

Wintergreen

ULTIMATE GUIDE TO DEHYDRATING FOOD



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INTRODUCTION

Nowadays everybody is into healthy lifestyle and living a fulfilling life. Often poorly prioritized, nutrition is one of the biggest and most important components affecting our lives.

In view of this we, Wintergreen, have a mission to promote making healthy choices in the kitchen. You've already made the first step by purchasing our Food Dehydrator, and now we will guide you through to the next steps of using the dehydrator and preparing delicious meals, healthy snacks, and so much more. Here is our newest e-book: [The Ultimate Guide to Dehydrating Food](#).

In this e-book you will find variety of ideas to make easy to-go, nutritious and vitamin-rich snacks for children and adults.

In addition the e-book features tips and tricks on how to use the food dehydrator properly and safely.

We hope you enjoy our recipes and get creative!

Looking forward to see you in the future!

FOOD DEHYDRATION

WHAT IT IS AND WHY WE DO IT?

Food dehydrating was a commonly used way of preserving food by people in Asia and the Middle East as far back as in 12.000 BC. That means dehydrating food is a very old method for preserving fruits, vegetables, meat and other food. It works by removing the water from the food. Imagine, back then there were no refrigerators or freezer- people did not even have electricity, but they had to somehow preserve their food.

In the process of dehydrating food, we get rid of up to 90-% of the water, making it impossible for bacteria, which aids decomposition processes, to survive. Put simply, it increases the "shelf life" of the food. You may ask, "How long is the shelf life of dehydrated foods?" We recommend about 1-2 years. Isn't that awesome? Just keep in mind, that shelf life depends on several factors - for example, in dry environment and in vacuum-sealed bags, dehydrated food lasts longer.

HOW THE PROCESS WORKS

Dehydrating food is super-easy, and doesn't take a lot of your valuable time. The rules are simple: You can dehydrate most foods by just slicing them up and waiting for the machine to "cook" them for you. The time it takes to dehydrate food depends on the type of food dehydrator, the kind of food, and its quantity.

FOOD DEHYDRATION

WHO BENEFITS THE MOST FROM USING DEHYDRATOR?

Everybody benefits from using the food dehydrator regardless of their age, profession, habits, etc. The food dehydrator is a tool that helps everybody to follow healthy a lifestyle.

Being a parent, you always want the best for your children and for yourself, but it is often difficult to come up with healthy snacks for the lunch pack, or for dessert.

If you are professional, working long hours in the office, then you know how timeconsuming it is to think about and prepare fresh bites for lunch.

Do you enjoy working out or going on long hikes, and find you are in need of light, quality and nutritious snacks?

Do you love organic food and tea the most, but often pick the unhealthier choice just because the things you love are too pricey?

Maybe you own a big fruit and vegetable garden and have the same problem every year- how to preserve all your produce for winter and minimize food waste.

Or maybe you are a cattle owner and want to make the most delicious Beef Jerky ever...

PARENTS



SPORTSMEN



**ORGANIC
TEA LOVERS**



GARDENERS



**CATTLE
OWNERS**



**OFFICE
WORKERS**



HIKERS



**ORGANIC
FOOD LOVERS**



FUN FACTS

- Dehydrating food preserves more of the food's natural enzymes than any other form of food preservation!
- Dehydrating food makes it super-portable and light!
- Children love dehydrated snacks- most fruit is sweeter once it's dehydrated!
- Dehydrating food saves your money- buy food that's reduced because it's close to its expiration date and preserve it!
- Reducing food waste reduces your grocery bill. Who wouldn't want that?
- Dehydrating food for camping- saves you a lot of money and time!
- The Food Dehydrator helps out everyone who just can't say no to sweets- dehydrated fruits are healthier, and an affordable alternative.
- Holidays coming? Make a delicious and personal gift of dehydrated herbs, fruits or veggies
- Beef jerky: Jerky actually means meat preservation without using refrigeration. Jerky is low in fat and high in protein.

RECIPES: FRUITS & DESSERTS

DELICIOUS CARAMEL APPLE CHIPS

Slice apples into thin rounds

Use a pastry brush to spread a thin layer of caramel onto the slices

Arrange slices on the food dehydrator trays

Cook at 135F / 55C for 14 hours



SUPER-EASY PINEAPPLE CHIPS

Take some canned pineapple

Lay out the slices on the food dehydrator trays

Cook at 135F / 55C for 12 hours (or until chewy and dry)



FANTASTIC BANANA BITES

Slice banana evenly
(you can do it lengthwise too)

Spray banana slices with lemon
juice

Arrange slices on the food
dehydrator trays

Cook at 135F / 55C for 6-12 hours



CRANBERRY BITES "CRAISINS"

Soak berries in boiling water for
10 minutes, drain them and wrap
in a dishtowel to remove water

Stir together cranberries and 1/4
cup of simple syrup made with 1
part sugar to 2 parts water

Spread berries on dehydrator
trays

Cook at 150F / 65C for 8-14 hours



PEANUT BUTTER AND BANANA FRUIT ROLL

Slice 2 bananas and 2 tablespoons of peanut butter and blend with a blender until smooth

Spread mix onto baking sheets with unbleached parchment paper

Cook at 135F / 55C for 4-5 hours

The puree needs to be dry to the touch and pliable. Peel off the parchment paper and cut the sheets into long strips and roll them up



HOME-MADE MANGO FRUIT ROLL

Slice mango and blend with a blender until smooth

Line two baking sheets with unbleached parchment paper and divide the puree between them

Cook at 175F / 75C for 3-4 hours

The puree needs to be dry to the touch and pliable. Peel it off the parchment paper, cut the sheets into long strips and roll them up.



RECIPES: VEGETABLES

SALT & PEPPER ZUCCHINI CHIPS

Slice zucchini

Coat zucchini slices with salt, pepper, olive oil and vinegar mix

Spread slices onto dehydrator trays

Cook at 135F / 55C for 5-6 hours



SUN-DRIED TOMATOES

Slice tomatoes into ¼ inch / 6 mm round slices

Spread tomato slices onto dehydrator trays and sprinkle with dried oregano and basil

Cook at 145F / 67C for 8-10 hours



SWEET POTATO CHIPS

Peel and slice potatoes very thin (you can use mandolin for that)

Place in a bowl and soak in water for 1 hour and then place on a towel to dry

Add 1-2 tsp coconut oil per sweet potato and a little bit of sea salt

Spread slices onto dehydrator trays

Cook at 145-155F / 60-65C for 12 hours



PEA CHIPS

Use fresh or frozen peas, and lay them on a paper towel or parchment paper

Season with sea salt and onion powder

Place them onto dehydrator trays

Cook at 135-140F / 55-60C for 8 hours



KALE CHIPS

Take dry kale and add olive oil, salt and nutritional yeast

Mix well

Spread onto dehydrator trays

Cook at 135F / 55C for 12 hours or until nicely crispy



BEET BITES

Slice beets very thin (You can use a mandolin for that)

Soak beets in the water for 10 min

Spread on dehydrator trays and add some salt

Cook at 145F / 60C for 45 minutes, then reduce heat to 115F / 45C and cook for 24h or until crunchy



RECIPES: MEAT

BEEF JERKY

Trim fat off the meat and freeze for 1-2 hours to make cutting easier

Cut beef into 1/8- 1/4 inch / 3-6 mm slices

Place slices onto dehydrator trays

Cook according to your machine's instructional manual



TERIYAKI BEEF JERKY

Trim fat off the meat and freeze for 1-2 hours to make cutting easier

Cut beef between 1/8- 1/4 inch / 3-6 mm slices

Season with Worcestershire sauce, Teriyaki sauce and other spices such as garlic powder, red pepper flakes, onion powder, etc.

Spread slices onto dehydrator trays and cook following your machine's instructional manual



RECIPES: HERBS & SPICES

STEPS FOR DEHYDRATING ANY KIND OF HERBS

Wash the herbs.

Remove the long stems.

Place the herbs onto the dehydrator trays in a single layer. Do not place them on top of each other, or they will take too long to dry out.

Set the food dehydrator to 110F / 40C

Dehydrate them for 10 hours or until dry

When dry, crumble the herbs, and place in a glass container.

Make sure they are completely dry, otherwise mold could form after you put them in the container.

If you have any leftover glass containers from herbs that you have used up, these are perfect.



HANDLING THE FOOD DEHYDRATOR

OPERATING INSTRUCTIONS

- Clean all of the dehydrator trays and wipe them dry with a clean cloth before first use.
- Arrange pre-treated food evenly on trays and stack up the trays. Place the stacked trays on the base and cover the top tray with the lid.
- Plug the power cord into the outlet, and press the power button. The default work time for the product is 8 hours, and the default temperature is 35 degrees of Celsius. The default option for the time/temperature function is "Time".
- Drying time and temperature depend on the type of food and personal taste. Press the "+" "-" button to adjust the time according to the suggested or required drying time (Press the "+" "-" button directly when the time function light is on- otherwise press the "Time/ Temperature" function switch button).
- To adjust the temperature, press the "Time/Temperature" function switch button first. When the "Temperature" function light is on, press the "+" and "-" button to adjust the temperature. The temperature function has eight positions: 35, 40, 45, 50, 55, 60, 65, 70.
- Switch off the power and pull out the plug when the food is dehydrated.
- After the work is done, clean the dehydrator trays and the lid

HANDLING THE FOOD DEHYDRATOR

PRECAUTIONS

- The longest operating time for each use should be no more than 72 hours, otherwise the service life of the product may be affected.
- After each use, switch off the power and then pull off the plug.
- When the product is connected to the power outlet and functions normally, the display screen and the air flow system should be in Work mode - indicated by a bright screen and obvious air flow from the air outlet on the lid.
- Do not add water or any other liquid to the product. A few water droplets on the food placed on the dehydrator trays are allowed.
- Please keep the heat inside the machine in natural circulation when drying. Don't put too much food on the tray or stack the food. Different food has different drying times. (Note: When the machine starts to work, please make sure that the lid is in correct position. If the food is not done in a day, it can be dried on the second day. In this case, please keep the food in sealed containers or plastic bags.)
- The upper trays have a higher temperature when the product is working. In order to ensure that the foods are dried evenly, change the positions of trays in the stack on a regular basis.
- Place the dried food in containers or plastic bags, and store it in a refrigerator it is not to be eaten after drying.

CONTACT

Wintergreen

You are welcome to ask any questions or request additional information on the Food Dehydrator at:

support@yourvibrantkitchen.com

We would be happy to answer any questions you may have!

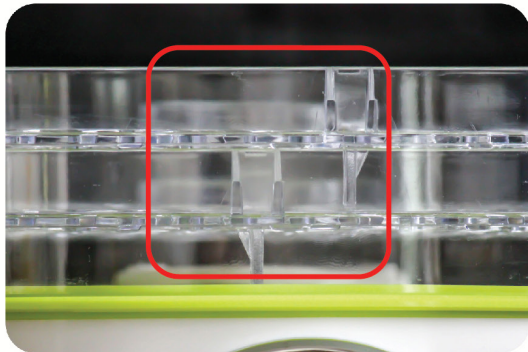


FOOD DEHYDRATOR USER GUIDE

Food Dehydrator by Wintergreen has two different tray positions: low and high. We suggest using "low" position when dehydrating smaller foods and "high" position when dehydrating larger foods.

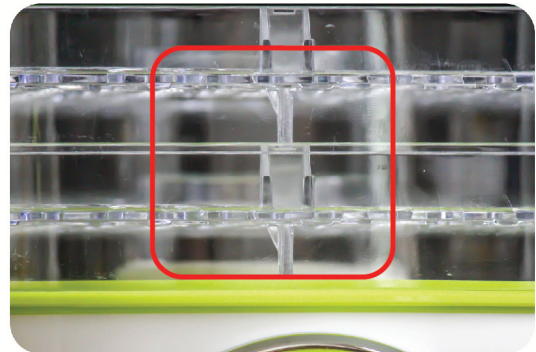
TRAY POSITION: **LOW**

Place the marked parts of the dehydrator next to each other



TRAY POSITION: **HIGH**

Place the marked parts of the dehydrator on top of each other (turn the tray 180 degrees from position "low")



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CONTACT US: support@yourvibrantkitchen.com

LABELS FOR DEHYDRATED ITEMS

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