Thank you for your purchase!
(We hope you love our new food dehydrator as much as we do.)

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

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M-F: 9:00 am–5:00 pm PST/PDT

On behalf of all of us at Cosori,
Happy cooking!
# Table of Contents

## TIPS FROM THE CHEF
- Tips from the Chef
- Cheat Sheet

### JERKIES
- Beef Jerky
- Candied Sweet and Spicy Bacon
- Beef Teriyaki Jerky
- Vietnamese Style Beef Jerky
- Breakfast Bacon Jerky
- Jalapeño Lime Jerky
- Sriracha Honey Jerky
- Chipotle Pork Jerky
- Carolina Style Pork Jerky
- Beef Bulgogi Jerky
- Garlic Soy Jerky
- Thai Curry Jerky
- Smoky Maple Jerky
- Jamaican Jerk Jerky
- Balsamic Mustard Beef Jerky
- Buffalo Beef Jerky
- Brazilian BBQ Jerky
- Sweet Heat Jerky
- Peppered Jerky
- Sweet and Sour Pork Jerky
- Garlic Herb Tofu Jerky
- Lemon Dill Fish Jerky
- Dehydrated Egg Yolks
- Smoked Salmon Jerky
- Salmon Teriyaki Jerky
- Cajun Cod Jerky
- Spicy Sriracha Tofu Jerky

## FRUITS
- Honey Bourbon Peaches
- Raspberry Tuile
- Blackberry Tuile
- Apricot and Peach Fruit Leather
- Spiced Apple Chips
- Grape and Plum Fruit Leather
- Red Berry Fruit Leather
- Black & Blue Berry Fruit Leather
- Chocolate Covered Bananas

## SNACKS
- Zucchini Chips
- Shawarma Kale Chips
- Ranch Carrot Chips
- Garlic Kale Chips
- Dehydrated Potato Chips
- Sweet and Spicy Almonds
- Raw Corn Chips
- Seed Crackers
- Green Onion Garlic Crackers

## SWEETS
- Oatmeal Raisin Cookies
- Almond Cookies with Chocolate
- Almond Craisins Cookies
- Chocolate Cashew Cookies
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 parchment 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.

HANDLING STALE FOOD

• Do you have stale cookies, crackers, cereal, or chips? Missing that satisfying crunching sound? No problem. Re-crisp your stale foods with ease! Place them in a single layer on the dehydrator trays and dehydrate at 145°F 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 50°F (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.
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 color, flavor, 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

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>95°F</td>
<td>Herbs and Flowers</td>
</tr>
<tr>
<td>125°F</td>
<td>Vegetables</td>
</tr>
<tr>
<td>135°F</td>
<td>Citrus Peel</td>
</tr>
<tr>
<td>145°F</td>
<td>Fruit and Fish</td>
</tr>
<tr>
<td>150°F</td>
<td>Nuts and Seeds</td>
</tr>
<tr>
<td>165°F</td>
<td>Meat, Root Vegetables, Fruit Rolls</td>
</tr>
</tbody>
</table>
### Fruits

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Type</th>
<th>Preparation</th>
<th>Texture</th>
<th>Dry Time (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Fruit</td>
<td>Peel, core, and cut into rings</td>
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<td>5-6</td>
</tr>
<tr>
<td>Apricots</td>
<td>Fruit</td>
<td>Cut in half, or slice and remove pit</td>
<td>Pliable</td>
<td>12-24</td>
</tr>
<tr>
<td>Bananas</td>
<td>Fruit</td>
<td>Peel and cut into ¼-inch-thick slices</td>
<td>Crisp</td>
<td>8-24</td>
</tr>
<tr>
<td>Cherries</td>
<td>Fruit</td>
<td>Cut in half and pit</td>
<td>Leathery</td>
<td>8-36</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Fruit</td>
<td>Leave whole</td>
<td>Pliable</td>
<td>6-30</td>
</tr>
<tr>
<td>Dates</td>
<td>Fruit</td>
<td>Remove pit and slice</td>
<td>Leathery</td>
<td>6-24</td>
</tr>
<tr>
<td>Figs</td>
<td>Fruit</td>
<td>Slice</td>
<td>Leathery</td>
<td>6-24</td>
</tr>
<tr>
<td>Grapes</td>
<td>Fruit</td>
<td>Leave whole</td>
<td>Pliable</td>
<td>8-38</td>
</tr>
<tr>
<td>Mangoes</td>
<td>Fruit</td>
<td>Remove skin and cut into ¾-inch-thick slices</td>
<td>Pliable</td>
<td>6-16</td>
</tr>
<tr>
<td>Nectarines</td>
<td>Fruit</td>
<td>Cut in half or slice and remove pit</td>
<td>Pliable</td>
<td>8-26</td>
</tr>
<tr>
<td>Peaches</td>
<td>Fruit</td>
<td>Peel, pit, and cut into slices</td>
<td>Pliable</td>
<td>12-20</td>
</tr>
<tr>
<td>Pears</td>
<td>Fruit</td>
<td>Peel and slice</td>
<td>Pliable</td>
<td>10-24</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Fruit</td>
<td>Trim and cut into ¾-inch-thick slices</td>
<td>Pliable</td>
<td>8-24</td>
</tr>
<tr>
<td>Orange Rind</td>
<td>Citrus Peel</td>
<td>Peel in long strings</td>
<td>Brittle</td>
<td>8-16</td>
</tr>
<tr>
<td>Lemon Rind</td>
<td>Citrus Peel</td>
<td>Peel in long strings</td>
<td>Brittle</td>
<td>8-16</td>
</tr>
<tr>
<td>Lime Rind</td>
<td>Citrus Peel</td>
<td>Peel in long strings</td>
<td>Brittle</td>
<td>8-16</td>
</tr>
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</table>

### Herbs

<table>
<thead>
<tr>
<th>Herbs</th>
<th>Type</th>
<th>Preparation</th>
<th>Texture</th>
<th>Dry Time (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chives</td>
<td>Herb</td>
<td>Chop</td>
<td>Brittle</td>
<td>6-10</td>
</tr>
<tr>
<td>Rosemary</td>
<td>Herb</td>
<td>Leave on stem</td>
<td>Brittle</td>
<td>6-10</td>
</tr>
</tbody>
</table>

### Nuts

<table>
<thead>
<tr>
<th>Nuts</th>
<th>Type</th>
<th>Preparation</th>
<th>Texture</th>
<th>Dry Time (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>Nut</td>
<td>Soak for 8 hours</td>
<td>Crunchy</td>
<td>8-24</td>
</tr>
</tbody>
</table>
# Cheat Sheet (cont.)

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Type</th>
<th>Preparation</th>
<th>Texture</th>
<th>Dry Time (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Vegetable</td>
<td>Cut into 2-inch-long pieces</td>
<td>Brittle</td>
<td>6-14</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>Vegetable</td>
<td>Cut sprouts from stalk, then in half</td>
<td>Crisp</td>
<td>8-30</td>
</tr>
<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 ⅛-inch 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 ⅛-inch slices</td>
<td>Brittle</td>
<td>6-14</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Vegetable</td>
<td>Cut into ⅛-inch-thick slices</td>
<td>Leathery</td>
<td>6-18</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Vegetable</td>
<td>Trim and cut into ¼-inch to ½-inch-thick slices</td>
<td>Brittle</td>
<td>6-18</td>
</tr>
<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>
</tr>
<tr>
<td>Mushrooms</td>
<td>Vegetable</td>
<td>Slice, chop, or leave whole</td>
<td>Leathery</td>
<td>6-14</td>
</tr>
<tr>
<td>Onions</td>
<td>Vegetable</td>
<td>Slice thinly or chop</td>
<td>Brittle</td>
<td>8-14</td>
</tr>
<tr>
<td>Peas</td>
<td>Vegetable</td>
<td>Blanch for 3-5 minutes</td>
<td>Brittle</td>
<td>8-14</td>
</tr>
<tr>
<td>Peppers</td>
<td>Vegetable</td>
<td>Remove seeds and cut into ¼-inch-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 ⅛-inch-thick pieces</td>
<td>Brittle</td>
<td>8-38</td>
</tr>
<tr>
<td>Spinach</td>
<td>Vegetable</td>
<td>Steam blanch until wilted</td>
<td>Brittle</td>
<td>6-16</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Vegetable</td>
<td>Remove skin and slice</td>
<td>Leathery</td>
<td>8-24</td>
</tr>
<tr>
<td>Zucchini</td>
<td>Vegetable</td>
<td>Slice into ⅛-inch-thick pieces</td>
<td>Crisp</td>
<td>8-18</td>
</tr>
<tr>
<td>Beets</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

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
½ cup Worcestershire sauce
½ cup soy sauce
1 tablespoon honey
1 teaspoon 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 165°F for 6 hours, or until done.
Candied Sweet and Spicy Bacon

PREP: 12 hours 10 minutes  
DEHYDRATE: 6 hours

10 strips bacon  
3 tablespoons soy sauce  
3 tablespoons brown sugar  
2 tablespoons garlic chili sauce  
2 teaspoons sesame oil  
2 teaspoons 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 165°F for 6 hours, or until done.

YIELDS 4 SERVINGS
**Beef Teriyaki Jerky**

PREP: 12 hours 10 minutes  
DEHYDRATE: 6 hours

2 pounds beef eye of round  
½ cup soy sauce  
¼ cup light brown sugar  
¼ teaspoon ginger, grated  
1 garlic clove, crushed  
½ cup 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 165°F for 6 hours, or until done.

**Vietnamese Style Beef Jerky**

PREP: 12 hours 10 minutes  
DEHYDRATE: 6 hours

2 pounds beef eye of round  
3 tablespoons Asian fish sauce  
1 tablespoon soy sauce  
1 lime, juiced  
¼ cup 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 165°F for 6 hours, or until done.

**Breakfast Bacon Jerky**

PREP: 10 minutes  
DEHYDRATE: 6 hours

10 strips applewood smoked bacon  
¼ teaspoon dried thyme  
¼ teaspoon dried sage  
1 teaspoon light brown sugar  
1 teaspoon ground fennel seeds  
¼ teaspoon crushed red pepper  
¼ teaspoon black pepper  
¼ teaspoon garlic powder  
¼ teaspoon 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 165°F for 6 hours, or until done.
Jalapeño Lime Jerky

PREP: 12 hours 10 minutes  
DEHYDRATE: 6 hours

2 pounds beef eye of round  
12 jalapeños, seeded  
4 limes, juiced  
1 cup fresh cilantro  
4 green onions, chopped  
2 garlic cloves  
1 teaspoon salt  
1 teaspoon ground cumin  
1 teaspoon crushed red pepper  
½ teaspoon black pepper

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
2. **BLEND** the jalapeños, lime juice, cilantro, green onions, garlic, salt, cumin, crushed red pepper, and black pepper in a blender or food processor 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 165°F for 6 hours, or until done.

YIELDS 4 SERVINGS
Sriracha Honey Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
1 cup Sriracha
6 tablespoons honey
4 teaspoons rice wine vinegar
1 teaspoon 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 165°F for 6 hours, or until done.
**Chipotle Pork Jerky**

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

1 pound pork tenderloin  
1 can (7 ounces) chipotle adobo sauce  
1 tablespoon tomato paste  
1 teaspoon sugar  
1 teaspoon garlic powder  
1 teaspoon 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 158°F 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

1 pound pork tenderloin  
½ cup ketchup  
1 teaspoon smoked paprika  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoon chili powder  
1 teaspoon ground mustard  
½ teaspoon salt  
½ teaspoon 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 discard the marinade.  
6. **PLACE** the marinated beef evenly between the Cosori Food Dehydrator trays.  
7. **DRY** at 158°F for 6 hours, or until done.

**YIELDS 2 SERVINGS**

---

**Beef Bulgogi Jerky**

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

2 pounds beef eye of round  
4 tablespoons soy sauce  
4 tablespoons brown sugar  
1 tablespoon sesame oil  
1 tablespoon garlic powder  
1 teaspoon 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 165°F for 6 hours, or until done.

**YIELDS 4 SERVINGS**
Garlic Soy Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes  
DEHYDRATE: 6 hours

2 pounds beef eye of round  
½ cup soy sauce  
1 tablespoon Worcestershire sauce  
4 teaspoons garlic powder  
½ cup light brown sugar  
½ teaspoon 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 165°F for 6 hours, or until done.
Thai Curry Jerky

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

1 pound pork tenderloin
3 tablespoons Thai red curry paste
2 tablespoons fish sauce
1 lemongrass stalk, white part only, chopped
1 garlic clove
1 teaspoon brown sugar
2 tablespoons water
¼ teaspoon 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 158°F for 6 hours, or until done.

YIELDS 4 Servings
Smoky Maple Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
½ cup maple syrup
½ cup soy sauce
1 teaspoon liquid smoke
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon salt
½ teaspoon 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 165°F for 6 hours, or until done.
Jamaican Jerk Jerky

2 pounds top round beef
½ cup fresh lime juice
½ cup distilled white vinegar
2 tablespoons dark brown sugar
2 teaspoons ground black pepper
2 teaspoons salt
2 teaspoons onion powder
2 teaspoons dried thyme
2 teaspoons ginger, grated
1 teaspoon ground allspice
1 teaspoon cayenne pepper
½ teaspoon ground cinnamon
½ teaspoon smoke paprika
4 garlic cloves, grated

PREP: 12 hours 10 minutes  
DEHYDRATE: 6 hours

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 165°F for 6 hours, or until done.

YIELDS 4 SERVINGS
### Brazilian BBQ Jerky

**YIELDS 4 SERVINGS**

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

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 165°F for 6 hours, or until done.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 pounds top round beef</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons ground cumin</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons dried oregano</td>
<td></td>
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<tr>
<td>1 teaspoon onion powder</td>
<td></td>
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<tr>
<td>1 teaspoon ground coriander</td>
<td></td>
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<tr>
<td>1 teaspoon salt</td>
<td></td>
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<tr>
<td>1 teaspoon black pepper</td>
<td></td>
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<tr>
<td>4 garlic cloves, grated</td>
<td></td>
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<tr>
<td>½ cup lime juice</td>
<td></td>
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<tr>
<td>½ cup olive oil</td>
<td></td>
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<tr>
<td>1 teaspoon crushed red pepper</td>
<td></td>
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</tbody>
</table>

### Buffalo Beef Jerky

**YIELDS 4 SERVINGS**

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

1. **CUT** the beef across the grain into 5-mm-thick slices.
2. **MIX** the buffalo wing sauce and salt until well combined.
3. **PLACE** the beef and the 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 165°F for 6 hours, or until done.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 pounds beef eye of round</td>
<td></td>
</tr>
<tr>
<td>1 cup buffalo wing sauce</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
</tbody>
</table>

### Balsamic Mustard Beef Jerky

**YIELDS 4 SERVINGS**

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

1. **CUT** the beef across the grain into 5-mm-thick slices.
2. **MIX** the balsamic vinegar, olive oil, Dijon mustard, garlic, 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 sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 pounds beef eye of round</td>
<td></td>
</tr>
<tr>
<td>1 cup balsamic vinegar</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons olive oil</td>
<td></td>
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<tr>
<td>1 tablespoon Dijon mustard</td>
<td></td>
</tr>
<tr>
<td>2 garlic cloves, crushed</td>
<td></td>
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<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
</tbody>
</table>
Sweet Heat Jerky

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
½ cup soy sauce
¼ cup Worcestershire sauce
¼ cup ketchup
4 teaspoons Dijon mustard
6 tablespoons light brown sugar
4 teaspoons smoked paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon 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 165°F for 6 hours, or until done.
Peppered Jerky

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds top round beef
½ cup soy sauce
½ cup Worcestershire sauce
2½ teaspoons black pepper
½ teaspoon 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 165°F for 6 hours, or until done.
Sweet and Sour Pork Jerky

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

1 pound pork tenderloin
2 tablespoons fish sauce
¼ cup lime juice
¼ cup light brown sugar
1 medium shallot, grated
2 garlic cloves, grated
½ teaspoon black pepper
½ teaspoon 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 158°F for 6 hours, or until done.

YIELDS 4 SERVINGS

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Garlic Herb Tofu Jerky

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

1 pound extra-firm tofu
¼ cup balsamic vinegar
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon dried basil
1 teaspoon dried oregano
½ teaspoon crushed red pepper
½ teaspoon salt

1. **CUT** the tofu into ¼-inch-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 then discard the marinade.
6. **PLACE** the sliced tofu evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 160°F for 6 hours, or until done.

YIELDS 2 SERVINGS

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Lemon Dill Fish Jerky

PREP: 4 hours 5 minutes
DEHYDRATE: 8 hours

1 pound Alaskan cod fillet
1 lemon, juiced
1 teaspoon lemon zest
2 tablespoons olive oil
1 teaspoon dill
1 garlic clove, minced
A pinch salt

1. **CUT** the fish into ¼-inch-thick slices. Set aside.
2. **MIX** the lemon juice, lemon zest, olive oil, dill, garlic, and salt until well combined.
3. **PLACE** the fish 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 fish evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 145°F for 8 hours, or until done.

YIELDS 2 SERVINGS
Dehydrated Egg Yolks

1¼ cups sugar
1¾ cups kosher salt
6 egg yolks

PREP: 96 hours
DEHYDRATE: 3 hours

1. **MIX** the sugar and salt in a bowl until well combined.
2. **SPREAD** half of the salt and sugar mixture onto a 6x6-inch baking tray.
3. **MAKE** 6 indentations using the back of a tablespoon or 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 140°F for 3 hours.
9. **KEEP** in an airtight container or use them immediately to grate over pasta or vegetables.

YIELDS 6 SERVINGS
Smoked Salmon Jerky

PREP: 4 hours 10 minutes
DEHYDRATE: 8 hours

1¼ pounds salmon
½ cup soy sauce
1 tablespoon molasses
1 tablespoon lemon juice, freshly squeezed
2 teaspoons freshly ground black pepper
1 teaspoon liquid smoke

1. CUT the fish into ¼-inch-thick slices. Set aside.
2. MIX the soy sauce, molasses, 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 145°F for 8 hours, or until done.
Salmon Teriyaki Jerky

YIELDS 2 SERVINGS

PREP: 4 hours 10 minutes  
DEHYDRATE: 8 hours

1 pound salmon  
½ cup soy sauce  
½ cup sugar  
½ teaspoon ginger, grated  
1 garlic clove, crushed  
¼ cup orange juice

1. **CUT** the fish into ¼-inch-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 145°F for 8 hours, or until done.
**Spicy Sriracha Tofu Jerky**

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

1 pound extra-firm tofu  
½ cup soy sauce  
2 tablespoons Sriracha  
2 tablespoons honey  
1 teaspoon garlic powder

1. **CUT** the tofu into ¼-inch-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 160°F for 6 hours, or until done.

**Cajun Cod Jerky**

**YIELDS 2 SERVINGS**

1 pound Alaskan cod fillet  
1 lemon, juiced  
1 teaspoon garlic powder  
1 teaspoon paprika  
1 teaspoon onion powder  
¼ teaspoon cayenne pepper  
½ teaspoon black pepper  
A pinch salt

1. **CUT** the fish into ¼-inch-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 fish 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 fish evenly between the Cosori Food Dehydrator trays.  
7. **DRY** at 145°F for 8 hours, or until done.

**YIELDS 2 SERVINGS**

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PREP: 4 hours 10 minutes  
DEHYDRATE: 8 hours

1 pound extra-firm tofu  
¼ cup soy sauce  
2 tablespoons Sriracha  
2 tablespoons honey  
1 teaspoon garlic powder

1. **CUT** the tofu into ¼-inch-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 160°F 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
¼ cup hot water
¼ cup honey
3 tablespoons bourbon

1 SLICE the peaches ½-inch-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 145°F for 12 to 16 hours, or until done.
Raspberry Tuile

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

1½ pounds raspberries  
2 tablespoons 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 parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
5. **DRY** at 165°F for 3 to 5 hours, or until done.

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Blackberry Tuile

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

1½ pounds blackberries  
2 tablespoons 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 parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
5. **DRY** at 165°F for 3 to 5 hours, or until done.

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Apricot and Peach Fruit Leather

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

3 apricots, peeled & seeded  
3 peaches, peeled & seeded  
1 tablespoon sugar

1. **ADD** the apricots, peaches, and sugar to a saucepot.
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 parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
5. **DRY** at 165°F for 8 to 12 hours, or until done.
6. **REMOVE** the fruit leather carefully from the parchment paper after 6 hours.
7. **PLACE** the solidified fruit leather directly onto the tray and dry for the remaining time.
Spiced Apple Chips

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

2 red apples  
½ lemon, juiced  
1 tablespoon white sugar  
1 teaspoon ground cinnamon  
½ teaspoon nutmeg  
½ teaspoon vanilla extract

1. **PEEL AND CORE** the apples, then slice into ¼-inch-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 145°F 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
1 bunch red grapes, seedless
2 tablespoons sugar

1. **ADD** the plums, grapes, and sugar to a saucepot.
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 parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
5. **DRY** at 165°F for 8 to 12 hours, or until done.
6. **REMOVE** the fruit leather carefully from the parchment paper after 6 hours.
7. **PLACE** the solidified fruit leather directly onto the tray and dry for the remaining time.
Red Berry Fruit Leather

YIELDS 4 SERVINGS

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

1 pound strawberries  
1/2 cup raspberries  
1 teaspoon 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 parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
5. **DRY** at 165°F for 8 to 12 hours, or until done.

Black & Blue Berry Fruit Leather

YIELDS 4 SERVINGS

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

1 pound blueberries  
1/2 cup 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 parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
5. **DRY** at 165°F for 8 to 12 hours, or until done.

Chocolate Covered Bananas

YIELDS 2 SERVINGS

**PREP:** 10 minutes  
**DEHYDRATE:** 16 hours

1 banana, thinly sliced  
4 ounces bittersweet chocolate  
Sea salt, for sprinkling

1. **PLACE** the sliced bananas evenly between the Cosori Food Dehydrator trays.
2. **DRY** at 145°F 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.
Snacks
Zucchini Chips

YIELDS 4 SERVINGS

PREP: 10 minutes  
DEHYDRATE: 12 hours

2 zucchini  
1 tablespoon olive oil  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoon paprika  
½ teaspoon black pepper  
½ teaspoon salt

1 SLICE the zucchini into ¼-inch-thick slices.
2 COMBINE all ingredients together with the zucchini in a bowl and mix well.
3 PLACE the zucchini slices evenly between the Cosori Food Dehydrator trays.
4 DRY at 165°F for 12 hours, or until done.
Shawarma Kale Chips  

YIELDS 4 SERVINGS

PREP: 5 minutes  
DEHYDRATE: 13 hours

4 ounces kale, chopped  
2 teaspoons olive oil  
1 teaspoon cumin  
½ teaspoon garlic powder  
½ teaspoon cinnamon  
½ teaspoon ground coriander  
½ teaspoon smoked paprika  
½ teaspoon salt  
¼ teaspoon ground cardamom

1. **COMBINE** all ingredients in a bowl and mix well.
2. **PLACE** the kale evenly between the Cosori Food Dehydrator trays.
3. **DRY** at 135°F for 12 to 13 hours, or until done.
4. **STORE** in an airtight container for up to 1 week.
Ranch Carrot Chips

**YIELDS 6 SERVINGS**

**PREP:** 8 minutes  
**DEHYDRATE:** 12 hours

- 3 large carrots, peeled  
- 1 1/2 tablespoons 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 145°F for 8 to 12 hours, or until done.
**Garlic Kale Chips**

**YIELDS 4 SERVINGS**

**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 125°F for 12 to 13 hours, or until done.  
4. **STORE** in an airtight container for up to 1 week.

**Ingredients**
- 4 ounces kale, chopped  
- 2 teaspoons olive oil  
- 2 teaspoons garlic powder  
- 1 tablespoon Parmesan, grated  
- ½ teaspoon salt

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**Dehydrated Potato Chips**

**YIELDS 2 SERVINGS**

**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 160°F for 10 hours, or until crispy.

**Ingredients**
- 1 large russet potato, peeled  
- 4 cups boiling water  
- 1 teaspoon lemon juice  
- Nonstick cooking spray  
- ¼ teaspoon salt

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**Sweet and Spicy Almonds**

**YIELDS 2 SERVINGS**

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

1. **SOAK** the almonds in the water and 1 teaspoon 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 150°F for 24 hours, or until done.

**Ingredients**
- ½ pound raw almonds  
- 4 cups water  
- 1½ teaspoons salt  
- 1 tablespoon white sugar  
- ½ teaspoon cayenne pepper  
- ¼ teaspoon black pepper
Raw Corn Chips

YIELDS 4 SERVINGS

15 minutes
DEHYDRATE: 12 hours

2 ears corn, husked
⅛ cup golden flaxseed
⅛ cup water
1 teaspoon salt
⅛ teaspoon garlic powder

PREP:

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 parchment paper so that they match the size of the Cosori Food Dehydrator trays.
4. SPREAD the batter over the parchment-lined trays to ⅛-inch thickness.
5. DRY at 165°F for 8 to 12 hours, or until crispy.
6. REMOVE the cracker carefully from the parchment paper after 6 hours.
7. PLACE the crackers directly onto the tray and dry for the remaining time.
Seed Crackers

YIELDS 4 SERVINGS

PREP: 5 minutes
DEHYDRATE: 12 hours

¼ cup flaxseed
¼ cup chia seeds
1 cup pumpkin seeds
½ cup sesame seeds
1 teaspoon salt
½ teaspoon garlic powder
½ teaspoon onion powder
⅛ teaspoon cayenne pepper
⅛ teaspoon black pepper
1 cup 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 parchment paper so that they match the size of the Cosori Food Dehydrator trays.
4. **SPREAD** the batter over the parchment-lined trays to ⅛-inch thickness.
5. **DRY** at 165°F for 8 to 12 hours, or until crispy.
6. **REMOVE** the cracker carefully from the parchment paper after 6 hours.
7. **PLACE** the crackers directly onto the tray and dry for the remaining time.
Green Onion Garlic Crackers

PREP: 15 minutes
DEHYDRATE: 12 hours

1 tablespoon olive oil
5 scallions, root ends cut off & discarded
2 garlic cloves
1 cup water
1 teaspoon salt
¼ teaspoon black pepper
2 cups 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 scallions and garlic cloves.
3. **COOK** the garlic until lightly brown. Remove and set aside.
4. **COOK** the scallions on each side until brown, about 5 minutes. Set aside.
5. **BLEND** the garlic, scallions, water, salt, and pepper until smooth.
6. **ADD** the flaxseed to the blended mixture. Set aside.
7. **CUT** 2 pieces of parchment paper so that it fits the size of the Cosori Food Dehydrator trays.
8. **SPREAD** the batter over the parchment-lined trays to 1/8-inch thickness.
9. **DRY** at 165°F for 8 to 12 hours, or until crispy.
10. **REMOVE** the cracker carefully from the parchment paper after 6 hours.
11. **PLACE** the crackers directly onto the tray and dry for the remaining time.
Sweets
Oatmeal Raisin Cookies

YIELDS 12-16 COOKIES

PREP: 15 minutes
DEHYDRATE: 12 hours

1 cup quick rolled oats
1 cup raw pecans
½ cup raisins
½ cup pumpkin seeds
½ cup maple syrup
2 tablespoons coconut oil
½ teaspoon ground cinnamon
½ teaspoon ground ginger
½ teaspoon ground allspice
½ teaspoon 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 parchment paper.
3 PLACE another sheet of parchment paper on top and flatten to ¼-inch thickness.
4 REMOVE cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
5 DRY at 160°F for 12 hours, or until done.
6 REMOVE the cookies carefully from the parchment paper after 8 hours.
7 PLACE the cookies directly onto the tray and dry for the remaining time.
8 STORE cookies in an airtight container or serve immediately.
Almond Cookies with Chocolate

YIELDS 10-12 COOKIES

1 cup almond butter
1 cup shredded coconut
½ cup pistachios
½ cup dark chocolate chips

PREP: 15 minutes
DEHYDRATE: 12 hours

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 parchment paper.
3. PLACE another sheet of parchment paper on top and flatten to ¼-inch thickness.
4. REMOVE cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
5. DRY at 160°F for 12 hours, or until done.
6. REMOVE the cookies carefully from the parchment paper after 8 hours.
7. PLACE the cookies directly onto the tray and dry for the remaining time.
8. STORE cookies in airtight container or serve immediately.
Almond Craisins Cookies

YIELDS 12-16 COOKIES

PREP: 15 minutes
DEHYDRATE: 12 hours

1 cup almond butter
1 cup shredded coconut flakes
½ cup walnuts, chopped
½ cup 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 parchment paper.
3. **PLACE** another sheet of parchment paper on top and flatten to ¼-inch thickness.
4. **REMOVE** cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
5. **DRY** at 160°F for 12 hours, or until done.
6. **REMOVE** the cookies carefully from the parchment paper after 8 hours.
7. **PLACE** the cookies directly onto the tray and dry for the remaining time.
8. **STORE** cookies in airtight container or serve immediately.
Chocolate Cashew Cookies

PREP: 15 minutes
DEHYDRATE: 12 hours

ADD all ingredients into a food processor and blend until well combined. It is okay if there are small chunks of cashews.

FORM the dough into tablespoon-sized balls, then place on parchment paper.

PLACE another sheet of parchment paper on top and flatten to ¼-inch thickness.

REMOVE cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.

DRY at 160°F for 12 hours, or until done.

REMOVE the cookies carefully from the parchment paper after 8 hours.

PLACE the cookies directly onto the tray and dry for the remaining time.

STORE cookies in airtight container or serve immediately.

2 cups unsalted cashews
½ cup cocoa powder
¼ cup maple syrup
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
1 teaspoon vanilla extract
½ teaspoon kosher salt

YIELDS 12-16 COOKIES
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