

reWe all need H.U.G.S. and hugs!

DEHYDRATING...

How does the dehydrator work?

What can I dehydrate?

What is the best dehydrator?

Can I make the recipes without a dehydrator, in my oven?

Temperatures?

Why don't you state an exact time for dehydrating recipes?

Why do some of my snacks taste/smell weird?

How can I tell if "it" is ready?

How do I store my treats?

What are some "worst than" scenarios?

What are some easy recipes?

APPLE CARROT KOOKIES

1 cup shredded apple

1 cup shredded carrot

2 Tbsp lime juice

1 cup chopped pecans

½ cup pitted, chopped dates

½ cup raisins

¼ cup flax

1 tsp cinnamon

½ tsp ginger

Mix together and let sit for 30 minutes or more. Scoop onto teflex sheet, dehydrate for 1 hour, flip, and continue to dehydrate until moisture removed – 16 – 20 hours.

BANANA COCONUT KOOKIES

2 cups mashed banana

1 – 1 ½ cups dried coconut

1 cup pecans

1 tsp cinnamon

Mix together and let sit for 30 minutes or more. Scoop onto teflex sheet, dehydrate for 1 hour, flip, and continue to dehydrate until moisture removed – 16 – 20 hours.

FLAX KRACKERS

1 cup chopped tomatoes
½ cup soaked sun-dried tomatoes
1 Tbsp dried basil
½ tsp oregano

½ tsp salt
2 Tbsp pitted, chopped dates
2 cups flax, chia, sunflower seed mix
Water as needed

In food processor with "S" blade, blend tomatoes and sun-dried tomatoes together. Add herbs and dates and process again. Mix with flax, adding water if too dry and let sit for 30 minutes or more. Spread onto teflex sheet, dehydrate for 1 – 2 hours, flip, and continue to dehydrate until moisture removed – 16 – 20 hours.

CORN CHIPS

2 cups fresh or frozen corn
½ cup chopped onion
2 tsp ground cumin

1 tsp salt
¾ cup ground flax seeds

In food processor with "S" blade, blend carrots, onions, cumin and salt until smooth-ish (will have a few lumps). Mix with flax, adding water if too dry and let sit for 30 minutes or more. Spread onto teflex sheet, dehydrate for 1 – 2 hours, flip, and continue to dehydrate until moisture removed – 16 – 20 hours.

How to Dehydrate Without a Dehydrator

<https://chickpeasandchange.wordpress.com/2011/08/27/how-to-dehydrate-without-a-dehydrator/>

- **1 recipe for raw crackers, whirred in a food processor and ready to spread on a baking sheet**
- **Teflex baking mat or parchment paper**
- **Tin foil**
- **An oven (*a toaster oven with a baking setting also works.*)**

Preheat your oven to its lowest setting (mine is 170°F).

Spread your pre-cracker goo onto a baking sheet lined with a Teflex baking mat or parchment paper. Make sure you spread it thinly and evenly, lest it won't properly dehydrate or dehydrate in some spots but not others.



Stick the tray into the oven, propping the door open with a rolled-up tin foil "snake." If you really want to ensure proper dehydration, place a fan in front of the oven to allow for air circulation.



"Dehydrate" for about 4-5 hours or until the cracker sheet feels stiff and dry to the touch. Carefully peel it off the baking sheet and cut into cracker shapes. Place on wire rack to allow the crackers to completely harden.



Spread with nut butters, hummus, jams, or whatever suits your fancy. TA-DA! You've just created semi-raw crackers WITHOUT the aid of an expensive dehydrator.

recommended books

Living in the Raw - Rose Lee Calabro
The Complete Book of Raw (Collection of Raw Chefs)

-Lori Baid, editor

Living on Raw Food – Alissa Cohen
The Art of Fermentation – Sandoor Ellis Katz

Info on raw foods nutrition:

Conscious Eating - Gabriel Cousens, M.D.

Sunfood Diet System - David Wolfe

There's no such thing as waste where creativity lives. yaya-pat

Thank You for this opportunity to serve You
Many Blessings to You and Yours
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