

# Kale And Blueberry Dehydrating Tips



Deluxe Dehydrators  
Handy Dehydrating Tips

## Tip #1

Did you know that drying Kale only takes a short time of drying? Substitute them for those high-calorie snacks and you will do your body good.

Average Drying Time: 2 – 4hrs.

### **Tip #2**

Did you know you can speed up the drying time in blueberries by cracking the skin? Use either method – boiling them in hot water for 1 to 2 minutes and rinse immediately in cold water, or freezing them for a couple of days, thaw and dry.

Average Drying Time: 10-18hrs.