

GoD4U™

**Thank you for your purchase!
Enjoy!**

GoD4U Products, LLC
1024 Concert Ave
Spring Hill, FL 34609
888-734-7885

www.good4uproduct.com
sales@good4uproduct.com

Food Dehydrator **Instruction and Recipe Book**



www.good4uproduct.com

Important Safeguards

During use of electrical appliances, these basic safety precautions should always be followed:

1. Read all instructions carefully before first use
2. Do not touch hot surfaces
3. To protect against electrocution do not immerse any part of the dehydrator cord or plug in water or other liquids
4. Close supervision is advised when appliance is by or near children
5. Unplug unit from outlet when not in use and before cleaning and allow to cool before putting on or taking off parts
6. Under no circumstances operate any appliance with a damaged cord or plug or if the appliance malfunctions, or has been damaged in any manner. Return the appliance to the nearest authorized service facility to determine need for repair or adjustment
7. The use of any attachments not recommended by the appliance manufacturer may cause hazards and will void warranty
8. Sharp objector utensils should not be used inside the dehydrator
9. Do not let the cord hang over the edge of the table or counter or touch hot surfaces
10. Not intended for outdoor use
11. Do not place on or near a stove burner or in a heated oven
12. Always plug cord into the wall outlet before turning
13. Do not use appliance for any other purpose than intended use
14. To clean, wipe with damp cloth and mild detergent

Being deemed to be defective. New or rebuilt parts will be supplied for a period of ten years from date of purchase. The parts will be warranted for the length of time left on the ten year warranty. Consumer is responsible for shipping charges.

This warranty will be void if this product is used commercially. It will be void if used for any other purpose that what it is designed for. This product must not have been previously altered or repaired by anyone other than GooD4U™.

This warranty will not cover damages in transit.

Warranty will be void if product has been subject to misuse.

Warranty is void if not using proper voltage or acts of God.

This warranty only covers the specific parts and not the foods or products processed in it

Under no circumstances will GooD4U™ be liable for any consequential damages which occur in connection with the said product.

No person is authorized to give any other obligation of liability except for what is set forth in this warranty on behalf of GooD4U™

Good4U™ Limited 10 year warranty

Good4U™ will warranty the ORIGINAL RETAIL PURCHASER OF THIS PRODUCT .

This warranty is non transferrable.

This warranty is valid when this unit is purchased through an authorized Good4U™ dealer. The machine must be used in a manner that is in accordance with the manufacturers instructions.

It will be valid for a period of one year from date of purchase and is extended for electrical coverage for an additional period of nine years

No need to register your warranty, Your receipt or invoice will serve as proof of purchase

If warranty service is required please call the tech support line. Please have your model number available and you will be given a RMA number (return merchandise authorization number). Once you have received this number securely package the unit and follow the instructions for return

Most technical problems can be resolved without having to send the unit back.

Terms of warranty

The manufacturer will repair or replace at its discretion the product free of charge for a period off ten years.

Instructions for use

Operating your dehydrator is simple and easy. Start by plugging in your unit. Then by making sure you use both hands carefully slide trays into position. Once the trays are in place , turn the switch to “ON then set the thermostat to the intended temperature for the task

1. Place the dehydrator on a dry smooth surface
2. Place food on the trays and load into the machine
3. Plug in the power cord and turn switch to on position
4. Set the thermostat to desired temperature
5. When the food has dehydrated to desired outcome, give it time to dry. Store in airtight food containers

Temperature guide

Your Good4U™ dehydrator has a temperature guide for added convenience Following this guide will ensure proper drying of your foods

When drying foods , If you use too high of a temperature foods can be hard on the outside and remain moist inside. Using too low of a temperature can cause long drying times and increased use of electricity

Timing

We have included a table for how to dry certain foods. However, there are several factors that will influence how the foods dry

1. **Humidity**– variations will cause longer drying times
2. **Moisture content of food**– the amount of water content in the foods will cause variations in drying times
3. **Preparation method**-making sure to slice your foods uniformly will ensure even drying

Cleaning

Your dehydrator is very simple and easy to clean. The outside and inside can be wiped with a clean damp cloth and warm soapy water.

The trays are top rack dishwasher safe. They can also be washed by hand with warm soapy water and rinsed well. The Removable mesh sheets can be cleaned by soaking them in warm sudsy water and wiping them down with a dampened sponge.

Preparation

Following these simple guidelines will help ensure your success with your new dehydrator.

When slicing your food make sure they are of comparable thickness. Try to keep slices to no thicker than one quarter inch.

This would exclude soft fleshy fruits that can be dried by cutting into halves or quarters.

Ideally, jerky meats should be sliced 3/16" thick. The best cuts of meat for jerky would be the leaner type. Slicing them against the grain will give greater drying. With a tender cut of meat you should slice with the grain. You can dry produce with the skin still intact

Produce with non digestible skins would be an exception

Pretreatment of Foods

With the GooD4U™ dehydrator pre-treating will not be essential. This machine provides fast drying times and the food does not get a chance to spoil. However, pre-treating

Fan makes a rubbing noise — Sometimes rough shipping and handling can force the trays into the protective screen of the fan. It will make a ticking sound if the screen has been distorted. Disconnect the unit from the power and remove the trays. Find the area that is distorted and then use something to pull back on the screen in that area

When powered on for the first time, a popping sound occurs— Each unit is tested before it ships to the customer, if this occurs disconnect the unit immediately and call for tech support.

Burning smell when powered on for the first time— each unit is electrically tested before it ships to the customer, this may occur during the initial turn on due to protective coating that is used to protect the unit during transportation. If the units smells very strong or the smell lasts more than 3 to 5 minutes or if you smell burning plastic, immediately disconnect the unit from the power and contact technical support

Troubleshooting guidelines:

Our GooD4U™ dehydrators are inspected for mechanical problems. They leave the factory in perfect working order. Any visual damage to packaging should be reported to the shipper or your GooD4U™ dehydrator dealer.

For technical support call

888-734-7885 or email
sales@good4uproduct.com

Possible problems and answers

Nothing turns on — Test the outlet with an appliance you know works. Test the dehydrator on an outlet you know has power.. If the unit still does not turn on call for tech support.

On/Off Knob is missing — Shipping and handling can cause it to become dislodged. Look through the packing materials. Align the flat spot on the knob with the flat spot on the knob. Press the knob fully on to the shaft.

will help maintain the Color of foods by reducing oxidation Example, Apples and Potatoes. Pre-treating also helps to keep nutrient loss to a minimum

Texture—Pretreatment helps to prevent deterioration of the fibers

There are two types of pretreatment: **Dipping and Blanching**

Dipping

Sodium Bisulfite

This works as a inexpensive anti-oxidant. You want to use food grade sodium bisulfate exclusive to food dehydration. If you have had an allergic reaction to sulfur consult your physician before using

Fruits— Mix 1 1/2 to 2 tbsp of sodium bisulfate to one gallon of water . Soak 15 minutes for halved fruit or 5 minutes for sliced fruit

Vegetables – use only with steam blanching of vegetables Use 1 tsp sodium bisulfate to one cup of steaming water and blanch according to instructions

Ascorbic Acid

Simply stated this is a form of vitamin C. You can obtain this type of dip at your local health food store

Fruit Juice Dip

You can use a citrus juice such as lime ,lemon or pineapple as a natural anti-oxidant Use one cup of juice in 1 quart lukewarm water and Cup of juice in lukewarm water and then soak for 10 minutes. Please note: this may add a slight taste to your food and is less effective than pure ascorbic acid

Honey Dip

This form of dipping is quite popular. The honey makes the fruit much sweeter. It will also add calories. Take 3 cups of hot water and dissolve one cup sugar. When mixture cools to lukewarm add 1 cup honey. Dip your fruits and remove with slotted spoon. Fruits should be drained thoroughly prior to dehydrating.

With any dipping procedure blot dry with paper towels before dehydrating. You do not want to prolong the drying cycle with excess moisture.

Blanching

This Pretreatment procedure can be done in two ways. By boiling water or steaming the foods.

With Tough Skinned fruits this is the procedure of choice. These types of fruits include plums , grapes, cranberries etc . You boil fruits in water for 1 to 2 minutes. This allows the skin to develop fissures in the skin and subsequently reduces drying times.

Water Blanching:

Using a large pan fill to just above the have full mark. Bring water to a rolling boil and stir in food. Leave for approx 3 minutes. Remove food and place in ice water to facilitate the cooling process. Blot to remove any excess water and then dry according to instructions.

Steam Blanching:

For this process a “old fashioned” Pan type steamer is preferred. Start by filling the lower portion with 2 inches of water. The upper portion fill with food . When at a rolling boil leave on for 4 minutes. Remove food and place in ice

Timer specifications and usage

Timer range if from 0-40 hours

There are three keys SET, UP, AND DOWN

How to set time

Press the SET button for 3 seconds.

Using the UP or DOWN button, set the Hour desired then press the SET button

You will then see the MIN button blinking. Use UP and DOWN button to set the minute you want. Press the SET button

After setting the desired time Press DOWN to begin to count down the time

If desired you can pause the countdown by pressing the UP button

To resume press the DOWN button again

NOTE: if you do not press any key in 30 seconds it will automatically exit the setting mode

Dehydrating meats

Cooked meats

A helpful tip is to use leaner cuts of meat and lower oil content fish

You can use fattier/high oil content meats but they will spoil quicker

DO NOT DEHYDRATE PORK

Some leaner cured ham can be done

Drying:

Using cubed meat spread on your trays

Temp should be set at 145 degrees Fahrenheit initially

Towards the end you can turn down to 120 to 130 degrees

Fahrenheit for a more tender end result

Dry 6 to 12 hours

Meats will be tough to hard when done

Jerky

Slice the meat into 1/4 inch strips.

Cut across or with the grain depending on the texture desired

Layer the meat in a single layer in shallow pan

Pour chosen marinade over the strips so that they are covered completely

Marinate from 6 to 12 hours for you can leave overnight

For best results store in vacuum sealed bags

water to cool. Before drying blot with a towel to remove excess water.

Electric Steamers:

This method is thought to be the best method for blanching. This method will help retain nutrients, heighten flavors and allow the foods most vivid colors to be brought out. Follow the electric steamers operating manual for blanching

Storage:

Storage of your dehydrated food should keep them safe from insects and moisture.

Recommended storage is glass jars with tightly fitted lids, Plastic zip lock bags and vacuum sealed bags are the recommended ways to store your foods.

You can use metal cans such as coffee cans cookie tins etc to place your bags of food for added protection.

Your foods once dried should be in a dry, dark and cool area.

Ideally, the temperature for food storage is 50 to 60 degrees Fahrenheit. This will protect the flavors and colors of your foods from fading

Reconstitution:

If foods are properly dried they will rehydrate well. They will retain their original aroma and flavor when handled properly. Vitamin and mineral content will be retained as well.

There are several methods to reconstitute foods. The most important thing to remember is NOT to add any salt sugar or spices during the first five minutes of reconstituting.

These additives added prior to five minutes will greatly hinder the absorption process.

Methods:

Electric steamer

This is one of the most effective means to rehydrate foods. It is placed in the bowl and immersed in liquid. The steam circulates and aids in bringing back to its original state. Following the guidelines within the owners manual for the electric steamer of choice

Soaking

For soaking place foods in a shallow pan. Cover with the preferred liquid. Leave immersed for 1 to 2 hours. If you prefer to reconstitute overnight leave in the refrigerator.

Boiling Water

Vegetables - place 1 cup dried veggies in 1 cup boiling water. Soak for 5 to 20 minutes.

Fruits — Put 1 cut fruit and 1 cup water into a pan. Place on simmer until they are tender to your liking

Fruit rolls and Leathers:

Leftovers , Yogurt or pureed vegetables and fruits can be sweetened or spiced . This type of snack food is highly nutritious and well as high energy.

1– Select ripe fruit (may even be slightly overripe) . Make sure your fruit pairings blend well together. For example, Pineapple and banana are a winning combination
Puree in a blender until smooth

2– Pour 1 1/2 to 2 cups on to non stick sheets or plastic wrapped trays.

Helpful hint : The edges have a tendency to dry quicker. Make your puree 1/8 thick in the center but taper off to 1/4 thick at the edges

3-Place the prepped puree in the dehydrator with the temp set at 135degrees Fahrenheit

4– It shall be dry in 4-6 hours

You can tell dryness by them not being sticky to the touch and will have a bit of a shine to them

Allow to cool and then peel away from the non stick sheets
Roll in a tight cylinder shape
Tightly wrap a piece of plastic wrap around the leather

Other uses for the dehydrator:

Sachets and Potpourri

:You can create beautiful smelling sachets and potpourri using your GooD4U™ dehydrator. These can remain sweet smelling for years to come

Most ingredients can be found right in your own backyard

You can add “fixatives” such as orris , benzoin , oak moss or calamus. These will keep the fragrances from evaporating

Spread petals or herbs evenly over your drying trays
Try not to mix herbs and spices with flowers as the competing aromas can mix together.

Dry on 110 degrees F for 6 to 8 hours

Store in a cool dark place

When ready to make sachets or potpourri put in decorative containers or sew into sachets

For added appeal you can sprinkle with spices like cinnamon or mint

The logo for GooD4U features the brand name in a large, bold, black serif font. The word "Goo" is stylized with two small black dots above the 'o's, and a simple black curved line below the 'oo' characters, resembling a smile. The "D4U" part of the logo is in a standard serif font without the smile.

Drying Table

FRUIT	PREPARATION	TEST FOR DRYNESS	TIME
APPLES	CORE AND CUT IN SLICES. Dip in pretreatment for 2 min dry and place on tray	PLIABLE	4-15 HOURS
APRICOTS	DRY IN HALVE AND TURN INSIDE OUT OR CUT INTO QUARTERS Retreat to retain color	PLIABLE	8-36HOURS
BANANAS	PEEL AND CUT INTO 1/8" SLICES	CRISP	5-24 HOURS
BERRIES	LEAVE BERRIES WHOLE STRAWBERRIES MAY BE CUT TO 3/8" SLICES. IF COATED WITH WAX BATHE IN BOILING WATER	NO VISIBLE MOISTURE	5-24 HOURS
CHERRIES	PITTING IS OPTIONAL OR PIT WHEN 50% DRY DO NOT STEM UNTIL READY TO PREPARE	LEATHERY BUT STICKY	6-36 HOURS
CHIVES	CHOP AND SPREAD ON TRAY	BRITTLE	4-10 HOURS
CRANBERRIES	WASH WELL. LEAVE WHOLE OR CHOP FOR FLAKES	NO VISIBLE MOISTURE	4-20 HOURS
GRAPES/ RAISINS	WASH REMOVE STEM AND LEAVE WHOLE	NO VISIBLE MOISTURE	5-24 HOURS
NECTARINES	DRY WITH SKIN DOWN ON SCREEN DO NOT PEEL CAN CUT INTO 3/8" SLICES OR CIRCLES	PLIABLE	6-24 HOURS
ORANGE RIND	PEEL IN LONG STRIPS AND DRY DO NOT GRATE UNTIL READY TO USE	BRITTLE	6-15 HOURS
PEACHES	IF DESIRED REMOVE PEEL DURING DEHYDRATION. PIT WHEN 50% DEHYDRATED HALVE OR QUARTER WITH CUP SIZE UP	PLIABLE AND LEATHERY	5-24 HOURS
PEARS	PEEL, REMOVE CORE AND WOODY TISSUE. CUT INTO EIGHTS QUARTERS HALVES SLICES OR RINGS	PLIABLE AND LEATHERY	5-24 HOURS
PERSIMMONS	MAKE SURE USE ONLY RIPE FRUIT WASH REMOVE CAP SLIC IN 3/8" CIRCLES OR SLICES	PLIABLE	5-20 HOURS

Almond Cinnamon Bread Submitted by Elaina Love

4 1/2 cups packed almond pulp (leftover from making almond milk)

1 cup olive or coconut oil

1 cup flax seeds ground into meal (1 1/2 cups meal)

1/2 cup date paste, honey, agave or maple syrup

1-2 tsp. cinnamon

1 cup raisins or currents

2 tsp. Celtic sea salt

Mix almond meal and flax meal together by hand in a large mixing bowl. Add the remaining ingredients and mix well with your hands.

Press onto a dehydrator tray lined with non-stick drying sheets. It should be about 1/4" thick. Use your hands to smooth it flat. Flip the bread using another dehydrator tray on top, and remove the non-stick drying sheet. Dry at 105 degrees for about 4 hours. Store in the refrigerator for up to a week, or freeze in a zip lock bag and remove pieces of bread as needed.

Eat with honey butter:

Honey "Butter"

1/2 cup coconut oil (butter)

2 tbs. honey or agave

1/8 tsp. salt

1/2 tsp. butter extract (frontier herbs
www.frontiercoop.com)

A very small dash of turmeric for color

Mix by hand in a small bowl with a firm spatula or fork.

Store at room temp in a glass jar, try on the almond, raisin or corn bread.

Saltine Flax Crackers
Submitted by Elaina Love

Soak 4 cups golden flax seeds in 5 cups water
 1 head celery, chopped
 2 1/2 tsp. Himalayan salt

Blend 1/2 the batter in your vita mix until it is fairly blended but not totally pulverized

Mix all the seeds together with the celery and add/put 2 1/2 cups of batter on each non-stick drying sheet tray and spread evenly. Score into 36 crackers (6x6). Dehydrate 24-36 hours at 105 degrees or until crunchy (flip the crackers and remove non-stick drying sheet 1/2 way through). These are remarkably saltine-like.

Ritz-style Crackers
Submitted by Elaina Love

2 cups soaked almonds (1 1/4 cup before soaking)
 2 cups soaked sunflower seeds (1 cup before soaking)
 Water to blend (about 1 cup)
 1/2 cup olive oil
 2 tsp. Himalayan salt
 3/4 cup golden flax meal

Blend everything together except the flax meal until smooth.

Hand mix in the flax meal and spread about 2 cups of batter per tray. These take a little longer to dry, about 36-48 hours, so be patient and they will come out nice and crunchy for you. Follow spreading instructions as with saltines. Enjoy!!

FRUIT	PREPARATION	TEST FOR DRYNESS	TIME
PINEAPPLE (FRESH)	REMOVE CORE, CUT IN SLICES OR WEDGES OR CHUNKS	PLIABLE	6-36 HOURS
PINEAPPLE (CANNED)	DRAIN AND PAT DRY PLACE OF TRAYS	LEATHERY	6-36 HOURS
PLUMS	WASH LEAVE WHOLE OR CUT IN HALF REMOVE PITS OR WHEN HALF DRIED POP THE PITS OUT	PLIABLE	5-24 HOURS
PRUNES	SAME AS THE PLUMS BUT YOU SHOULD SOAD IN BOILING WATER FOR TWO MINUTES FIRST	LEATHERY	8-36 HOURS
RHUBARB	USE ONLY TENDER STALS WAH CUT IN 1" LENGTH	LEATHERY	8-36 HOURS

VEGETABLE	PREPARATION	TEST FOR DRYNESS	TIME
ARTICHOKE HEARTS	CUT HEARTS INTO 1/8 INCH STRIPS BIOL FOR 5 TO 8 MIN IN 3/4 CUP WATER CONTAINING 1 TABLESPOON LEMON JUICE	BRITTLE	4-12 HOURS
ASPARAGUS	WASH AND CUT INTO 1 INCH PIECES TIPS YIELD BETTER PRODUCT TO MAKE AN EXCELLENT SEASONING CRUSH STEMS AFTER DRYING	BRITTLE	4-10 HOURS
BEANS GREEN OR WAX	CUT IN FRENCH STYLE OR 1 INCH PIECES STEAM BLANCH UNTIL TRANSLUCENT STIR BEANS ON TRAY AFTER PARTIAL DRYING MOVING THE INSIDE BEANS TO OUTSIDE FOR MORE EVEN DRYING	BRITTLE	4-14 HOURS
BEETS	TRIM OFF ALL BUT ONE INCH OF TOPS AND ROOTS WASH ,BLANCH, COOL ,REMOVE TOPS AND ROOTS DICE OR SLICE	DARK RED AND BRITTLE	5-15 HOURS
BRUSSELL SPROUTS	CUT SPROUTS FROM STALKS CUT IN HALF LENGTHWISE THROUGH STEM	BRITTLE	5-15 HOURS
BROCCOLI	TRIM CUT AS FOR SERVING , WASH THOROUGHLY. STEAM UNTIL TENDER ABOUT 3 TO 5 MINUTES	TRIM CUT AS FOR SERVING. STEAM TENDER , ABOUT 3 TO 5 MINUTES	BRITTLE 5-15 HOURS

VEGETABLE	PREPARATION	TEST FOR DRYNESS	TIME
CABBAGE	TRIM CUT INTO STRIPS 1/8 INCH THICK CUT CORE INTO 1/4 INCH STRIPS. USE BOTTOM SHELF OF DEHYDRATOR	LEATHERY	4-12 HOURS
CARROTS	SELECT YOUNG AND TENDER ROOTS. STEAM UNTIL TENDER CUT IN SHREDS, CUBES, STRIPS OR SLICES	LEATHERY	4-12 HOURS
CAULIFLOWER	DIP IN 3 TABLESPOONS SALT PER 2 QUARTS OF WATER FOR 2 MINUTES STEAM UNTIL TENDER	BRITTLE	5-15 HOURS
CELERY	SEPARATE STALKS FROM LEAVES WASH THOROUGHLY CUT STALKS INTO 1/4 INCH SLICES LEAVES WITH DRY FIRST REMOVE THEM WHEN DRY FLAKE LEAVES FOR GARNISHES	BRITTLE	4-12 HOURS
CORN	REMOVE THE HUSKS SILKS JUST BEFORE STEAMING BLANCHE ON COB CUT FROM COB AND SPREAD EVENLY OVER TRAY STIR SEVERAL TIMES FOR EVEN DRYING	BRITTLE	4-15 HOURS
CUCUMBER	PARE, SLICE IN 1/8 INCH SLICES AND DRY	LEATHERY	4-14 HOURS
EGGPLANT	TRIM WASH AND SLICE 1/4 TO 1/2 INCH AND SPREAD ON TRAY	BRITTLE	4-14 HOURS
KOHLRABI	TRIM WASH AND SLICE 1/4 TO 1/2 INCH THICK AND SPREAD ON TRAY	BRITTLE	4-14 HOURS
ONIONS AND LEEKS	REMOVE PEELS AND CUT INTO 1/2 INCH SLICES NUGGETS OR CHOP STIR SEVERAL TIMES DURING DRIVING	LEATHERY	3-10 HOURS
OKRA	USE YOUNG TENDER PODS WASH TRIM AND SLICE INTO 1/4 INCH DISCS	LEATHERY	3-10 HOURS
PARSLEY	TEAR INTO SMALL PIECES, DRY THEN CHOP IF DESIRED		2-10 HOURS
PARSNIPS	SAME AS CARROTS		4-10 HOURS
PEAS	USE ONLY TENDER SWEET VARIETIES SHELL AND BLANCH GENTLY 3 TO 5 MINUTES	BRITTLE	4-10 HOURS

10 cloves garlic

1/2 cup fresh minced herbs (dill, basil, parsley, oregano, thyme)

2 tsp. Italian seasoning or seasoning of choice (curry, cumin, Mexican, etc.)

5 tsp. salt

6 cups vegetables chopped (carrots, bell pepper, zucchini, etc.)

6 tbs. lemon juice

1. Place flax seeds in 4 qt. container and fill to top with water.
2. Cover the sun-dried tomatoes with enough water to cover.
3. Blend all ingredients except the flax seeds until almost smooth, leaving a few chunks for texture. Be sure to include the tomato soak water in the blender.
4. Hand mix the flax seeds with the puree.
5. Spread about 3 cups of batter on a 14x14 square Dehydrator tray (Excalibur) covered with a Teflon sheet.
6. Score the crackers into desired sizes.
7. Dehydrate at 105 degrees for 12 hours.
8. Flip the crackers and remove the Teflon sheets.
9. Continue to dehydrate until the crackers are crisp (approximately 24-36 hours total).
10. Let them cool before storing in a glass jar.
11. These crackers will keep for 1-2 months at room temperature, and up to 12 months refrigerated or frozen.

smooth.

Hand mix in the flax meal and spread about 2 cups of batter per tray. These take a little longer to dry, about 36-48 hours, so be patient and they will come out nice and crunchy for you. Follow spreading instructions as with sal-tines. Enjoy!!

Chewy Nutty Energy Cookies
Submitted by Elaina Love

1 cup dates, pitted and firmly packed
 3/4 cup dried apricots
 3/4 cup dried pears
 3/4 cup soaked, chopped almonds (1/2 cup before soaking)
 1 cup sprouted sunflower seeds (1/2 cup before soaking)
 1 cup coconut
 1-1 1/2 cups raisins (un-soaked)
 Soak dates, apricots and pears for 4 hours. Remove seeds and hard pieces from pears after soaking.
 Chop the almonds in a food processor and set aside.
 Remove pits and stems from soaked fruit. Puree dates, ap-ricots and pears until creamy.
 Mix all ingredients together and form into small cookies.
 Place the cookies on a teflex sheet in your dehydrator at 105 degrees until cookies are firm, then flip them and dry the other side. These cookies are good moist on the inside.

Pizza Flax Crackers
Submitted by Elaina Love

8 cups flax seeds, soaked 12-24 hours
 4 cups sun-dried tomatoes, soaked 12 hours
 1 red onion, minced

VEGETABLE	PREPARATION	TEST FOR DRYNESS	TIME
PEPPERS	CUT IN SMALL PIECES AND BAK OR STEAM UNTIL TENDER CUT IN STRIPS 1 OR 3 INCH WIDE PEEL AND REMOVE PULP PLACE IN BLENDER AND PUREE DRY WITH PAPER TOWELS	BRITTLE TO LEATHERY	4-10 MIN
HOT PEPPERS	WASH AND DRY WHOLE WEAR RUBBER GLOVES WHEN PREP- PING HOT PEPPERS	LEATHERY	4-12 HOURS
POTATOES	PEELING OPTIONAL SLICE INTO 3/16 INCH TO 1/4 INCH OR DICE , GRATE, OR CUT FRENCH FRY STYLE STEAM AS WITH BEETS	BRITTLE	5-12 HOURS
PUMPKIN	CUT INTO SMALL PIECES BAKE OR STEAM UNTIL TENDER CUT IN STRIPS 1 OR 3 INCHES WIDE PEEL REMOVE PULP	LEATHERY	5-15 HOURS
RUTABAGAS	SAME AS CARROTS BUT SLICE THIN	LEATHERY	4-12 HOURS
SQUASH	TRIM WASH AND SLICE 1/4 TO 1/2 THICK AND SPREAD ON TRAY	BRITTLE	4-14 HOURS
TOMATOES	WASH REMOVE STEMS DIP IN BOILING WATER TO LOOSEN SKIN CUT IN HALVES OR SLICE	LEATHERY	6-24 HOURS
TURNIPS	SAME AS CARROTS BUT SLICE THIN	LEATHERY	4-12 HOURS
ZUCCHINI	TRIM WASH AND SLICE 1/4 TO 1/2 THICK AND SPREAD ON TRAY	BRITTLE	4-14 HOURS
GARLIC	SEPARATE INTO CLOVES RE- MOVE OUTER SKING SLICE AND DRY ON TRAYS GRIND OR PROC- ESS FOR SEASONING IF DESIRED AFTER DRYING	VERY BRITTLE	4-10 HOURS
GREENS SUCH AS CHARD KALE BEET GRENS MUS- TAD TURNIP SPINICH	WASH THOROUGHLY TRIM TOUGH STEMS STEAN UNTIL WILTED USE BOTTOM OF TRAY BEING CAREFUL NOT TO SCORCH	VERY BRITTLE	4-10 HOURS
MUSHROOMS	BRUSH OFF DIRT OR WIPE WITH DAMP CLOTH SLICE CHOP OR YOU CAN DRY WHOLE IF SIZE ALLOWS	LEATHERY TO BRITTLE DE- PEDING ON AGE AND SIZE	3-10 HOURS

Why our GooD4U™ dehydrator is superior for living foods

When dehydrating living foods the key is to preserve the enzymatic activity of the foods

The two key factors is to control temperature and the amount of time it takes to dehydrate foods.

Too high of a temperature can cause destruction of the enzymes but too low of a temp can extend the drying time to where there can be spoilage

The GooD4U™ dehydrators have an adjustable thermostat. This allows you to control the thermostat. Having the fan in the back of the dehydrator allows for a horizontal flow of air. The combination of these two features allow for fast drying so enzymes can be preserved.

Other types of dehydrators have a inferior design. Whether its no temperature control or a fan. Also those that dry from the bottom up require frequent tray rotation.

Recipes:

Pesto Stuffed Mushrooms **Submitted by Alissa Cohen**

Served warm out of the dehydrator, these are heavenly!
These taste like a soft, breaded, cooked, stuffed mushroom.

14 + button mushrooms, washed and stemmed

- about 1/4" thick. Use your hands to smooth it flat.
4. Flip the bread using another dehydrator tray on top, and remove the non-stick drying sheet. Dry at 105 degrees for about 4-8 hours.

Saltine Flax Crackers **Submitted by Elaina Love**

Soak 4 cups golden flax seeds in 5 cups water
1 head celery, chopped
2 1/2 tsp. Himalayan salt

Blend 1/2 the batter in your vita mix until it is fairly blended but not totally pulverized

Mix all the seeds together with the celery and add/put 2 1/2 cups of batter on each non-stick drying sheet tray and spread evenly. Score into 36 crackers (6x6). Dehydrate 24-36 hours at 105 degrees or until crunchy (flip the crackers and remove non-stick drying sheet 1/2 way through). These are remarkably saltine-like.

Ritz-style Crackers **Submitted by Elaina Love**

2 cups soaked almonds (1 1/4 cup before soaking)
2 cups soaked sunflower seeds (1 cup before soaking)
Water to blend (about 1 cup)
1/2 cup olive oil
2 tsp. Himalayan salt
3/4 cup golden flax meal

Blend everything together except the flax meal until

- 1 cup Brazil nuts (ground into a fine texture)
- 1 banana (chopped into bite size pieces)
- 1 cup strawberries (chopped into bite size pieces)

1. Blend 1 cup blueberries in a food processor until smooth. Place in a bowl.
2. To the processed blueberries, add in 1 cup whole blueberries and refrigerate mixture for 1 hour.
3. In a food processor, grind walnuts until fine.
4. Add in dates and blend until smooth.
5. Remove from food processor and mix together in a bowl, the walnuts, date mixture, refrigerated blueberry mixture, strawberries and banana.

Form into squares or bars on a mesh dehydrator screen and dehydrate for about 12 hours at 105 degrees

Garlic Almond Bread

Submitted by Elaina Love

- 4 1/2 cups packed almond pulp (leftover from making almond milk)
- 1 1/2 cup olive
- 1/2 cup flax seeds ground into meal (3/4-1cup meal)
- 2 tsp Celtic sea salt
- 2 cloves crushed garlic
- 1 tsp. garlic powder
- 1/4 cup chopped herbs (basil, oregano, rosemary, thyme)

1. Mix almond meal and flax meal together by hand in a large mixing bowl.
2. Add the remaining ingredients and mix well with your hands .
3. Press onto a dehydrator tray lined with non-stick drying sheet. It should be

Stuffing:

- 1 cup walnuts
- 1/2 cup pine nuts
- 2 cups basil 1/2 cup olive oil
- 3 cloves garlic
- 1/2 teaspoon sea salt

1. Place mushroom caps top side down on a plate
2. Blend all stuffing ingredients in a food processor until smooth.
3. Scoop a small amount of stuffing into each mushroom cap.
4. Dehydrate at 105 degrees for 5-6 hours, or until soft.

Baby Raw's Sea Salt & Vinegar Chips

My niece, Brooke made these up a week after going raw to satisfy her craving for potato chips.

- 3-4 potatoes
- Apple cider vinegar (enough to cover potatoes in a large bowl)
- Sea salt

For this recipe I usually use 3-4 potatoes. You can use as any as you like.

1. Peel, then slice the potatoes in a spiral slicer, mandolin, or any other machine that will make thin slices.
2. Place potatoes in a large bowl with enough apple cider vinegar to cover them and let soak for 1-15 minutes.
3. Remove potatoes from the vinegar and place on a mesh

dehydrator screen.

4. Sprinkle the sheets of potatoes with sea salt and dehydrate for 5-10 hours or until crisp.

Rye Bread

Submitted by Alissa Cohen

These bagels are dense and hearty, with a strong rye flavor. They are so incredible served with the cream cheese or onion dip!

- 2 cups sunflower seeds
- 4 cups sprouted rye berries
- 1 teaspoon minced onion
- 1 1/2 teaspoon sea salt
- 1/3 cup caraway seeds

1. Grind sunflower seeds in a food processor until fine
2. Add the rye berries, onion and salt and blend well. This will be hard to blend so you can add a little water as you like
3. Start with a tablespoon at a time and add up to 1/2 cup water. Be sure not to add too much, as this dough should remain very thick.
4. Remove from processor, add in caraway seeds by hand and place on a mesh dehydrator screen. Form dough into a 4 inch round bagel with a hole in the middle (use about 1 cup of dough for each bagel) or into a 2 inch high loaf and dehydrate at 105 degrees for 16-24 hours.
5. Turn bagels or loaf after 8-10 hours.

Note: Make sure the bread or bagels are not mushy in the middle. Breads can take a long time to dehydrate depending on the thickness and type of grain used.

- 2 cups carrots
- 2 cups sprouted lentils
- 3/4 cup orange juice
- 1/4 cup onion
- 4 tablespoons olive oil
- 2 tablespoons honey
- 1 /12 tablespoons curry
- 1 tablespoon poultry seasoning
- 2 teaspoons sea salt

1. In a food processor, process the carrots until diced.
2. Add in all other ingredients. Blend until well blended. (these should not be completely smooth, but more grainy looking)
3. Pour onto Teflex sheets on top of mesh dehydrator screens in an oblong 2/4 mound.
4. Dehydrate at 105 degrees for 10 hours. (Flip half way through if possible).

Notes: These will seem a little soupy before you dehydrate them, just pour them out and try to build them up as much as possible, you don't want them to be paper thin. It is very important to use the right amount of orange juice.

Berry Bars

Submitted by Alissa Cohen

Although these bars are dehydrated, they are soft, moist and bursting with flavor!

- 2 cups blueberries
- 1 cup walnuts
- 1 cup dates, pitted and soaked

Bean-less Falafel!

Submitted by Alissa Cohen

I'm not all that crazy about eating a lot of beans, they just don't digest well for me. But, I love falafel, which is usually made with chickpeas. The solution: almonds! These are out of this world! Dehydrate them for only a few hours and they come out fluffy and soft.

2 cups almonds
1/2 cup cilantro
1/4 cup parsley
4 tablespoons lemon juice
2 tablespoons tahini
1 tablespoon olive oil
1 1/2 teaspoons ground cumin
1 teaspoon sea salt
3/4 cup water

1. In a food processor, blend the almonds until fine
2. Add the remaining ingredients, and blend well.
3. Roll mixture into small balls and place on a mesh dehydrator screen.
4. Dehydrate at 105 degrees for 4-5 hours, longer if you desire a crispy falafel.

BBQ Chicken Fingers

Submitted by Alissa Cohen

These offer a much stronger, spicier flavor than the Chick-un Patties. They are delicious served with honey-mustard sauce!

Start with a tablespoon at a time and add up to 1/2 cup water. Be sure not to add too much, as this dough should remain very thick.

4. Remove from processor, add in caraway seeds by hand and place on a mesh dehydrator screen. Form dough into a 4 inch round bagel with a hole in the middle (use about 1 cup of dough for each bagel) or into a 2 inch high loaf and dehydrate at 105 degrees for 16-24 hours.
5. Turn bagels or loaf after 8-10 hours.

Note: Make sure the bread or bagels are not mushy in the middle. Breads can take a long time to dehydrate depending on the thickness and type of grain used.

Golden Carrot Flax Crackers

Submitted by Alissa Cohen

These crackers are very pretty, and the golden flax gives them a lighter taste.

1/2 cup sunflower seeds
2 cups whole golden flax seeds (soaked in 2 cups water for 4 hours or overnight)
3 large carrots, shredded
2 stalks celery, diced
1/4 cup parsley, chopped
1/4 cup onion, diced
1/4 green pepper, died
1/4 cup red cabbage, shredded

1. Place sunflower seeds in a blender, food processor or coffee grinder and grind into a fine powder.
2. Remove from processor and place in bowl.

3. Add the remaining ingredients to the bowl with the sunflower seeds and blend well.
4. Remove from bowl and place on a non-stick sheet on top of a mesh dehydrator screen.
5. Spread batter into a thin sheet about 1/8 inch thick.
6. Dehydrate at 105 degrees for 10-16 hours, depending on degree of crispness desired. Flip crackers and peel off non-stick sheet after 7-8 hours.

Crepes

Submitted by Alissa Cohen

My absolute favorite, hands down. You won't believe how delicious they are, how easy they are to prepare, and how beautiful they look served on a white plate surrounded by whole

Strawberries!

Crepe Shells: 5-6 RIPE Bananas

Filling:

- 1 cup macadamia nuts
- 1 cup cashews
- 1 large lemon, juiced
- 4 teaspoons honey
- 2 teaspoons Bragg liquid amino
- 1 teaspoon vanilla
- 2 teaspoons water

Strawberry Sauce:

- 1 1/2 cups strawberries
- 1-2 tablespoons honey

For Crepe Shells:

1. Place bananas in a food processor and blend until smooth.
2. Remove from processor and spread about 1/8 inch thick on to a non-stick sheets sheet on top of a dehydrator screen.
3. Dehydrate for 14 hours or less. (Begin checking the bananas a few hours before to make sure they are formed, pliable, and solid in texture, but not getting crispy.
4. Remove from dehydrator and slice into strips (about 4"x2").

For Filling:

1. Place filling ingredients in food processor, blend until smooth.

For Strawberry Sauce:

1. Combine strawberries and honey in a food processor and blend until smooth.

To Assemble:

1. Place scoops of filling on to banana fruit leather strips and Roll up.
2. Pour strawberry sauce over the rolled up crepes.

Note: It's important to let the crepes sit for at least a couple of hours with the strawberry sauce on top. The sauce will soften the fruit leather and make it "crepe like" instead of hard and chewy. These are also great the next day!