



COSORI®

PREMIUM MINI 5-TRAY FOOD DEHYDRATOR

MODEL: CFD-P501-SUS

Recipe Book

and Quick Start Guide



Thank you for
your purchase!



(We hope you love your new mini food dehydrator as much as we do)



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CONTACT OUR CHEFS

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

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Mon–Fri, 9:00 am–5:00 pm PST/PDT

On behalf of all of us at COSORI,

Happy cooking!

Table of Contents

- 4 Tips from the Chef
- 6 Dehydrating Guide

Jerky

- 10 Carne Asada Beef Jerky
- 11 Yuzu Soy Beef Jerky
- 11 Chicken Teriyaki Jerky
- 12 Maple Bacon Jerky
- 12 Sugar-Free Beef Jerky

Snacks

- 13 Sprouted Chickpea Snacks
- 14 Spicy Ranch Snap Pea Crisps
- 14 Buffalo Cauliflower "Popcorn"
- 15 Cinnamon Apple Chips
- 15 Peach Mango Fruit Leather
- 16 Sweet & Sour Rhubarb Strips
- 16 Nacho Cheese Kale Chips
- 17 Kiwi Strawberry Fruit Leather
- 17 Chili-Lime Pineapple Rings
- 18 "Sun Dried" Tomatoes
- 19 Pizza Seed Crackers

Sweets

- 20 Lemon Thyme Cookies
- 21 Strawberry Buttercream Frosting

Yogurt

- 22 Vanilla Coconut Yogurt
- 23 Homemade Strawberry Greek Yogurt

Camping/Backpacking

- 24 Backpacking Cinnamon Apple Quinoa Porridge
- 25 Backpacking Vegetable Risotto
- 26 Backpacking Turkey Vegetable Chili
- 27 Backpacking Granola Bars

Seasonings & Tea

- 28 Caramelized Onion Salt
- 29 Herbs de Provence
- 29 Jalapeño Spice Rub
- 30 Strawberry Rose Black Tea Blend

Pet Treats

- 31 Wild Alaskan Salmon Jerky Dog Treats
- 31 3-Ingredient Dog Bone Treats

TIPS FROM THE CHEF

This handy recipe book will illustrate how to get the most out of your COSORI Mini Food Dehydrator.

Cleaning the 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 in, use a soft-bristled brush to brush away food residue.

Cleaning the 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. **DO NOT** immerse the base in water.
- Make sure to thoroughly dry the base before using the dehydrator again.

Using the Accessories

- **Only** use the fruit roll sheet when necessary— it will block crucial air flow when drying other items and slow down dehydrating times.
- Parchment paper and plastic wrap can be used to line all of the trays.
- Use parchment paper to line the mesh screen or fruit roll sheet when you are dehydrating foods that may stain the accessories.
- Read the manual for further instructions, helpful tips, troubleshooting, and more.

Save Your 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 150°F / 65°C for 1 to 2 hours.
- Dehydrate stale bread slices to make breadcrumbs. Dehydrate stale bread slices at 125°F / 50°C for 4–6 hours, then pulse in a food processor.

Mixing Foods

- Foods with similar dry temperatures can be placed in the dehydrator at the same time on different trays, even if they have different dry times. Simply remove each food as it is finished.
- Be aware that foods placed in the dehydrator together may mix aromas due to air flow patterns, so plan accordingly (for example, don't put tuna fish and oranges in at the same time).

Fruit, Veggies, Meat & Fats

- Adding lemon juice to fruits, like apples and bananas, can help prevent them from turning brown. You can either squeeze lemon juice over your fruits or let them sit in a solution of lemon juice and water for 5 minutes before dehydrating.
- Blanch and shock any vegetables or food that would normally be eaten cooked before you dehydrate them (e.g., potatoes, pasta, rice, or green beans).
- To make any fruit or vegetable leather/bark, cook the food until tender and then puree and season as desired. **Do not** add any fats or oils to the puree. Spread a thin layer of the puree onto the fruit roll sheet and dehydrate at 135°–145°F for 10–14 hours until completely dry.
- All leathers or barks can be ground into powders using a blender, food processor, or spice grinder.
- Choose lean cuts of meat or cut the fat off of fatty meats when making jerky. Dried fat can turn rancid and affect the quality of your food.
- Choose non-fat options of dairy products (e.g., milk, yogurt, or cheese) when dehydrating.
- Fatty products such as avocados, nut butters, olives, etc. do not dehydrate well and will spoil.

Dehydrating Times

- If there are items in your dehydrator that are taking a while to dehydrate, **DO NOT** try to speed up the process by turning up the temperature. Try to even out the cuts on the pieces of food, rearrange the food on the trays, or rotate the trays in the dehydrator instead.
- Cut your food into evenly sized pieces. This will ensure that all food pieces finish dehydrating at the same time. You can partially freeze meat for even slicing. A mandolin slicer works best for slicing vegetables or fruit.
- If the food seems soft or spongy, place the food into the dehydrator for additional drying time. The ideal result is dry and firm, crisp, brittle, or leathery, depending on the item being dehydrated.
- Dehydrating times may vary based on local humidity and temperature, the humidity and temperature inside your home, the water content of the food, and the size of the food.
- Storage temperature should be 50°F / 10°C or lower. Foods should be stored in a cool, dark place in a container devoid of moisture and oxygen, as those elements will introduce spoilage.
- 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.

Storage

- Store your dehydrated foods in airtight containers, mason jars, or vacuum-sealed bags. **Do not** store directly in metal containers.
- If storing in freezer bags, make sure to remove as much air as possible before sealing.
- Before storing, make sure to let your food cool for 30 minutes to 1 hour, or until it reaches room temperature.
- Fruit must be conditioned prior to long term storage. To condition your dried fruit, store in a clear, glass jar with a tight-fitting lid once the dried fruit has cooled to room temperature. **Do not** pack the fruit too tightly into the jar. Let the fruit sit for a week and check it daily for any signs of moisture or condensation. Shake the jar daily to create the opportunity for moisture pockets to form. If any moisture is visible, return the dried fruit to the dehydrator for additional dry time. If any mold is apparent at any time, discard the entire batch. Vegetables do not need to be conditioned but can be for additional safety.

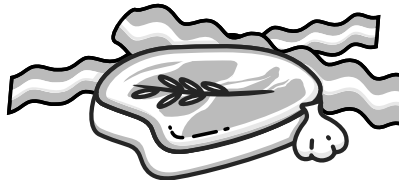
DEHYDRATING GUIDE

	Food Item	Preparation	Final Texture	Temperature (°F)	Dry Time (hours)
Fruit	Apples	Core and slice into ½-inch-thick rings	Leathery	135–145	5–6
	Apricots	Cut in half or quarter, and remove pit	Pliable	135–140	10–15
	Bananas	Peel and slice into ¾- to ¼-inch-thick rounds	Crisp	135–140	6–12
	Blueberries	Submerge in boiling water until skins split, then dry off. Line trays with parchment paper.	Pliable	135–140	18–24
	Cherries	Remove stems and pits	Pliable	135–140	6–14
	Cranberries	Submerge in boiling water until skins split, then dry off. Line trays with parchment paper.	Pliable	135–140	8–14
	Grapes	Submerge in boiling water until skins split, then dry off. Line trays with parchment paper.	Pliable	135–140	18–24
	Mangos	Peel, remove pit, and slice into ¼- to ¾-inch-thick pieces	Leathery	135–145	8–12
	Peaches	Remove pit, cut into ½- to ¾-inch-thick slices, and brush with lemon water	Pliable	125–130	6–12
	Pineapple	Remove rind and cut into ¼- to ¾-inch-thick rings	Leathery	135–145	6–10
	Raspberries	Rinse and dry completely	Pliable	125–135	12–18
	Strawberries	Hull and cut into ½-inch-thick slices	Crisp	135–140	8–12
	Watermelon	Remove rind and cut into ½-inch-thick pieces	Pliable	135–145	12–18
	Orange Wheel	Cut into ½- to ¾-inch-thick wheels	Pliable	135–145	4–8
	Lemon Wheel	Cut into ½- to ¾-inch-thick wheels	Pliable	135–145	4–8

	Food Item	Preparation	Final Texture	Temperature (°F)	Dry Time (hours)
Herbs	Chives	Cut into 2-inch-long pieces	Brittle	110–115	12–20
	Rosemary	Leave on stem	Brittle	100–115	4–6
	Basil	Detach leaves from stem	Brittle	110–115	12–20
	Lavender	Leave on stem	Brittle	100–115	5–8
	Thyrne	Leave on stem	Brittle	100–115	4–6
	Mint	Detach leaves from stems	Brittle	100–115	4–6
	Parsley	Detach leaves from stem	Brittle	100–115	4–6
	Flowers (Large)	Detach from stem and place right-side up on trays	Fully Dry	135–140	4–6
	Flowers (Small)	Detach from stem and place right-side up on trays	Fully Dry	120–125	2–4
	Flowers (Extra Small)	Leave on stems	Fully Dry	100–115	1–2
Nuts	Almonds	Soak 1 cup almonds in 2 cups water with 1 tablespoon kosher salt for 12–18 hours, then rinse	Crunchy	110–150	18–24
	Walnuts	Soak 1 cup walnuts in 2 cups water with 1 tablespoon kosher salt for up to 24 hours, then rinse	Crunchy	110–150	12–24

	Food Item	Preparation	Final Texture	Temperature (°F)	Dry Time (hours)
Vegetables	Asparagus	Boil for 4 minutes, then drain and submerge in ice bath. Pat dry before placing on trays.	Brittle	135–145	6–8
	Brussels Sprouts	Trim off ends and slice into ¼-inch-thick pieces	Crisp	125–135	6–12
	Broccoli	Cut into small florets. Boil for 3 minutes, then drain and submerge in ice bath. Pat dry before placing on trays.	Brittle	135–145	6–12
	Cauliflower	Cut into ½-inch florets	Brittle	135–145	6–12
	Cucumber	Cut into paper-thin rounds	Crisp	125–135	6–8
	Eggplant	Cut into ⅝- to ¾-inch-thick rounds	Crisp	135–145	4–8
	Garlic	Whole cloves	Brittle	125–135	10–12
	Green Beans	Blanch, submerge in ice bath, dry, and cut into 1-inch-long pieces	Brittle	135–145	6–8
	Mushrooms	Wash, remove stems, and slice into ¼-inch-thick pieces	Crisp	135–145	6–8
	Onions	Slice into ⅝- to ¾-inch-thick pieces	Brittle	135–145	8–14
	Peas	Blanch, submerge in ice bath, and dry	Brittle	135–145	6–10
	Peppers, Large	Slice into ⅝-inch-thick strips or squares	Brittle	135–145	8–10
	Spinach	Leave whole	Crisp	135–145	10–14
	Tomatoes, Roma	Quarter lengthwise	Leathery	135–145	6–12
	Zucchini, chips	Cut into ⅝-inch-thick rounds	Brittle	135–145	6–8
	Carrots, chips	Slice into ⅝-inch-thick strips	Crisp	135–145	6–8
Potatoes, round	Slice into paper-thin rounds, blanch, and pat dry before placing on trays	Brittle	135–145	6–10	

	Food Item	Preparation	Final Texture	Temperature (°F)	Dry Time (hours)
Dry Foods	Pasta	Cook, drain, and spread on mesh screen	Brittle	135–145	3–5
	Beans	Drain, rinse, and pat dry	Brittle	130–135	6–8
	Rice, White	Cook in low-fat broth or water and spread on mesh screen	Crisp	145–150	4–6
	Rice, Brown	Cook in low-fat broth or water and spread on mesh screen	Crisp	145–150	4–6
	Breadcrumbs	Dry slices of bread, then pulse in food processor	Crisp	125–130	4–6
Meat	Tuna, packed in water	Drain well and spread onto mesh screen	Crisp	145–150	6–8
	Ground Meat, 1 pound	Cook fully, drain off all fat, mix with ½ cup breadcrumbs, and crumble	Crunchy	160–165	6–12
	Canned Chicken	Drain well and spread onto mesh screen	Crisp	145–150	6–12



Jerky

CARNE ASADA BEEF JERKY

YIELD: 4 SERVINGS

PREP TIME	12 hours
	10 minutes
DEHYDRATE	4 hours

Ingredients

1 pound flank steak or other
very lean beef

Marinade

2 tablespoons vegetable oil
2 garlic cloves, smashed
1 lime, zested and juiced
1 tablespoon tequila oro (optional)
2 teaspoons kosher salt
2 teaspoons ground cumin
1 teaspoon black pepper, freshly ground

Items Needed

Resealable plastic bag

1. **Trim** the beef of any exterior fat.
2. **Cut** the beef across the grain into ¼-inch-thick slices and set aside.
3. **Place** the sliced beef and marinade ingredients into a resealable plastic bag and combine well.
4. **Marinate** in the refrigerator for 12 hours, or overnight.
5. **Drain** and discard the marinade.
6. **Place** the marinated beef evenly between the COSORI Mini Food Dehydrator trays.
7. **Select** the Jerky function, then tap *Start/Stop*.
8. **Remove** the jerky when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.

YUZU SOY BEEF JERKY

YIELD: 4 SERVINGS

PREP TIME	12 hours 10 minutes
DEHYDRATE	4 hours

Ingredients

1 pound beef eye of round or other very lean beef

Marinade

1 serrano chili pepper, seeded and chopped
3 tablespoons yuzu juice
1 tablespoon mirin
1 tablespoon honey
1 tablespoon soy sauce

Items Needed

Resealable plastic bag

1. **Trim** the beef of any exterior fat.
2. **Cut** the beef across the grain into ¼-inch-thick slices and set aside.
3. **Place** the sliced beef and marinade ingredients into a resealable plastic bag and combine well.
4. **Marinate** in the refrigerator for 12 hours, or overnight.
5. **Drain** and discard the marinade.
6. **Place** the marinated beef evenly between the COSORI Mini Food Dehydrator trays.
7. **Select** the Jerky function, then tap *Start/Stop*.
8. **Remove** the jerky when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.

CHICKEN TERIYAKI JERKY

YIELD: 8 SERVINGS

PREP TIME	24 hours 10 minutes
DEHYDRATE	4 hours

Ingredients

1½ pounds boneless, skinless chicken breast

Marinade

½ white onion, minced
½ cup soy sauce
½ cup light brown sugar
½ teaspoon fresh ginger, grated
½ cup pineapple juice
½ tablespoon liquid smoke
1 teaspoon onion powder
1 teaspoon garlic powder

Items Needed

Resealable plastic bag

1. **Trim** the chicken of any outer fat or tissue.
2. **Cut** the chicken crosswise into ¼-inch-thick slices.
3. **Mix** the ingredients for the marinade.
4. **Place** the chicken slices and marinade ingredients into a resealable plastic bag and combine well.
5. **Marinate** in the refrigerator for up to 24 hours.
6. **Drain** and discard the marinade.
7. **Place** the marinated chicken evenly between the COSORI Mini Food Dehydrator trays.
8. **Select** the Jerky function, then tap *Start/Stop*.
9. **Remove** the jerky when done. The jerky should bend but not snap in half.
10. **Cool** to room temperature on the trays, then serve.

MAPLE BACON JERKY

YIELD: 8 SERVINGS

PREP TIME | 10 minutes
DEHYDRATE | 6 hours

Ingredients

½ cup maple syrup
3 tablespoons brown sugar
1 tablespoon soy sauce
1 tablespoon Worcestershire sauce
½ teaspoon smoked paprika
15 strips bacon

1. **Mix** the maple syrup, brown sugar, soy sauce, Worcestershire sauce, and paprika together to form a thick paste with no lumps.
2. **Spread** a generous amount of the seasoning paste onto each side of the bacon strips.
3. **Place** the bacon evenly between the COSORI Mini Food Dehydrator trays.
4. **Select** the Jerky function, adjust time to 6 hours, then tap *Start/Stop*.
5. **Remove** the jerky when done. The jerky should bend but not snap in half.
6. **Cool** to room temperature on the trays, then serve.

SUGAR-FREE BEEF JERKY

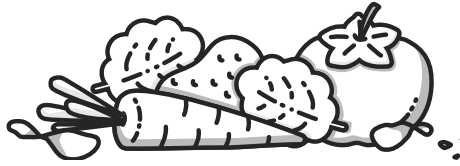
YIELD: 20 SERVINGS

PREP TIME | 35 minutes
DEHYDRATE | 4 hours

Ingredients

1½ pounds flank steak (sirloin, eye of round, or top round also work)
½ cup low-sodium soy sauce
2 tablespoons Worcestershire sauce
2 teaspoons black pepper, freshly ground
2 teaspoons hot sauce
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon smoked paprika

1. **Thinly** slice the steak against the grain into ⅛-inch-thick strips.
2. **Whisk** together the remaining ingredients in a bowl until combined, then add the beef strips and toss to coat. Marinate for 30 minutes, or up to 24 hours, covered in the refrigerator.
3. **Place** the meat strips evenly between the COSORI Mini Food Dehydrator trays, ensuring they do not overlap.
4. **Select** the Jerky function, then tap *Start/Stop*.
5. **Remove** the jerky when done. The jerky should bend but not snap in half.
6. **Cool** to room temperature on the trays, then serve.



Snacks

SPROUTED CHICKPEA SNACKS

YIELD: 4 SERVINGS

PREP TIME | 10 minutes
DEHYDRATE | 9 hours

Ingredients

2 tablespoons olive oil
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon kosher salt
½ teaspoon paprika
½ teaspoon kosher salt
½ teaspoon ground thyme
½ teaspoon cayenne pepper
3 cups sprouted chickpeas,
patted very dry

Items Needed

Parchment paper

1. **Combine** all the ingredients together with the chickpeas in a bowl and mix well.
2. **Cut** parchment paper to fit the COSORI Mini Food Dehydrator trays.
3. **Line** the trays with parchment paper, then place the chickpeas evenly between the trays.
4. **Select** the Fruit function, adjust time to 9 hours, then tap *Start/Stop*.
5. **Remove** the chickpeas when done.
6. **Cool** to room temperature on the trays, then serve.

SPICY RANCH SNAP PEA CRISPS

YIELD: 4 SERVINGS

PREP TIME | 10 minutes
DEHYDRATE | 8 hours

Ingredients

6 cups snap peas
2 tablespoons olive oil
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon dried dill
1 teaspoon dried parsley flakes
1 teaspoon kosher salt
½ teaspoon paprika
½ teaspoon ground black pepper
½ teaspoon kosher salt
½ teaspoon cayenne pepper
1 lemon, zested and juiced

1. **Wash** and dry the snap peas, then trim the ends if necessary.
2. **Combine** all the ingredients together with the snap peas in a bowl and mix well.
3. **Place** the snap peas evenly between the COSORI Mini Food Dehydrator trays.
4. **Select** the Veg function, then tap *Start/Stop*.
5. **Remove** the snap peas when done.
6. **Cool** to room temperature on the trays, then serve.

BUFFALO CAULIFLOWER “POPCORN”

YIELD: 4 SERVINGS

PREP TIME | 10 minutes
DEHYDRATE | 12 hours

Ingredients

2 heads cauliflower, cut into very small florets
½ teaspoon salt, plus more to taste
½ teaspoon garlic powder
½ teaspoon cayenne pepper
½ cup buffalo wing sauce
1 teaspoon apple cider vinegar
1 dash Worcestershire sauce (vegan optional)

Items Needed

Large saucepan

1. **Bring** a large saucepan of water to a boil. Add the cauliflower and boil for 2 minutes before placing it immediately into a bowl of ice water to stop it from cooking further.
2. **Drain** the cauliflower and pat it very dry.
3. **Combine** the remaining ingredients together in a large bowl with the blanched cauliflower and toss until the cauliflower is evenly coated.
4. **Place** the cauliflower evenly between the COSORI Mini Food Dehydrator trays.
5. **Select** the Jerky function, adjust time to 12 hours, then tap *Start/Stop*.
6. **Remove** the cauliflower when done.
7. **Cool** to room temperature on the trays, then serve.

CINNAMON APPLE CHIPS

YIELD: 4 SERVINGS

PREP TIME | 10 minutes
DEHYDRATE | 6 hours

Ingredients

2 apples (red or green)
½ lemon, juiced
½ tablespoon pumpkin pie spice

1. **Wash** and dry the apples, remove the cores, then slice them into ¼-inch-thick rounds.
2. **Place** the apples in a bowl and toss with the lemon juice and pumpkin pie spice to coat.
3. **Place** the apple slices evenly between the COSORI Mini Food Dehydrator trays.
4. **Select** the Fruit function, then tap *Start/Stop*.
5. **Remove** the apples when they are at your desired texture. They will continue to crisp as they cool to room temperature, then serve.

PEACH MANGO FRUIT LEATHER

YIELD: 6 SERVINGS

PREP TIME | 10 minutes
DEHYDRATE | 4 hours

Ingredients

2 cups fresh or frozen peaches, thawed
2 cups fresh or frozen mangoes, thawed
1 teaspoon honey
½ teaspoon vanilla extract
½ teaspoon lemon juice

Items Needed

Blender
Parchment paper

1. **Blend** all the ingredients together in a blender on high speed until liquified.
2. **Place** the fruit roll sheet onto the COSORI Mini Food Dehydrator tray and line it with parchment paper, then pour half of the fruit purée onto the parchment paper in an even layer. Line another tray just with parchment paper, then pour the remaining fruit purée onto the parchment paper in an even layer.
3. **Select** the Fruit function, adjust time to 4 hours, then tap *Start/Stop*.
4. **Remove** the fruit roll sheet from the tray after 2 hours, then remove the semi-dried purée and parchment paper from the fruit roll sheet and place directly onto the tray to allow for even dehydrating on the bottom. Place the tray back into the dehydrator with the other tray.
5. **Remove** when done and no longer tacky to the touch.
6. **Cut** the parchment paper into 3 strips lengthwise and roll into tubes, then serve or store for later.

SWEET & SOUR RHUBARB STRIPS

YIELD: 4 SERVINGS

PREP TIME | 10 minutes
DEHYDRATE | 8 hours

Ingredients

3 rhubarb stalks
2 tablespoons granulated sugar

Items Needed

Vegetable peeler

1. **Wash** and dry the rhubarb, then trim the ends so each stalk fits the length of the COSORI Mini Food Dehydrator trays.
2. **Use** a vegetable peeler to peel strips of the rhubarb off of the stalks.
3. **Place** the rhubarb strips into a bowl of cold water if they become curly, then drain and pat them very dry.
4. **Place** the rhubarb strips evenly between the trays and sprinkle them with the sugar.
5. **Select** the Veg function, then tap *Start/Stop*.
6. **Remove** the rhubarb when done.
7. **Cool** to room temperature on the trays, then serve.

NACHO CHEESE KALE CHIPS

YIELD: 4 SERVINGS

PREP TIME | 5 minutes
DEHYDRATE | 12 hours

Ingredients

2 heads curly kale
1 cup cashews, soaked overnight
¼ cup nutritional yeast
1 large lemon, juiced
1 tablespoon olive oil
2 teaspoons garlic powder
2 teaspoons onion powder
1 teaspoon paprika
½ teaspoon cayenne pepper
½ teaspoon salt

Items Needed

Blender or food processor

1. **Wash** and dry the kale. Remove the leaves from the stems, tear the leaves into bite-sized pieces, and place them into a large bowl.
2. **Place** the remaining ingredients into a blender or food processor and blend until smooth. Pour over the kale and massage together to coat the leaves fully.
3. **Place** the kale evenly between the COSORI Mini Food Dehydrator trays.
4. **Select** the Veg function, adjust temperature to 120°F and time to 12 hours, then tap *Start/Stop*.
5. **Check** the kale chips every hour after 8 hours until they are crisp and dry.
6. **Remove** the kale when done.
7. **Cool** to room temperature on the trays, then serve.

KIWI STRAWBERRY FRUIT LEATHER

YIELD: 6 SERVINGS

PREP TIME | 10 minutes
DEHYDRATE | 4 hours

Ingredients

1 pound strawberries, hulled
2 kiwis, peeled
1 teaspoon granulated sugar
½ teaspoon vanilla extract
½ teaspoon lemon juice

Items Needed

Blender
Mesh strainer
Parchment paper

1. **Blend** all the ingredients together in a blender on high speed until smooth.
2. **Strain** the mixture with a mesh strainer to get rid of the seeds.
3. **Place** the fruit roll sheet onto the COSORI Mini Food Dehydrator tray and line it with parchment paper, then pour half of the fruit purée onto the parchment paper in an even layer. Line another tray just with parchment paper, then pour the remaining fruit purée onto the parchment paper in an even layer.
4. **Select** the Fruit function, adjust time to 4 hours, then tap *Start/Stop*.
5. **Remove** the fruit roll sheet from the tray after 2 hours, then remove the semi-dried purée and parchment paper from the fruit roll sheet and place directly onto the tray to allow for even dehydrating on the bottom. Place the tray back into the dehydrator with the other tray.
6. **Remove** when done and no longer tacky to the touch.
7. **Cut** each parchment paper into 3 strips lengthwise and roll into tubes, then serve or store for later.

CHILI-LIME PINEAPPLE RINGS

YIELD: 20 SERVINGS

PREP TIME | 5 minutes
DEHYDRATE | 6 hours

Ingredients

1 pineapple, peeled and sliced into ½-inch rings
1½ teaspoons Tajín or chili-lime seasoning blend

1. **Sprinkle** the pineapple slices with Tajín or chili-lime seasoning blend.
2. **Place** the pineapple slices evenly between the COSORI Mini Food Dehydrator trays, ensuring they do not overlap.
3. **Select** the Fruit function, then tap *Start/Stop*.
4. **Remove** the pineapple when dried and chewy.
5. **Cool** to room temperature on the trays, then serve or store in a sealed bag or container.

“SUN DRIED” TOMATOES

YIELD: 10 SERVINGS

PREP TIME | 5 minutes
DEHYDRATE | 6 hours

Ingredients

2 pounds fresh tomatoes (Campari, Cherry, Roma, Heirloom, or any variety)

Salt, as needed

10 fresh basil leaves, thyme sprigs, or oregano leaves

Extra-virgin olive oil, as needed

Items Needed

Jar with tight-fitting lid

1. **Clean** and dry the tomatoes. Slice small to medium tomatoes in half, and slice large tomatoes into ¼-inch-thick slices. Regardless of what variety of tomato you use, make sure they are uniform in size so they dehydrate at the same rate.
2. **Place** the tomatoes evenly between the COSORI Mini Food Dehydrator trays, ensuring they do not overlap.
3. **Sprinkle** the tomatoes very lightly with salt.
4. **Select** the Fruit function, then tap *Start/Stop*.
5. **Remove** the tomatoes when they are dried, but still pliable. You don't want them to be too dry or brittle.
6. **Cool** to room temperature on the trays.
7. **Layer** the tomatoes in a jar with fresh herb leaves and cover the jar with extra-virgin olive oil. Store in the refrigerator for 1 month or in the freezer for longer.
8. **Use** the tomatoes on toasted bread, crostini, pasta, sandwiches, salads, and more. Drizzle the infused extra-virgin olive oil on foods for extra flavor.

PIZZA SEED CRACKERS

YIELD: 4 SERVINGS

PREP TIME | 30 minutes
DEHYDRATE | 12 hours

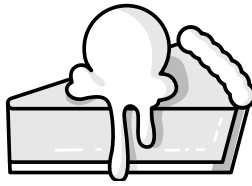
Ingredients

¼ cup red bell pepper, diced
¼ cup onion, diced
2 sundried tomatoes
2 garlic cloves
1 tablespoon olive oil
¼ cup flax seeds
1 cup almond meal
¼ cup roasted pumpkin seeds
¼ cup water
2 tablespoons nutritional yeast
1 teaspoon kosher salt
¼ teaspoon dried oregano
¼ teaspoon red pepper flakes
¼ teaspoon dried thyme
¼ teaspoon black pepper,
freshly ground

Items Needed

Parchment paper
Blender or food processor

1. **Line** the COSORI Mini Food Dehydrator trays with parchment paper.
2. **Place** the bell pepper, onion, sundried tomatoes, garlic, and olive oil into a blender or food processor and blend for 20 seconds, or until smooth but some texture remains.
3. **Mix** the vegetable purée and remaining ingredients together in a medium bowl and let stand for 20 minutes to thicken.
4. **Spread** the mixture evenly between the parchment paper-lined trays in ⅛-inch-thick layers, leaving a 1-inch border.
5. **Select** the Jerky function, adjust time to 12 hours, then tap *Start/Stop*.
6. **Check** the crackers every hour after 8 hours until they are hard and dry.
7. **Remove** the crackers when done.
8. **Cool** to room temperature on the trays, then break the crackers into small pieces and serve.



Sweets

LEMON THYME COOKIES

YIELD: 12–16 COOKIES

PREP TIME | 15 minutes
DEHYDRATE | 8 hours

Ingredients

2 cups unsalted cashews
1 cup unsweetened shredded coconut
3 lemons, zested and juiced
2½ tablespoons monk fruit sweetener
1 tablespoon fresh thyme leaves,
chopped
2 teaspoons water
1 teaspoon lemon extract
1 teaspoon vanilla extract
¼ teaspoon kosher salt

Items Needed

Food processor fitted with the
blade attachment
Parchment paper

1. **Pulse** the cashews and shredded coconut in a food processor fitted with the blade attachment several times, until the ingredients are pulverized but before the cashews begin to form a butter.
2. **Transfer** the cashew and coconut mixture into a medium bowl and stir in the remaining ingredients until smooth.
3. **Shape** the dough into tablespoon-sized balls and flatten to ¼-inch thickness with your hands.
4. **Line** the COSORI Mini Food Dehydrator trays with parchment paper and place the dough evenly between the trays.
5. **Select** the Yogurt function, adjust time to 8 hours, then tap *Start/Stop*.
6. **Remove** the cookies when done.
7. **Cool** to room temperature on the trays, then serve.

STRAWBERRY BUTTERCREAM FROSTING

YIELD: 3 CUPS

PREP TIME | 15 minutes
DEHYDRATE | 8 hours

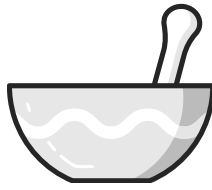
Ingredients

1½ pounds fresh strawberries
1 cup unsalted butter, room temperature
4 cups confectioners' sugar
½ cup heavy cream, room temperature
1 teaspoon vanilla extract
¼ teaspoon kosher salt

Items Needed

Spice grinder
Hand or stand mixer

1. **Wash**, dry, and hull the strawberries. Slice them ¼-inch thick.
2. **Place** the strawberries evenly between the COSORI Mini Food Dehydrator trays ensuring they do not overlap.
3. **Select** the Fruit function, adjust time to 8 hours, then tap *Start/Stop*.
4. **Remove** the strawberries when done and they are completely dry and snap when bent.
5. **Cool** to room temperature on the trays.
6. **Place** the strawberries into a spice grinder and grind to a fine powder. You can sift them through a fine mesh sieve if you still have some larger pieces.
7. **Beat** the butter on medium-high speed using a hand or stand mixer until creamy, about 2 minutes. Add the confectioners' sugar, strawberry powder, heavy cream, vanilla extract, and salt. Beat on high speed for 2 minutes, or until fluffy. If the frosting is too thick, add 1 to 2 more tablespoons of heavy cream.
8. **Use** the frosting immediately to frost cupcakes, cakes, or cookies.



Yogurt

VANILLA COCONUT YOGURT

YIELD: 8 SERVINGS

PREP TIME | 4 hours
DEHYDRATE | 10 hours

Ingredients

1 quart full fat coconut cream
3 tablespoons plain yogurt with live active cultures (dairy, soy, coconut, or almond)
1 teaspoon vanilla extract
½ cup pure maple syrup (optional)

Items Needed

Saucepan
Candy thermometer
8 glass jars with tight-fitting lids (4 ounces each)

1. **Set** up a large bowl of ice with a second bowl sitting on top of it, large enough to hold the coconut cream.
2. **Pour** the coconut cream into a saucepan with a candy thermometer attached to the side. Warm the cream over medium-low heat, stirring often, until the thermometer reads 180°F, then remove from the heat and cool it down to 110°F by carefully pouring the cream into the bowl sitting over the ice bath.
3. **Whisk** the yogurt into the cream.
4. **Fill** the jars with the cream mixture, then carefully place the lids on the jars and tighten them.
5. **Set** the jars onto the bottom of the COSORI Mini Food Dehydrator.
6. **Select** the Yogurt function, then tap *Start/Stop*.
7. **Remove** the jars from the dehydrator when done and let cool to room temperature.
8. **Transfer** the yogurt into a large bowl and stir in the vanilla extract and maple syrup, chill for at least 3 hours to thicken the yogurt, then serve.

HOMEMADE STRAWBERRY GREEK YOGURT

YIELD: 2 CUPS

PREP TIME	1 hour 20 minutes
DEHYDRATE	10 hours

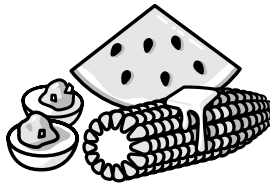
Ingredients

- 4 cups whole milk
- ½ cup store bought plain unsweetened yogurt
- 1 cup fresh strawberries, small diced
- ½ cup granulated sugar

Items Needed

- Saucepan
- Candy thermometer
- 8 glass jars (4 ounces each) with tight-fitting lids
- Fine mesh sieve lined with cheesecloth

1. **Set** up a large bowl of ice with a second bowl sitting on top of it, large enough to hold the 4 cups of milk.
2. **Pour** the milk into a saucepan with a candy thermometer attached to the side. Warm the milk over medium-low heat, stirring often, until the thermometer reads 185°F, then remove from the heat and cool it down to 110°F by carefully pouring the milk into the bowl sitting over the ice bath.
3. **Whisk** the yogurt into the milk.
4. **Fill** the jars with the milk mixture, then carefully place the lids on the jars and tighten them.
5. **Set** the jars onto the bottom of the COSORI Mini Food Dehydrator.
6. **Select** the Yogurt function, then tap *Start/Stop*.
7. **Place** the strawberries and sugar into a small saucepan and cook over medium-low heat, stirring occasionally. The sugar will melt and the mixture should begin to thicken and bubble, forming a jammy consistency. Remove from the heat after 7 to 8 minutes, transfer into a bowl, then let cool to room temperature before chilling in the refrigerator.
8. **Remove** the jars from the dehydrator when done and let cool to room temperature completely before refrigerating.
9. **Make** the yogurt Greek: Strain the yogurt by placing it into a fine mesh sieve lined with cheesecloth, sitting over a bowl, in order to remove excess moisture. Let it sit for 1 hour.
10. **Transfer** the yogurt into the bowl with the strawberry jam and stir to fully combine, then chill for at least 1 hour before serving.



Camping / Backpacking

BACKPACKING CINNAMON APPLE QUINOA PORRIDGE

YIELD: 4 SERVINGS

PREP TIME | 30 minutes
DEHYDRATE | 10 hours

Ingredients

1 cup quinoa
2 apples, sliced into ¼-inch pieces
2 cups water
1 teaspoon cinnamon
¼ teaspoon salt
2 tablespoons maple syrup
1 teaspoon vanilla extract
½ cup coconut milk powder (for rehydrating)
½ cup toasted pecans, chopped, for serving

Items Needed

Fine mesh sieve
Medium pot
Parchment paper
2 resealable bags

1. **Rinse** the quinoa in a fine mesh sieve then transfer into a medium pot. Add the apples, water, cinnamon, and salt.
2. **Bring** the mixture to a boil, then cover and reduce to a simmer. Cook for 20 minutes, or until the quinoa is tender. Turn off the heat and stir in the maple syrup and vanilla extract. Allow the mixture to cool for 10 minutes.
3. **Line** one of the COSORI Mini Food Dehydrator trays with parchment paper and place the mesh screen on another tray.
4. **Spread** the quinoa evenly between the trays, ensuring it is in a thin, even layer.
5. **Select** the Veg function, adjust time to 10 hours, then tap *Start/Stop*.
6. **Remove** the porridge when done and completely dried.
7. **Cool** to room temperature on the trays.
8. **Divide** the porridge into 2 resealable bags along with the coconut milk powder and pecans.
9. **Rehydrate** by placing the contents of a bag into a cookpot along with 8 ounces of water (per serving). Bring the mixture to a boil, then reduce to a simmer and cook until the quinoa is tender, adding more water if needed, and serve.

BACKPACKING VEGETABLE RISOTTO

YIELD: 2 SERVINGS

PREP TIME | 40 minutes

DEHYDRATE | 10 hours

Ingredients

4 cups low-sodium vegetable or chicken broth
1 tablespoon olive oil
1 onion, diced
Kosher salt, to taste
Black pepper, freshly ground, to taste
2 garlic cloves, minced
1 cup arborio rice
½ cup white wine
1 teaspoon lemon zest
½ cup frozen peas
1 zucchini, sliced ½-inch thick
8 ounces baby bella mushrooms, sliced ½-inch thick
½ cup grated Parmesan cheese (for rehydrating)
2 tablespoons olive oil (for rehydrating)

Items Needed

Small saucepan
Large pot
Parchment paper
Airtight container

1. **Place** the vegetable or chicken broth in a small saucepan and place over high heat. Bring the broth to a simmer, then turn the heat to low and keep at a simmer.
2. **Place** a large pot over medium-high heat. Add the olive oil, then add the onion and a pinch of salt and pepper. Sauté for 5 minutes, stirring occasionally. Add the garlic and sauté for 1 minute.
3. **Add** the rice to the pot and stir to combine, cooking for 1 more minute. Add the wine and cook until it has almost all evaporated. Add 1 ladle of hot broth and continue stirring until the rice has absorbed the broth. Continue to add the remaining broth 1 ladle at a time, allowing the liquid to almost completely absorb each time. This process can take around 20 to 25 minutes. Once the rice is tender, turn off the heat and add the lemon zest and peas. Taste and add more salt and pepper as needed.
4. **Line** one of the COSORI Mini Food Dehydrator trays with parchment paper and place the mesh screen on another tray, then spread the risotto onto the trays in an even layer.
5. **Place** the zucchini and mushrooms slices evenly between the remaining trays, making sure they don't overlap.
6. **Select** the Veg function, adjust time to 10 hours, then tap *Start/Stop*.
7. **Check** on the risotto after 4 hours and flip it or break up any clumps if needed to ensure even drying.
8. **Remove** the risotto and vegetables when done and completely dry.
9. **Cool** to room temperature on the trays.
10. **Store** the risotto in a sealed, airtight container until ready to cook at camp.
11. **Rehydrate** the risotto by placing the dehydrated risotto and vegetables in a pot along with the Parmesan cheese and olive oil and just enough water to cover. Soak the mixture for 5 minutes. Bring the mixture to a boil, then simmer, stirring occasionally, until the risotto and vegetables are tender and rehydrated, adding more water if needed and serve.

BACKPACKING TURKEY VEGETABLE CHILI

YIELD: 4 SERVINGS

PREP TIME | 55 minutes

DEHYDRATE | 10 hours

Ingredients

1 teaspoon olive oil
1 onion, chopped
3 garlic cloves, minced
1 bell pepper, chopped
1½ teaspoons kosher salt, divided
1 pound extra lean ground turkey
2 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon dried oregano
½ teaspoon cayenne pepper
½ teaspoon black pepper
1 can fire roasted diced tomatoes
(14 ounces)
1½ cups chicken broth
1 can kidney beans, drained and rinsed
(14 ounces)
1 cup frozen corn
½ lime, juiced
½ cup cilantro, chopped
1 tablespoon olive oil (for rehydrating)

Items Needed

Large pot
Parchment paper
Resealable bags

1. **Place** the olive oil in a large pot and place over medium-high heat. Add the onion, garlic, and bell pepper, plus ¼ teaspoon salt and sauté for 5 minutes.
2. **Add** the ground turkey and break up the meat, cooking until it is no longer pink. Add the chili powder, cumin, oregano, cayenne pepper, remaining salt, and pepper. Cook for 2 more minutes.
3. **Add** the tomatoes, chicken broth, kidney beans, and corn. Bring the mixture to a boil, then reduce heat to low and simmer for 30 minutes. Turn the heat off, add the lime juice and cilantro, and taste to adjust seasonings with salt if needed.
4. **Line** the COSORI Mini Food Dehydrator trays with parchment paper.
5. **Spread** the chili evenly between the trays, ensuring the chili is in a thin, even layer.
6. **Select** the Veg function, adjust time to 10 hours, then tap *Start/Stop*.
7. **Check** on the chili after 4 hours and break up any clumps if needed, to ensure even drying.
8. **Remove** the chili when done and completely dry and crumbly.
9. **Cool** to room temperature on the trays.
10. **Pack** the chili in resealable bags and store in a cool, dark place or in your freezer.
11. **Rehydrate** by placing the chili plus enough water to cover the chili (about 1 cup) and 1 tablespoon olive oil in a pot. Bring to a boil, then reduce to a simmer and cook for 10 minutes, or until the chili is fully hydrated and tender, then serve.

BACKPACKING GRANOLA BARS

YIELD: 9 SERVINGS

PREP TIME | 15 minutes
DEHYDRATE | 8 hours

Ingredients

½ cup dried cherries
½ cup dried apricots
½ cup walnuts
½ cup pecans
½ cup shelled pistachios
½ cup pitted dates, chopped
½ cup honey
2 tablespoons coconut oil, melted
1 teaspoon vanilla extract
1 cup rolled oats
½ teaspoon cinnamon
½ teaspoon salt
2 tablespoons ground flaxseed

Items Needed

Food processor
Large bowl
Resealable bag

1. **Place** the dried cherries, apricots, and nuts in a food processor. Blend until the fruit and nuts are finely chopped, with some small chunks remaining, then place the mixture into a large bowl.
2. **Place** the dates, honey, coconut oil, and vanilla extract in the food processor and blend into a thick, creamy, caramel-like texture. Pour the mixture into the bowl.
3. **Add** the rolled oats, cinnamon, salt, and flaxseed, then stir until well combined.
4. **Place** the mesh screen onto a COSORI Mini Food Dehydrator tray, then spread the mixture onto the mesh screen-lined tray, ensuring it is in an even layer.
5. **Use** a knife to score the granola into 9 squares.
6. **Select** the Fruit function, adjust temperature to 155°F and time to 8 hours, then tap *Start/Stop*.
7. **Remove** the granola bars when dried, but still chewy.
8. **Let** the granola bars cool completely on the tray, as they will harden and hold their shape more once fully cooked.
9. **Use** a sharp knife to separate the granola bars, then serve or store in a resealable bag.



Seasonings & Tea

CARAMELIZED ONION SALT

YIELD: 20 SERVINGS

PREP TIME | 40 minutes
DEHYDRATE | 12 hours

Ingredients

4 yellow onions, thinly sliced
Kosher salt, to taste

Items Needed

Large skillet
Parchment paper
Spice grinder or food processor
Sealed jar or container

1. **Place** a large skillet over medium heat. Add the onions, a splash of water, and a good pinch of salt and cook for 40 minutes, stirring occasionally and adding a splash of water as needed when the onions start to stick to the bottom. Cook until the onions get jammy and are dark brown in color.
2. **Cut** parchment paper to fit the COSORI Mini Food Dehydrator trays and line the trays.
3. **Spread** the onions evenly between the trays, ensuring they are in an even layer.
4. **Select** the Veg function, adjust time to 12 hours, then tap *Start/Stop*.
5. **Remove** the onions when done and completely dried. The onions should snap when bent.
6. **Cool** to room temperature on the trays.
7. **Blend** the dehydrated onions in a spice grinder or food processor until finely ground. Season with a big pinch of salt.
8. **Store** in a sealed jar or container and use on cooked meats, eggs, vegetables, soups, sandwiches, pasta, and more.

HERBS DE PROVENCE

YIELD: 20 SERVINGS

PREP TIME | 5 minutes
DEHYDRATE | 6 hours

Ingredients

6 tablespoons fresh thyme leaves
2 tablespoons fresh oregano leaves
2 tablespoons fresh marjoram leaves
6 tablespoons fresh rosemary leaves
6 tablespoons fresh basil leaves
6 tablespoons fresh savory leaves
3 tablespoons fresh lavender flowers
3 tablespoons fresh tarragon leaves
3 tablespoons fresh chervil

Items Needed

Spice grinder
Sealed jar or container

1. **Rinse** the herbs with cool water and pat them dry with paper towels.
2. **Place** the mesh screen onto a COSORI Mini Food Dehydrator tray, then place the thyme, oregano, and marjoram leaves onto the mesh screen-lined tray.
3. **Place** the remaining herbs evenly between another 1 to 2 trays.
4. **Select** the Veg function, adjust temperature to 115°F and time to 6 hours, then tap *Start/Stop*.
5. **Remove** the herbs when done and completely dried.
6. **Cool** to room temperature on the trays.
7. **Grind** the herbs in a spice grinder to your desired consistency.
8. **Store** in a sealed jar or container and use as a seasoning for proteins, seafood, vegetables, soups, and pastas.

JALAPEÑO SPICE RUB

YIELD: 15 SERVINGS

PREP TIME | 5 minutes
DEHYDRATE | 8 hours

Ingredients

10 green or red jalapeños, sliced into
½-inch-thick rounds
4 teaspoons granulated garlic
2 teaspoons onion powder
2 teaspoons ground coriander
2 teaspoons ground cumin
1 teaspoon dark brown sugar
3 teaspoons black pepper,
freshly ground
2 tablespoons kosher salt

Items Needed

Spice grinder

1. **Place** the jalapeño slices evenly between the COSORI Mini Food Dehydrator trays, ensuring that the slices do not overlap.
2. **Select** the Veg function, then tap *Start/Stop*.
3. **Remove** the jalapeños when done and they are fully dried and snap when bent.
4. **Cool** to room temperature on the trays.
5. **Place** the dried jalapeños in a spice grinder and grind to a fine powder.
6. **Combine** 4 teaspoons of the jalapeño powder, granulated garlic, onion powder, ground coriander, ground cumin, brown sugar, black pepper, and salt in a bowl and stir until well blended.
7. **Store** the mixture in an airtight container. Use as a spice rub for chicken, beef, pork, fish, and veggies. Save the remaining jalapeño powder and use as a substitute for cayenne pepper or red pepper flakes.

STRAWBERRY ROSE BLACK TEA BLEND

YIELD: 2 CUPS

PREP TIME | 5 minutes

DEHYDRATE | 10 hours

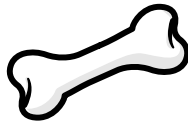
Ingredients

1 pound strawberries, hulled, sliced into
½-inch-thick pieces
6 fresh wild roses, petals plucked,
washed, and dried
2 cups black tea leaves
1 vanilla bean
Milk and honey, for serving

Items Needed

Glass jar with tight-fitting lid

1. **Divide** the strawberry slices evenly between the COSORI Mini Food Dehydrator trays.
2. **Select** the Fruit function, adjust temperature to 135°F, then tap *Start/Stop*.
3. **Remove** the strawberries from the trays when done and let them cool to room temperature.
4. **Divide** the rose petals evenly between the trays.
5. **Select** the Fruit function, adjust temperature to 95°F and time to 4 hours, then tap *Start/Stop*.
6. **Remove** the rose petals when done and let them cool to room temperature on the trays.
7. **Crush** the strawberries and rose petals into small pieces, place them into a bowl, and mix with the black tea leaves.
8. **Use** a paring knife and split open the vanilla bean pod lengthwise and scrape the inside contents using the dull side of the knife into the bowl. Stir into the tea.
9. **Store** the dried tea mixture in a glass jar with a tight-fitting lid in a cool, dark place until ready to use.
10. **Serve** the tea with milk and honey for best results.



Pet Treats

WILD ALASKAN SALMON JERKY DOG TREATS

YIELD: 20 SERVINGS

PREP TIME | 5 minutes
DEHYDRATE | 4 hours

Ingredients

1 pound wild Alaskan salmon, skin and pin bones removed

Spices or herbs safe for dogs (basil, ginger, parsley, turmeric), optional

1. **Slice** the salmon into $\frac{1}{8}$ -inch-thick pieces.
2. **Place** the salmon evenly between the COSORI Mini Food Dehydrator trays.
3. **Sprinkle** the salmon with dried spices or herbs, if desired.
4. **Select** the Jerky function, adjust temperature to 145°F, then tap *Start/Stop*.
5. **Remove** the treats when done. The jerky should bend but not snap in half.
6. **Cool** to room temperature on the trays, then serve.

3-INGREDIENT DOG BONE TREATS

YIELD: 50 SERVINGS

PREP TIME | 15 minutes
DEHYDRATE | 4 hours

Ingredients

2 cups rolled oats

$\frac{1}{2}$ cup peanut butter (only ingredient should be peanuts)

$\frac{1}{2}$ cup fruit or vegetable purée (apple, banana, sweet potato, or pumpkin are all great options)

Items Needed

Food processor or blender

Parchment paper

Dog bone-shaped cookie cutter

1. **Place** the oats in a food processor or blender and blend until the oats turn into oat flour.
2. **Add** the peanut butter and your fruit or vegetable purée of choice and blend until a dough forms.
3. **Roll** the dough out to $\frac{1}{4}$ -inch thickness between parchment paper so it doesn't stick.
4. **Cut** the dough using a dog bone-shaped cookie cutter or use a knife to cut the dough into 2-inch-sized shapes.
5. **Place** the treats evenly between the COSORI Mini Food Dehydrator trays.
6. **Select** the Jerky function, then tap *Start/Stop*.
7. **Remove** the treats when done.
8. **Cool** to room temperature on the trays, then serve.

COSORI®

Questions or Concerns?

Mon-Fri, 9:00 am-5:00 pm PST/PDT
support@cosori.com | 1-888-402-1684