk over medium-low heat, stirring often, until the thermometer reads 185°F.
3. **Remove** the milk from the heat and cool it down to 110°F by carefully pouring the milk into the bowl sitting over the ice bath.
4. **Whisk** the yogurt into the milk.
5. **Fill** the jars with the milk mixture, then carefully place the lids on the jars and tighten them.
6. **Set** the jars onto the bottom of the Cosori Food Dehydrator and close the door.
7. **Set** temperature to 110°F and time to 10 hours, then press *Start/Stop*.
8. **Remove** the jars from the dehydrator when done and let cool to room temperature completely before refrigerating.
9. **Make** Greek yogurt: Strain the yogurt through a fine mesh sieve after it comes out of the dehydrator to remove any remaining moisture.



OATMEAL RAISIN COOKIES

YIELD

12–16 cookies

PREP

15 minutes

DEHYDRATE

12 hours

1 cup quick-cooking oats

1 cup raw pecans

$\frac{1}{2}$ cup raisins

$\frac{1}{2}$ cup pumpkin seeds

$\frac{1}{2}$ cup maple syrup

2 tablespoons coconut oil

$\frac{1}{2}$ teaspoon ground cinnamon

$\frac{1}{2}$ teaspoon ground ginger

$\frac{1}{2}$ teaspoon ground allspice

$\frac{1}{2}$ teaspoon ground cloves

$\frac{1}{2}$ teaspoon salt

Items Needed

Food processor fitted with the blade attachment

Parchment paper

1. **Place** all of the ingredients into a food processor fitted with the blade attachment and blend until combined.
2. **Shape** the dough into tablespoon-sized balls, then place onto parchment paper, spaced evenly apart.
3. **Place** another sheet of parchment paper over the top and flatten the dough to $\frac{1}{4}$ -inch thickness.
4. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
5. **Remove** the cookies from the parchment paper, then place onto the parchment-lined trays.
6. **Set** temperature to 160°F and time to 12 hours, then press *Start/Stop*.
7. **Remove** the cookies carefully from the parchment paper after 8 hours.
8. **Place** the cookies directly onto the trays and dehydrate for the remaining time.
9. **Remove** when done and serve.



ALMOND CRANBERRY COOKIES

YIELD

20–24 cookies

PREP

15 minutes

DEHYDRATE

12 hours

1 cup almond butter

1 cup almond flour

1 cup shredded coconut flakes

½ cup walnuts, chopped

½ cup dried cranberries

Items Needed

Food processor fitted with the blade attachment

1. **Place** all of the ingredients into the bowl of a food processor fitted with the blade attachment and pulse until fully combined, about 6 to 8 times.
2. **Shape** the dough into tablespoon-sized balls and flatten to ¼-inch thickness using your hands, then place the cookies 1 inch apart on the Cosori Food Dehydrator mesh screen.
3. **Set** temperature to 160°F and time to 12 hours, then press *Start/Stop*.
4. **Remove** the cookies when done and serve.



CHOCOLATE CASHEW COOKIES

YIELD

12–16 cookies

PREP

15 minutes

DEHYDRATE

12 hours

2 cups unsalted cashews

½ cup cocoa powder

½ cup maple syrup

1 teaspoon ground cinnamon

1 teaspoon vanilla extract

½ teaspoon kosher salt

½ teaspoon ground nutmeg

Items Needed

Food processor fitted with the blade attachment

Parchment paper

1. **Place** all ingredients in a food processor fitted with the blade attachment and blend until combined. There may be small chunks of cashews.
2. **Cut** parchment paper to fit the Cosori Food Dehydrator trays.
3. **Shape** the dough into tablespoon-sized balls and flatten into ¼-inch thickness with your hands, then place onto the parchment paper-lined trays.
4. **Set** temperature to 160°F and time to 12 hours, then press *Start/Stop*.
5. **Remove** the cookies carefully from the parchment paper after 8 hours.
6. **Place** the cookies directly onto the trays and dehydrate for the remaining time.
7. **Remove** when done and serve.



*Tea, Dried Soup,
& Powders*



LAVENDER, MINT & CHAMOMILE RELAXATION TEA

YIELD

2 cups

PREP

5 minutes

DEHYDRATE

8 hours

1 bunch fresh lavender

1 cup fresh mint leaves, removed
from stems

1 cup chamomile flowers, removed
from stems

2 cups white tea leaves

Items Needed

Glass jar with tight-fitting lid

1. **Spread** the lavender stems apart so they are not touching, using several Cosori Food Dehydrator fruit leather trays.
2. **Arrange** the mint leaves and chamomile leaves on the dehydrator racks.
3. **Set** temperature to 115°F and time to 8 hours, then press *Start/Stop*.
4. **Let** the herbs cool to room temperature, then place the mint, chamomile, and tea leaves into a large bowl.
5. **Shake** the lavender flowers carefully into the bowl, as they will fall from the stems easily. Discard the lavender stems.
6. **Break** the mint leaves and chamomile flowers into small pieces and mix the herbs together, then transfer the mixture into a glass jar with a tight-fitting lid.
7. **Store** the dried tea mixture in a cool, dry place until ready to use.



CINNAMON, APPLE & ORANGE BLACK TEA BLEND

YIELD

2 cups

PREP

5 minutes

DEHYDRATE

8 hours

4 navel oranges, sliced into $\frac{3}{8}$ -inch-thin pieces

3 red apples, cored and sliced into $\frac{3}{8}$ -inch-thin pieces

6 cinnamon sticks

2 cups black tea leaves

Items Needed

Glass jar with tight-fitting lid

1. **Divide** the orange and apple slices evenly between the Cosori Food Dehydrator trays. Place the cinnamon sticks on a separate tray.
2. **Set** temperature to 135°F and time to 8 hours, then press *Start/Stop*.
3. **Let** the fruit cool to room temperature.
4. **Break** the apples, oranges, and cinnamon sticks into small pieces, then mix with the black tea leaves.
5. **Store** the dried tea mixture in a glass jar with a tight-fitting lid in a cool, dark place until ready to use.



GINGER & TURMERIC TISANE

YIELD
PREP
DEHYDRATE

2 cups
15 minutes
4 hours

8 ounces fresh ginger, peeled and
sliced into $\frac{1}{8}$ -inch-thick rounds
6 ounces fresh turmeric, sliced into
 $\frac{1}{8}$ -inch-thick rounds
Honey, for serving

Items Needed

Glass jar with tight-fitting lid

1. **Place** the ginger and turmeric slices evenly between the Cosori Food Dehydrator trays.
2. **Set** temperature to 135°F and time to 4 hours, then press *Start/Stop*.
3. **Remove** the ginger and turmeric slices when done and cool to room temperature, then store in a glass jar with a tight-fitting lid until ready to use.
4. **Brew** the tisane by steeping two tablespoons of the dried ginger and turmeric in hot water, then adding honey to taste.



DRIED MINESTRONE SOUP MIX

YIELD

4 servings

PREP

30 minutes

DEHYDRATE

10 hours

- 1 red bell pepper, cored and diced into ¼-inch pieces
- 1 yellow bell pepper, cored and diced into ¼-inch pieces
- 2 cups green beans, blanched, shocked, dried, and cut into 1-inch pieces
- 8 ounces white mushrooms, stems removed, cut into ¼-inch-thick slices
- 1 carrot, diced into ¼-inch pieces
- ¼ yellow onion, cut into ¼-inch thick slices
- 1 can cannellini beans (15 ounces), drained, rinsed, and patted dry
- 1 can kidney beans (15 ounces), drained, rinsed, and patted dry
- 1 cup macaroni pasta, cooked and patted dry
- 2 tablespoons Italian seasoning blend
- 2 cups vegetable or chicken stock, for serving

Items Needed

Jars or resealable plastic bags

1. **Spread** the vegetables, beans, and pasta among the mesh and metal Cosori Food Dehydrator trays and place them into the dehydrator.
2. **Set** temperature to 135°F and time to 10 hours, then press *Start/Stop*.
3. **Check** the various foods every couple of hours as they will finish at different times (beginning with the pasta).
4. **Remove** the pasta when completely dry.
5. **Remove** the beans when dry and hard.
6. **Remove** the vegetables when dry and brittle.
7. **Let** the dried vegetables, beans, and pasta cool to room temperature, then mix together with the Italian seasoning and store in jars or resealable plastic bags.
8. **Cook** the soup by bringing cups of vegetable or chicken stock to a simmer over medium-high heat, then stirring in 1 cup of the dry soup mix. Let cook until vegetables are softened, about 2 minutes, then serve.



DEHYDRATED HUMMUS

YIELD

1 cup

PREP

20 minutes

DEHYDRATE

4 hours

2 cans chickpeas (15 ounces each),
drained and rinsed

3 cloves garlic, grated

3 tablespoons tahini

2 lemons, juiced

Water, as needed

Kosher salt, to taste

Olive oil, for serving, as needed

Items Needed

Blender or food processor fitted with
the blade attachment

Airtight container

1. **Place** the chickpeas, garlic, tahini, and lemon juice in a blender or food processor fitted with the blade attachment. Blend on high until smooth, adding water as needed until the mixture is smooth. It should be thick but able to run easily off the side of a spoon. Season the hummus to taste with kosher salt.
2. **Spread** a $\frac{1}{8}$ -inch-thick layer of the hummus onto the Cosori Food Dehydrator trays, then place the trays carefully into the dehydrator.
3. **Set** temperature to 135°F and time to 4 hours, then press *Start/Stop*.
4. **Remove** the hummus when completely dry and crumbly, then let cool to room temperature on the trays.
5. **Place** the dried hummus into a blender or food processor fitted with the blade attachment, and pulse until it forms a powder. Store in an airtight container until ready to use.
6. **Rehydrate** the hummus by combining $\frac{1}{2}$ cup dehydrated hummus powder with $\frac{1}{3}$ cup water and 2 tablespoons olive oil. Stir until mixed well, then serve.



DRIED SWEET POTATO PURÉE

YIELD

2 cups

PREP

30 minutes

DEHYDRATE

8 hours

2 sweet potatoes, peeled and diced

Items Needed

Blender or food processor fitted with the blade attachment

Airtight container

Coffee grinder (optional)

1. **Boil** or roast the sweet potatoes until very tender.
2. **Blend** the sweet potatoes in a blender or food processor fitted with the blade attachment.
3. **Spread** a thin layer of the potato purée on several of the Cosori Food Dehydrator trays, then place the trays carefully into the dehydrator.
4. **Set** temperature to 135°F and time to 8 hours, then press *Start/Stop*.
5. **Remove** the sweet potato purée when completely dry and crisp, then let cool to room temperature on the trays.
6. **Crack** the dry sweet potato purée into shards and store in airtight containers or grind into a powder using a coffee grinder prior to storage.



DRIED MILK POWDER

YIELD

½ cup

PREP

5 minutes

DEHYDRATE

12 hours

1 gallon milk (2% or skim)

Items Needed

4–6 heatproof baking dishes (9 x 13,
9 x 9, or 8 x 8 inches)

Food processor or blender fitted with
the blade attachment

Jar or resealable bag

1. **Divide** the milk between the baking dishes, filling each one no more than a ¼-inch high.
2. **Place** each baking dish onto a rack in the Cosori Food Dehydrator.
3. **Set** temperature to 135°F and time to 12 hours, then press *Start/Stop*.
4. **Remove** the baking dishes when the milk is dried and the liquid is completely evaporated. Let the dried milk pieces cool to room temperature.
5. **Place** the dried milk pieces into a blender or food processor fitted with the blade attachment, then pulse until it becomes a fine powder.
6. **Store** the milk powder in a sealed jar or bag in the refrigerator.
7. **Rehydrate** by adding warm milk to the milk powder in equal parts and stirring until combined.



DEHYDRATED YOGURT POWDER

YIELD

1 cup

PREP

5 minutes

DEHYDRATE

8 hours

2 cups low-fat yogurt (2% fat or less)

Items Needed

Coffee or spice grinder or blender

1. **Place** the fruit roll sheet onto the Cosori Food Dehydrator tray, then spread the yogurt in an even $\frac{1}{8}$ -inch-thick layer over the fruit roll sheet.
2. **Set** temperature to 135°F and time to 8 hours, then press *Start/Stop*.
3. **Rotate** the fruit roll trays every 2 hours.
4. **Remove** the dehydrated yogurt when it is crisp and completely dried.
5. **Cool** to room temperature, then crack and remove from the trays.
6. **Place** the dried yogurt into a coffee or spice grinder or blender until it becomes a fine powder, then serve. Store in a resealable container at room temperature for about a week.



DEHYDRATED EGGS

YIELD

½ cup

PREP

1 hour

5 minutes

DEHYDRATE

10 hours

6 large eggs

Items Needed

Resealable plastic bag

Spice grinder or food processor

1. **Crack** the eggs into a large bowl and whisk until frothy.
2. **Pour** the eggs onto the fruit roll tray, then place the tray carefully into the Cosori Food Dehydrator.
3. **Set** temperature to 145°F and time to 10 hours, then press *Start/Stop*.
4. **Remove** the eggs when completely dry and flaky, then cool to room temperature on the tray.
5. **Transfer** the dehydrated eggs to a resealable plastic bag and freeze for 1 hour, then place into a spice grinder or food processor and pulse until a powder is formed.
6. **Return** the egg powder to the resealable plastic bag and store in the refrigerator until ready to use.
7. **Rehydrate** by stirring hot water into the eggs 1 tablespoon at a time until they reach the desired consistency, then serve.



DEHYDRATED JALAPEÑO POWDER

YIELD

½ cup

PREP

10 minutes

DEHYDRATE

8 hours

1 pound jalapeño peppers

Items Needed

Latex or nitrile gloves

Blender or food processor fitted with
the blade attachment

1. **Slice** the jalapeños, while wearing gloves, in half lengthwise and cut out the ribs and seeds, then cut each half crosswise into ¼-inch-wide strips.
2. **Place** the jalapeños evenly between the Cosori Food Dehydrator trays.
3. **Set** temperature to 135°F and time to 8 hours, then press *Start/Stop*.
4. **Remove** when done.
5. **Cool** to room temperature on the trays, then place the dehydrated jalapeños into a blender or food processor fitted with the blade attachment and pulse until the jalapeños become a fine powder.
6. **Store** the jalapeño powder in a sealed jar in a cool, dry place until ready to use.

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