COSORI
FOOD DEHYDRATOR
C0165-FD

Recipes
Thank you for your purchase!

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

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*made exclusively by our in-house chefs*

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**CONTACT OUR CHEFS**

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

Email: recipes@cosori.com

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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 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, use a toothbrush to brush away food residue.
• To make cleanup easier, use baking paper to line your trays while dehydrating.

CLEANING 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.

MOVING TRAYS

• Food placed on the lower trays of the dehydrator will cook faster than the top trays.
• Moving the lower trays to the top every few hours will help your food finish drying around the same time.

HANDLING STALE FOOD

• Do you have stale biscuits, cereal, or crisps? 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 63°C for 1 to 2 hours.
• Thinking of throwing away that stale bread? Turn it into breadcrumbs by dehydrating the bread.

STORAGE

• Store your dehydrated foods in airtight containers, mason jars, or even freezer bags. Don’t store directly in a metal container.
• 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.
• If any condensation forms in your containers, that means that your food was not dehydrated properly. Simply place it back in the dehydrator for additional time.
• Storage temperature should be 10°C or lower.
• 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.

STORE YOUR DEHYDRATED FOODS IN AIRTIGHT CONTAINERS, MASON JARS, OR EVEN FREEZER BAGS. DON’T STORE DIRECTLY IN A METAL CONTAINER.
Tips from the Chef (cont.)

DEHYDRATING FOOD

• 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 fatty meats when making jerky. Fat can turn rancid and can affect the quality of your food.
• When dehydrating vegetables, be sure to blanch them for 1 minute first. Blanching will help them retain their colour, flavour, and texture.
• Cut your food into evenly sized pieces. This will ensure that all pieces finish dehydrating at the same time. You can partially freeze meat for even slicing. A mandolin works best for slicing up vegetables or fruit.
• Avoid trying to dry food faster by increasing the temperature. This can lead to the outside over-drying and the inside unevenly dried.
• If the food seems soft or spongy, place the food back into the dehydrator for additional drying time. The ideal result is dry and firm.

DEHYDRATING GUIDE

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<tbody>
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<td>Fruit</td>
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<tr>
<td>Dates</td>
<td>Fruit</td>
<td>Remove pit and slice</td>
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<tr>
<td>Figs</td>
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<td>Leathery</td>
<td>6-24</td>
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<td>Grapes</td>
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<td>Mangoes</td>
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<td>Nectarines</td>
<td>Fruit</td>
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<tr>
<td>Peaches</td>
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<td>Peel, pit, and cut into slices</td>
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</tr>
<tr>
<td>Pears</td>
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<td>Strawberries</td>
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<td>Lemon Rind</td>
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<td>Peel in long strings</td>
<td>Brittle</td>
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<tr>
<td>Lime Rind</td>
<td>Citrus Peel</td>
<td>Peel in long strings</td>
<td>Brittle</td>
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<td>Rosemary</td>
<td>Herb</td>
<td>Leave on stem</td>
<td>Brittle</td>
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<td>Almonds</td>
<td>Nut</td>
<td>Soak for 8 hours</td>
<td>Crunchy</td>
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<tr>
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<td>Type</td>
<td>Preparation</td>
<td>Texture</td>
<td>Dry Time (hours)</td>
</tr>
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<td>-------------</td>
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<td>-----------------------------------------------------------------------------</td>
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<tr>
<td>Asparagus</td>
<td>Vegetable</td>
<td>Cut into 50-mm-long pieces</td>
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<tr>
<td>Brussels Sprouts</td>
<td>Vegetable</td>
<td>Cut sprouts from stalk, then in half</td>
<td>Crisp</td>
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<tr>
<td>Broccoli</td>
<td>Vegetable</td>
<td>Trim, cut, and steam till tender (3-5 minutes)</td>
<td>Brittle</td>
<td>6-20</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Vegetable</td>
<td>Core, trim, and cut into 3-mm strips</td>
<td>Leathery</td>
<td>6-14</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Vegetable</td>
<td>Trim, cut, and steam until tender (3-5 minutes)</td>
<td>Leathery</td>
<td>6-16</td>
</tr>
<tr>
<td>Celery</td>
<td>Vegetable</td>
<td>Cut stalks into 6-mm slices</td>
<td>Brittle</td>
<td>6-14</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Vegetable</td>
<td>Cut into 12-mm-thick slices</td>
<td>Leathery</td>
<td>6-18</td>
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<tr>
<td>Aubergine</td>
<td>Vegetable</td>
<td>Trim and cut into 6-mm to 12-mm-thick slices</td>
<td>Brittle</td>
<td>6-18</td>
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<tr>
<td>Garlic</td>
<td>Vegetable</td>
<td>Remove skin from clove and trim root end</td>
<td>Brittle</td>
<td>6-16</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Vegetable</td>
<td>Trim ends and steam blanch</td>
<td>Brittle</td>
<td>8-26</td>
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<tr>
<td>Mushrooms</td>
<td>Vegetable</td>
<td>Slice, chop, or leave whole</td>
<td>Leathery</td>
<td>6-14</td>
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<tr>
<td>Onions</td>
<td>Vegetable</td>
<td>Slice thinly or chop</td>
<td>Brittle</td>
<td>8-14</td>
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<tr>
<td>Peas</td>
<td>Vegetable</td>
<td>Blanch for 3-5 minutes</td>
<td>Brittle</td>
<td>8-14</td>
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<tr>
<td>Peppers</td>
<td>Vegetable</td>
<td>Remove seeds and cut into 6-mm-thick strips or rings</td>
<td>Brittle</td>
<td>6-14</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>Vegetable</td>
<td>Remove outer skin and cut into 3-mm-thick pieces</td>
<td>Brittle</td>
<td>8-38</td>
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<tr>
<td>Spinach</td>
<td>Vegetable</td>
<td>Steam blanch until wilted</td>
<td>Brittle</td>
<td>6-16</td>
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<tr>
<td>Tomatoes</td>
<td>Vegetable</td>
<td>Remove skin and slice</td>
<td>Leathery</td>
<td>8-24</td>
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<tr>
<td>Courgette</td>
<td>Vegetable</td>
<td>Slice into 3-mm-thick pieces</td>
<td>Crisp</td>
<td>8-18</td>
</tr>
<tr>
<td>Beetroots</td>
<td>Root</td>
<td>Blanch, cool, remove tops and roots, slice</td>
<td>Brittle</td>
<td>8-26</td>
</tr>
<tr>
<td>Carrots</td>
<td>Root</td>
<td>Trim, cut, and steam until tender (3-5 minutes)</td>
<td>Leathery</td>
<td>6-12</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Root</td>
<td>Slice, dice or cut. Steam or blanch for 8-10 minutes</td>
<td>Brittle</td>
<td>10-14</td>
</tr>
</tbody>
</table>
Jerkies
Beef Jerky

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

908 g beef eye of round
118 mL Worcestershire sauce
118 mL soy sauce
15 g honey
5 g salt

1. **CUT** the beef across the grain into 5-mm-thick slices.
2. **MIX** the Worcestershire, soy sauce, honey, and salt until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and then discard the marinade.
6. **PLACE** the marinated beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 74°C for 6 hours, or until done.
Candied Sweet and Spicy Bacon

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

10 strips bacon
45 mL soy sauce
45 g brown sugar
30 g garlic chili sauce
10 mL sesame oil
10 mL mirin

1. CUT bacon strips into halves or thirds. Set aside.
2. COMBINE all ingredients into a bowl until well mixed.
3. PLACE the cut bacon and marinade into a sealable plastic bag. Mix well.
4. MARINATE in the fridge for 12 hours or overnight.
5. PLACE the bacon evenly between the Cosori Food Dehydrator trays.
6. DRY at 73°C for 6 hours, or until done.
### Beef Teriyaki Jerky

**PREP:** 12 hours 10 minutes  
**DEHYDRATE:** 6 hours

- 907 g beef eye of round
- 118 mL soy sauce
- 60 g light brown sugar
- 2 g ginger, grated
- 1 garlic clove, crushed
- 60 mL pineapple juice

1. **CUT** the beef across the grain into 5-mm-thick slices.  
2. **MIX** the soy sauce, light brown sugar, grated ginger, garlic, and pineapple juice until well combined.  
3. **PLACE** the beef and marinade in a sealable plastic bag and mix well.  
4. **MARINATE** in the fridge for 12 hours or overnight.  
5. **DRAIN** and then discard the marinade.  
6. **PLACE** the marinated beef evenly between the Cosori Food Dehydrator trays.  
7. **DRY** at 74°C for 6 hours, or until done.

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### Vietnamese Style Beef Jerky

**PREP:** 12 hours 10 minutes  
**DEHYDRATE:** 6 hours

- 907 g beef eye of round
- 43 mL Asian fish sauce
- 15 mL soy sauce
- 1 lime, juiced
- 50 g brown sugar

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.  
2. **MIX** the fish sauce, soy sauce, lime juice, and brown sugar until well combined.  
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.  
4. **MARINATE** in the fridge for 12 hours or overnight.  
5. **DRAIN** and discard the marinade.  
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.  
7. **DRY** at 73°C for 6 hours, or until done.

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### Breakfast Bacon Jerky

**PREP:** 10 minutes  
**DEHYDRATE:** 6 hours

- 10 strips applewood smoked bacon
- 1 g dried thyme
- 1 g dried sage
- 10 g light brown sugar
- 2 g ground fennel seeds
- 1 g crushed red pepper
- 1 g black pepper
- 1 g garlic powder
- 1 g onion powder

1. **CUT** bacon strips into halves or thirds. Set aside.  
2. **COMBINE** all seasonings until well combined.  
3. **SPRINKLE** the seasoning liberally on each side of the bacon.  
4. **PLACE** the bacon evenly between the Cosori Food Dehydrator trays.  
5. **DRY** at 73°C for 6 hours, or until done.
Jalapeño Lime Jerky

**YIELDS 4 SERVINGS**

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
2. **BLEND** the jalapeños, lime juice, coriander, spring onions, garlic, salt, cumin, crushed red pepper, and black pepper in a blender or food processor until smooth.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 73°C for 6 hours, or until done.

**PREP:** 12 hours 10 minutes  
**DEHYDRATE:** 6 hours

- 907 g beef eye of round
- 12 jalapeños, seeded
- 4 limes, juiced
- 60 g fresh coriander
- 4 spring onions, chopped
- 2 garlic cloves
- 5 g salt
- 5 g ground cumin
- 3 g crushed red pepper
- 1 g black pepper
Sriracha Honey Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

907 g beef eye of round
300 g Sriracha
90 g honey
60 mL rice wine vinegar
5 g salt

1. CUT the beef across the grain into 5-mm-thick slices.
2. MIX the Sriracha, honey, rice wine vinegar, and salt until well combined.
3. PLACE the beef and marinade in a sealable plastic bag. Mix well.
4. MARINATE in the fridge for 12 hours or overnight.
5. DRAIN and discard the marinade.
6. PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.
7. DRY at 73°C for 6 hours, or until done.
**Chipotle Pork Jerky**

**PREP:** 12 hours 10 minutes  
**DEHYDRATE:** 6 hours

- 454 g pork tenderloin
- 1 can (198 g) chipotle adobo sauce
- 15 g tomato paste
- 5 g sugar
- 5 g garlic powder
- 5 g salt

1. **CUT** the tenderloin into 5-mm-thick slices. Set aside.
2. **BLEND** the chipotle adobo sauce, tomato paste, sugar, garlic powder, and salt together in a blender until smooth.
3. **PLACE** the sliced tenderloin and chipotle marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **PLACE** the sliced pork evenly between the Cosori Food Dehydrator trays.
6. **DRY** at 70°C for 6 hours, or until done.

**YIELDS 2 SERVINGS**

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**Carolina Style Pork Jerky**

**PREP:** 12 hours 10 minutes  
**DEHYDRATE:** 6 hours

- 454 g pork tenderloin
- 113 g ketchup
- 5 g smoked paprika
- 5 g garlic powder
- 5 g onion powder
- 5 g chili powder
- 5 g ground mustard
- 2.5 g salt
- 2.5 g pepper

1. **CUT** the tenderloin into 5-mm-thick slices. Set aside.
2. **MIX** the ketchup, smoked paprika, garlic powder, onion powder, chili powder, ground mustard, salt, and pepper until well combined.
3. **PLACE** the sliced pork and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and then discard the marinade.
6. **PLACE** the marinated beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 70°C for 6 hours, or until done.

**YIELDS 2 SERVINGS**

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**Beef Bulgogi Jerky**

**PREP:** 12 hours 10 minutes  
**DEHYDRATE:** 6 hours

- 907 g beef eye of round
- 60 mL soy sauce
- 50 g brown sugar
- 15 mL sesame oil
- 10 g garlic powder
- 5 g salt

1. **CUT** the beef across the grain into 5-mm-thick slices.
2. **MIX** the soy sauce, brown sugar, sesame oil, garlic powder, and salt until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and then discard the marinade.
6. **PLACE** the marinated beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 74°C for 6 hours, or until done.

**YIELDS 4 SERVINGS**
Garlic Soy Jerky

YIELDS 4 SERVINGS

**PREP:** 12 hours 10 minutes  
**DEHYDRATE:** 6 hours  

- 907 g beef eye of round  
- 145 mL soy sauce  
- 15 mL Worcestershire sauce  
- 60 g garlic powder  
- 50 g light brown sugar  
- 2 g salt

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.  
2. **MIX** the soy sauce, Worcestershire, garlic powder, light brown sugar, and salt until well combined.  
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.  
4. **MARINATE** in the fridge for 12 hours or overnight.  
5. **DRAIN** and discard the marinade.  
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.  
7. **DRY** at 73°C for 6 hours, or until done.
Thai Curry Jerky

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

454 g pork tenderloin
43 g Thai red curry paste
30 mL fish sauce
1 lemongrass stalk, white part only, chopped
1 garlic clove
1 teaspoon brown sugar
30 mL water
2 g salt

1. CUT the tenderloin into 5-mm-thick slices. Set aside.
2. BLEND together the curry paste, fish sauce, lemongrass, garlic, brown sugar, water, and salt in a blender or food processor until smooth.
3. PLACE the sliced tenderloin and Thai marinade in a sealable plastic bag. Mix well.
4. MARINATE in the fridge for 12 hours or overnight.
5. PLACE the sliced pork evenly between the Cosori Food Dehydrator trays.
6. DRY at 70°C for 6 hours, or until done.
Smoky Maple Jerky

**YIELDS 4 SERVINGS**

**PREP:** 12 hours 10 minutes  
**DEHYDRATE:** 6 hours

- 907 g beef eye of round  
- 170 g maple syrup  
- 60 mL soy sauce  
- 10 mL liquid smoke  
- 5 g garlic powder  
- 5 g onion powder  
- 2 g salt  
- 1 g black pepper

1. **CUT** the beef across the grain into 5-mm-thick slices. 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 beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and then discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 73°C for 6 hours, or until done.
Jamaican Jerk Jerky

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

907 g top round beef
6 limes, juiced
60 mL distilled white vinegar
10 g ground black pepper
10 g salt
10 g onion powder
10 g dried thyme
30 g dark brown sugar
2 g ground allspice
3 g ground cinnamon
2 g cayenne pepper
3 g smoked paprika
5 g grated ginger
4 garlic cloves, grated

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
2. **MIX** all of the ingredients until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and then discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 73°C for 6 hours, or until done.
### Brazilian BBQ Jerky

**YIELDS 4 SERVINGS**

**PREP:** 12 hours 10 minutes  
**DEHYDRATE:** 6 hours

- 907 g top round beef
- 10 g ground cumin
- 10 g dried oregano
- 5 g onion powder
- 5 g ground coriander
- 5 g salt
- 5 g black pepper
- 4 garlic cloves, grated
- 118 mL lime juice
- 118 mL olive oil
- 5 g crushed red pepper

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
2. **MIX** the cumin, oregano, onion powder, coriander, salt, black pepper, garlic, lime juice, olive oil, and crushed red pepper until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 73°C for 6 hours, or until done.
Sweet Heat Jerky

YIELDS 2 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

907 g beef eye of round
125 mL soy sauce
60 mL Worcestershire sauce
50 g ketchup
20 g Dijon mustard
75 g light brown sugar
20 g smoked paprika
15 g garlic powder
15 g chile powder
15 g cayenne pepper
5 g onion powder
5 g salt

1 CUT the beef across the grain into 5-mm-thick slices. Set aside.

2 MIX the soy sauce, Worcestershire, ketchup, mustard, brown sugar, smoked paprika, chile powder, cayenne pepper, garlic powder, onion powder, and salt until well combined.

3 PLACE the beef and marinade in a sealable plastic bag. Mix well.

4 MARINATE in the fridge for 12 hours or overnight.

5 DRAIN and discard the marinade.

6 PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.

7 DRY at 73°C for 6 hours, or until done.
Peppered Jerky

PREP: 12 hours 10 minutes  
DEHYDRATE: 6 hours

907 g top round beef  
118 mL soy sauce  
59 mL Worcestershire sauce  
12 g black pepper  
1 g white pepper

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
2. **MIX** the soy sauce, Worcestershire, black pepper, and white pepper until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 73°C for 6 hours, or until done.
Sweet and Sour Pork Jerky

**PREP:** 12 hours 10 minutes  
**DEHYDRATE:** 6 hours

454 g pork tenderloin  
30 mL fish sauce  
60 mL lime juice  
50 g light brown sugar  
1 medium shallot, grated  
2 garlic cloves, grated  
2.5 g black pepper  
1.25 g salt

1. **CUT** the tenderloin into 5-mm-thick slices. Set aside.  
2. **MIX** the fish sauce, lime juice, brown sugar, shallot, garlic, black pepper, and salt until well combined.  
3. **PLACE** the sliced pork and marinade in a sealable plastic bag. Mix well.  
4. **MARINATE** in the fridge for 12 hours or overnight.  
5. **DRAIN** and then discard the marinade.  
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.  
7. **DRY** at 70°C for 6 hours, or until done.

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Garlic Herb Tofu Jerky

**PREP:** 12 hours 10 minutes  
**DEHYDRATE:** 6 hours

454 g extra-firm tofu  
60 mL balsamic vinegar  
5 g garlic powder  
5 g onion powder  
2 g dried basil  
2 g dried oregano  
1 g crushed red pepper  
2 g salt

1. **CUT** the tofu into 6-mm-thick slices. Set aside.  
2. **MIX** the balsamic vinegar, garlic powder, onion powder, basil, oregano, crushed red pepper, and salt until well combined.  
3. **PLACE** the tofu and marinade in a sealable plastic bag. Mix well.  
4. **MARINATE** in the fridge for 12 hours or overnight.  
5. **DRAIN** and discard the marinade.  
6. **PLACE** the sliced tofu evenly between the Cosori Food Dehydrator trays.  
7. **DRY** at 70°C for 6 hours, or until done.

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Lemon Dill Fish Jerky

**PREP:** 4 hours 5 minutes  
**DEHYDRATE:** 8 hours

454 g Alaskan cod fillet  
1 lemon, juiced  
2 g lemon zest  
30 mL olive oil  
2 g dill  
1 garlic clove, minced  
A pinch salt

1. **CUT** the fish into 6-mm-thick slices. Set aside.  
2. **MIX** the lemon juice, lemon zest, olive oil, dill, garlic, and salt until well combined.  
3. **PLACE** the salmon and marinade in a sealable plastic bag. Mix well.  
4. **MARINATE** in the fridge for 4 hours.  
5. **DRAIN** and discard the marinade.  
6. **PLACE** the sliced salmon evenly between the Cosori Food Dehydrator trays.  
7. **DRY** at 60°C for 8 hours, or until done.
Dehydrated Egg Yolks

YIELDS 6 SERVINGS

PREP: 96 hours
DEHYDRATE: 3 hours

250 g sugar
350 g kosher salt
6 egg yolks

1. **MIX** the sugar and salt in a bowl until well combined.
2. **SPREAD** half of the salt and sugar mixture onto a 15x15-cm baking tray.
3. **MAKE** 6 indentations using the back of a measuring utensil. Place 1 egg yolk into each indent, then cover egg yolks using the rest of the salt and sugar mixture.
4. **WRAP** the baking tray tightly in plastic wrap and chill in fridge for 3 to 4 days.
5. **REMOVE** the egg yolks from the salt cure carefully and dunk them in a bowl of water.
6. **GENTLY** brush off excess salt and sugar.
7. **PLACE** the egg yolks evenly between the Cosori Food Dehydrator trays.
8. **DRY** at 60°C for 3 hours.
9. **KEEP** in an airtight container or use them immediately to grate over pasta or vegetables.
Smoked Salmon Jerky

YIELDS 2 SERVINGS

PREP: 4 hours 10 minutes
DEHYDRATE: 8 hours

567 g salmon
125 mL soy sauce
15 mL treacle
15 mL lemon juice, freshly squeezed
10 g freshly ground black pepper
5 mL liquid smoke

1. **CUT** the fish into 6-mm-thick slices. Set aside.
2. **MIX** the soy sauce, treacle, lemon juice, black pepper, and liquid smoke until well combined.
3. **PLACE** the salmon and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 4 hours.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced salmon evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 60°C for 8 hours, or until done.
Salmon Teriyaki Jerky

YIELDS 2 SERVINGS

PREP: 4 hours 10 minutes
DEHYDRATE: 8 hours

454 g salmon
90 mL soy sauce
100 g sugar
3 g grated ginger
1 garlic clove, crushed
60 mL orange juice

1. **CUT** the fish into 6-mm-thick slices. Set aside.
2. **MIX** the soy sauce, sugar, grated ginger, garlic, and orange juice until well combined.
3. **PLACE** the salmon and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 4 hours.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced salmon evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 60°C for 8 hours, or until done.
Cajun Cod Jerky

**PREP:** 4 hours 10 minutes  
**DEHYDRATE:** 6 hours

454 g Alaskan cod fillet  
1 lemon, juiced  
5 g garlic powder  
5 g paprika  
5 g onion powder  
1 g cayenne pepper  
1 g black pepper  
A pinch salt

1. **CUT** the fish into 6-mm-thick slices. Set aside.  
2. **MIX** the lemon juice, garlic powder, paprika, onion powder, cayenne pepper, black pepper, and salt until well combined.  
3. **PLACE** the salmon and marinade in a sealable plastic bag. Mix well.  
4. **MARINATE** in the fridge for 4 hours.  
5. **DRAIN** and discard the marinade.  
6. **PLACE** the sliced salmon evenly between the Cosori Food Dehydrator trays.  
7. **DRY** at 60°C for 8 hours, or until done.

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Spicy Sriracha Tofu Jerky

**PREP:** 12 hours 10 minutes  
**DEHYDRATE:** 6 hours

454 g extra-firm tofu  
60 mL soy sauce  
30 g Sriracha  
30 g honey  
5 g garlic powder

1. **CUT** the tofu into 6-mm-thick slices. Set aside.  
2. **MIX** the soy sauce, Sriracha, honey, and garlic powder until well combined.  
3. **PLACE** the tofu and marinade in a sealable plastic bag. Mix well.  
4. **MARINATE** in the fridge for 12 hours or overnight.  
5. **DRAIN** and discard the marinade.  
6. **PLACE** the sliced tofu evenly between the Cosori Food Dehydrator trays.  
7. **DRY** at 70°C for 6 hours, or until done.
Fruits
Honey Bourbon Peaches

YIELDS 1 SERVING

PREP: 4 hours 10 minutes
DEHYDRATE: 16 hours

1 peach, peeled & cored
60 mL hot water
57 g honey
45 mL bourbon

1 SLICE the peaches 12.5-mm-thick and place in a sealable plastic bag.
2 MIX together the hot water and honey until the honey dissolves. Then add the bourbon.
3 ADD the honey bourbon mixture to the peaches and marinate for 4 hours.
4 PLACE the sliced peaches evenly between the Cosori Food Dehydrator trays.
5 DRY at 60°C for 12 to 16 hours, or until done.
Raspberry Tuile

**PREP:** 10 minutes  
**DEHYDRATE:** 5 hours

680 g raspberries  
30 g white sugar

1. **BLEND** the raspberries and sugar in a blender on low speed until smooth.
2. **STRAIN** the fruit mix to get rid of the seeds.
3. **POUR** back into the blender and blend on high speed until liquified.
4. **POUR** the puréed fruit onto the baking paper-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some purée left over.
5. **DRY** at 75°C for 3 to 5 hours, or until done.

Blackberry Tuile

**PREP:** 10 minutes  
**DEHYDRATE:** 5 hours

680 g blackberries  
30 g white sugar

1. **BLEND** the blackberries and sugar in a blender on low speed until smooth.
2. **STRAIN** the fruit mix to get rid of the seeds.
3. **POUR** back into the blender and blend on high speed until liquified.
4. **POUR** the puréed fruit onto the baking paper-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some purée left over.
5. **DRY** at 73°C for 3 to 5 hours, or until done.

Apricot and Peach Fruit Leather

**PREP:** 20 minutes  
**DEHYDRATE:** 12 hours

3 apricots, peeled & seeded  
3 peaches, peeled & seeded  
15 g sugar

1. **ADD** the apricots, peaches, and sugar to a saucepan.
2. **COOK** the apricots and peaches on the stove at medium-low heat for 10 to 15 minutes, until they have softened.
3. **BLEND** with an immersion blender. If you use a regular blender instead, blend the fruits on low speed and gradually increase to high.
4. **POUR** the puréed fruit onto the baking paper-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some purée left over.
5. **DRY** at 73°C for 8 to 12 hours, or until done.
6. **REMOVE** the fruit leather carefully from the baking paper after 6 hours.
7. **PLACE** the solidified fruit leather directly onto the tray and dry for the remaining time.
Spiced Apple Crisps

**PREP:** 10 minutes  
**DEHYDRATE:** 12 hours

2 red apples  
½ lemon, juiced  
15 g white sugar  
5 g ground cinnamon  
1 g nutmeg  
2.5 g vanilla extract

1. **PEEL AND CORE** the apples, then slice into 6-mm-thick slices.
2. **MIX** together the lemon juice, sugar, cinnamon, nutmeg, vanilla extract, and sliced apples until apples are evenly coated.
3. **PLACE** the apple slices evenly between the Cosori Food Dehydrator trays.
4. **DRY** at 60°C for 6 to 12 hours, or until done.

**YIELDS 4 SERVINGS**
Grape and Plum Fruit Leather

**YIELDS 4 SERVINGS**

**PREP:** 20 minutes  
**DEHYDRATE:** 12 hours

5 plums, cored & seeded  
180 grams red grapes, seedless  
30 g sugar

1. ADD the plums, grapes, and sugar to a saucepan.  
2. COOK the plums and grapes on the stove at medium-low heat for 10 to 15 minutes, until the plums and grapes have softened.  
3. BLEND with an immersion blender. If you use a regular blender instead, blend the fruits on low speed and gradually increase to high.  
4. POUR the puréed fruit onto the baking paper-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some purée left over.  
5. DRY at 73°C for 8 to 12 hours, or until done.  
6. REMOVE the fruit leather carefully from the baking paper after 6 hours.  
7. PLACE the solidified fruit leather directly onto the tray and dry for the remaining time.
Chocolate Covered Bananas

PREP: 10 minutes
DEHYDRATE: 16 hours

1 banana, thinly sliced
120 g bittersweet chocolate
Sea salt, for sprinkling

1 PLACE the sliced bananas evenly between the Cosori Food Dehydrator trays.
2 DRY at 60°C for 12 to 16 hours, or until done.
3 MELT the chocolate in a microwave safe bowl in 30 second intervals. Mix between every interval, until chocolate is completely melted.
4 DIP AND COAT the dehydrated bananas slices in the melted chocolate.
5 SPRINKLE the chocolate covered bananas with sea salt and allow to cool and harden.

Black & Blue Berry Fruit Leather

PREP: 10 minutes
DEHYDRATE: 12 hours

454 g blueberries
113 g blackberries

1 BLEND the berries together in a blender on low speed until smooth.
2 STRAIN the fruit mix to get rid of the seeds.
3 POUR back into the blender and blend on high speed until liquified.
4 POUR the puréed fruit onto the baking paper-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some purée left over.
5 DRY at 73°C for 8 to 12 hours, or until done.

Red Berry Fruit Leather

PREP: 10 minutes
DEHYDRATE: 16 hours

454 g strawberries
60 g raspberries
5 mL vanilla extract

1 BLEND all the ingredients together in a blender on low speed until smooth.
2 STRAIN the fruit mix to get rid of the seeds.
3 POUR back into the blender and blend on high speed until liquified.
4 POUR the puréed fruit onto the baking paper-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some purée left over.
5 DRY at 73°C for 8 to 12 hours, or until done.
Snacks
Courgette Crisps

PREP: 10 minutes
DEHYDRATE: 12 hours

2 courgettes
15 mL olive oil
5 g garlic powder
5 g onion powder
5 g paprika
2.5 g black pepper
2.5 g salt

1. SLICE the courgettes into 6-mm-thick slices.
2. COMBINE all ingredients together with the courgettes in a bowl and mix well.
3. PLACE the courgettes slices evenly between the Cosori Food Dehydrator trays.
4. DRY at 73°C for 12 hours, or until done.
Shawarma Kale Crisps

PREP: 5 minutes  
DEHYDRATE: 13 hours

113 g kale, chopped  
10 mL olive oil  
2 g garlic powder  
1 g ground cardamom  
2 g cinnamon  
1 g ground coriander  
1 g smoked paprika  
2 g cumin  
A pinch salt

1 **COMBINE** all ingredients in a bowl and mix well.  
2 **PLACE** the kale evenly between the Cosori Food Dehydrator trays.  
3 **DRY** at 57°C for 12 to 13 hours, or until done.  
4 **STORE** in an airtight container for up to 1 week.

YIELDS 4 SERVINGS
Ranch Carrot Crisps

PREP: 8 minutes  
DEHYDRATE: 12 hours

3 large carrots, peeled  
22 mL water  
1 packet ranch dressing seasoning

1. PEEL the carrots into ribbons using a vegetable peeler and place the carrot ribbons into a large bowl.
2. TOSS the carrots with the water and ranch dressing seasoning.
3. PLACE the carrots evenly between the Cosori Food Dehydrator trays.
4. DRY at 60°C for 8 to 12 hours, or until done.
Garlic Kale Crisps

**PREP:** 5 minutes  
**DEHYDRATE:** 13 hours

1. **COMBINE** all ingredients in a bowl and mix well.  
2. **PLACE** the chopped kale evenly between the Cosori Food Dehydrator trays.  
3. **DRY** at 52°C for 12 to 13 hours, or until done.  
4. **STORE** in an airtight container for up to 1 week.

- 113 g kale, chopped  
- 30 mL olive oil  
- 29 g garlic powder  
- 14 g Parmesan, grated  
- 2.5 g salt

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Dehydrated Potato Crisps

**PREP:** 40 minutes  
**DEHYDRATE:** 10 hours

1. **SLICE** the peeled potatoes on a mandolin into 1-mm-thick slices.  
2. **ADD** the slices to a large bowl with the hot water and lemon juice.  
3. **SOAK** the potato slices in the mixture for 30 minutes.  
4. **REMOVE** the potato slices and pat dry with a paper towel.  
5. **SPRAY** the potato slices lightly with nonstick cooking spray and sprinkle salt on them.  
6. **PLACE** the potatoes evenly between the Cosori Food Dehydrator trays.  
7. **DRY** at 70°C for 10 hours, or until crispy.

- 1 large russet potato, peeled  
- 1000 mL boiling water  
- 5 mL lemon juice  
- Nonstick cooking spray  
- 1 g salt, plus more for seasoning

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Sweet and Spicy Almonds

**PREP:** 8 hours 5 minutes  
**DEHYDRATE:** 24 hours

1. **SOAK** the almonds in the water and 5 g of salt for 8 hours.  
2. **STRAIN** the nuts and pat dry.  
3. **TOSS** the nuts in the remaining salt, sugar, cayenne pepper, and black pepper until the nuts are evenly coated.  
4. **SPREAD** the nuts evenly on the Cosori Food Dehydrator trays.  
5. **DRY** at 65°C for 24 hours, or until done.

- 227 g raw almonds  
- 1000 mL water  
- 10 g salt  
- 15 g white sugar  
- 2 g cayenne pepper  
- A pinch black pepper
Raw Corn Crisps

PREP: 15 minutes  
DEHYDRATE: 12 hours

2 ears corn, husked
120 g golden flaxseeds
60 mL water
5 g salt
1 g garlic powder

1. **CUT** the kernels from the ears of corn.
2. **ADD** the corn kernels, flaxseed, water, salt, and garlic powder to a food processor and purée until smooth.
3. **CUT** 2 pieces of baking paper so that they match the size of the Cosori Food Dehydrator trays.
4. **SPREAD** the batter over the baking paper-lined trays to 3-mm thickness.
5. **DRY** at 73°C for 8 to 12 hours, or until crispy.
6. **REMOVE** the cracker carefully from the baking paper after 6 hours.
7. **PLACE** the crisps directly onto the tray and dry for the remaining time.

**YIELDS 4 SERVINGS**
Seed Crisps

PREP: 5 minutes  
DEHYDRATE: 12 hours

40 g flaxseed  
40 g chia seeds  
125 g pumpkin seeds  
125 g sesame seeds  
5 g salt  
2 g garlic powder  
2 g onion powder  
2 g cayenne pepper  
2 g black pepper  
250 mL water

1. MIX all of the ingredients in a large bowl.
2. ALLOW the seeds to absorb the water, about 3 minutes.
3. CUT 2 pieces of baking paper so that they match the size of the Cosori Food Dehydrator trays.
4. SPREAD the batter over the baking paper-lined trays to a 3-mm thickness.
5. DRY at 73°C for 8 to 12 hours, or until crispy.
6. REMOVE the cracker carefully from the baking paper after 6 hours.
7. PLACE the crisps directly onto the tray and dry for the remaining time.
Spring Onion Garlic Crisps

PREP: 15 minutes
DEHYDRATE: 12 hours

15 mL olive oil
5 spring onions, root ends cut off & discarded
2 garlic cloves
250 mL water
5 g salt
1 g black pepper
456 g flaxseed

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 spring onions and garlic cloves.
3. **COOK** the garlic until lightly brown. Remove and set aside.
4. **COOK** the spring onions on each side until brown, about 5 minutes. Set aside.
5. **BLEND** the garlic, spring onions, water, salt, and pepper until smooth.
6. **ADD** the flaxseed to the blended mixture. Set aside.
7. **CUT** 2 pieces of baking paper so that it fits the size of the Cosori Food Dehydrator trays.
8. **SPREAD** the batter over the baking paper-lined trays to a 3-mm thickness.
9. **DRY** at 73°C for 8 to 12 hours, or until crispy.
10. **REMOVE** the cracker carefully from the baking paper after 6 hours.
11. **PLACE** the crisps directly onto the tray and dry for the remaining time.

YIELDS 4 SERVINGS
Sweets
Oatmeal Raisin Biscuits

PREP: 15 minutes
DEHYDRATE: 12 hours

100 g quick rolled oats
125 g raw pecans
100 g raisins
30 g pumpkin seeds
85 g maple syrup
30 g coconut oil
3 g ground cinnamon
1 g ground ginger
1 g ground allspice
1 g ground clove
A pinch salt

1. **PUT** all the ingredients in a food processor and blend until combined.
2. **FORM** the dough into tablespoon-sized balls, then place on baking paper.
3. **PLACE** another sheet of baking paper on top and flatten to a 6-mm thickness.
4. **REMOVE** biscuits from the double baking paper, then place onto baking paper-lined Cosori Food Dehydrator trays.
5. **DRY** at 70°C for 12 hours, or until done.
6. **REMOVE** the biscuits carefully from the baking paper after 8 hours.
7. **PLACE** the biscuits directly onto the tray and dry for the remaining time.
8. **STORE** biscuits in an airtight container or serve immediately.

YIELDS 12-16 BISCUITS
Almond Biscuits with Chocolate  

YIELDS 10-12 BISCUITS

PREP: 15 minutes  
DEHYDRATE: 12 hours

250 g almond butter  
100 g shredded coconut  
50 g pistachios  
50 g dark chocolate chips

1. ADD all the ingredients into a food processor and blend until well combined.
2. FORM the dough into tablespoon-sized balls, then place on baking paper.
3. PLACE another sheet of baking paper on top and flatten to a 6-mm thickness.
4. REMOVE biscuits from the double baking paper, then place onto baking paper-lined Cosori Food Dehydrator trays.
5. DRY at 70°C for 12 hours, or until done.
6. REMOVE the biscuits carefully from the baking paper after 8 hours.
7. PLACE the biscuits directly onto the tray and dry for the remaining time.
8. STORE biscuits in airtight container or serve immediately.
Almond Craisin Biscuits

**PREP:** 15 minutes  
**DEHYDRATE:** 12 hours

250 g almond butter  
100 g shredded coconut flakes  
75 g walnuts, chopped  
75 g craisins

1. **ADD** all the ingredients into a food processor and blend until well combined.  
2. **FORM** the dough into tablespoon-sized balls, then place on baking paper.  
3. **PLACE** another sheet of baking paper on top and flatten to a 6-mm thickness.  
4. **REMOVE** biscuits from the double baking paper, then place onto baking paper-lined Cosori Food Dehydrator trays.  
5. **DRY** at 70°C for 12 hours, or until done.  
6. **REMOVE** the biscuits carefully from the baking paper after 8 hours.  
7. **PLACE** the biscuits directly onto the tray and dry for the remaining time.  
8. **STORE** biscuits in airtight container or serve immediately.
Chocolate Cashew Biscuits

PREP: 15 minutes
DEHYDRATE: 12 hours

YIELDS 12-16 BISCUITS

300 g unsalted cashews
50 g cocoa powder
85 g maple syrup
2 g ground cinnamon
1 g ground nutmeg
5 mL vanilla extract
5 g kosher salt

1. **ADD** all ingredients into a food processor and blend until well combined. It is okay if there are small chunks of cashews.
2. **FORM** the dough into tablespoon-sized balls, then place on baking paper.
3. **PLACE** another sheet of baking paper on top and flatten to a 6-mm thickness.
4. **REMOVE** biscuits from the double baking paper, then place onto baking paper-lined Cosori Food Dehydrator trays.
5. **DRY** at 70°C for 12 hours, or until done.
6. **REMOVE** the biscuits carefully from the baking paper after 8 hours.
7. **PLACE** the biscuits directly onto the tray and dry for the remaining time.
8. **STORE** biscuits in airtight container or serve immediately.
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