

☐ Chocolate-Dipped Dehydrated Oranges



Chocolate-dipped dehydrated oranges made easy with a NESCO Food Dehydrator. Sweet citrus slices slowly dried, then finished with rich chocolate for the perfect snack or garnish.

Your Key Ingredient:

[NESCO 8-Tray Stainless Steel Dehydrator](#)

Ingredients:

- 3–4 fresh oranges (navel or blood oranges work great)
- 1–2 cups chocolate (dark, semi-sweet, or milk—your call)
- Optional toppings: flaky sea salt, crushed pistachios, coconut flakes, or drizzle of white chocolate

Instructions:

1. Slice the oranges

Wash and thinly slice oranges into $\frac{1}{8}$ – $\frac{1}{4}$ inch rounds. Remove any seeds.

2. Dehydrate

Arrange slices in a single layer on Nesco dehydrator trays

Set temperature to **135°F**

Dry for **8–12 hours**, flipping halfway, until fully dry and slightly crisp

3. Cool completely

Let oranges cool to room temp—this helps the chocolate set properly.

4. Dip in chocolate

Melt chocolate using a double boiler or microwave (30-second intervals, stirring between)

Dip half of each orange slice into chocolate

Place on parchment paper

5. Finish & set

Sprinkle toppings while chocolate is still wet.

Let set at room temp or refrigerate for 10–15 minutes.

Dehydrated Cranberries



A super easy method for turning fresh cranberries into sweet, chewy dried snacks.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- 1-2 lbs fresh cranberries
- 1-2 cups boiling water
- Optional: $\frac{1}{4}$ – $\frac{1}{2}$ cup sugar or honey (for sweeter cranberries)

Instructions:

▪ **1. Prep the cranberries**

Rinse cranberries and pick out any soft or bruised ones.

2. “Pop” the skins

Cranberries dehydrate better when the skins are cracked.

You can do this two ways:

- **Hot water method:** Pour boiling water over the berries and let sit 3–4 minutes until you see skins split.
- **Freeze method:** Freeze cranberries overnight—this naturally cracks the skin and speeds up drying.

3. Optional sweetening

If you want sweeter dried cranberries:

- Warm $\frac{1}{2}$ cup sugar or honey with $\frac{1}{2}$ cup hot water.
- Toss cranberries in the mixture and let sit 10 minutes, then drain.

4. Load the dehydrator trays

Spread cranberries in a single layer on your Nesco dehydrator trays.

Try not to let them touch too much—this helps them dry evenly.

5. Dehydrate

- Set your **NESCO Food Dehydrator to 135°F.**
- Dry for **10–14 hours**, depending on size and moisture.
- They're done when they're slightly pliable but no longer juicy.

6. Condition the cranberries

Place dried cranberries in a jar for 24 hours, shaking occasionally.

If moisture collects on the sides, return them to the dehydrator for a bit longer.

7. Store

Keep in an airtight jar or bag. Lasts: **Up to 1 year** in pantry

DIY Aromatic Bouquet Assembly



A cozy, homemade gift made with dehydrated fruit and fresh herbs.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- Dehydrated pear slices
- Dehydrated apple slices
- Dehydrated orange slices
- Fresh rosemary sprigs
- Cinnamon sticks
- Kraft paper or parchment paper
- Twine or ribbon

Instructions:

- **Prepare your base:** Lay out a sheet of kraft or parchment paper and roll it into a loose cone shape. Secure with tape or a small piece of twine.
- **Layer the aromatics:** Start by sliding in a few cinnamon sticks—they help anchor everything.
- **Add the fruit:** Tuck in slices of dehydrated pears, apples, and oranges. Let some pieces peek out the top for a pretty, rustic look.
- **Finish with herbs:** Add several sprigs of fresh rosemary for fragrance and height.
- **Adjust and secure:** Gently pull pieces forward or back until the bouquet looks full and balanced. Tie a ribbon or twine around the base.
- **Gift or display:** These make perfect stovetop-simmer bundles, hostess gifts, or festive decor.

How to Dehydrate Oranges & Grapefruits for a Bright,

Festive Wreath



How to Dehydrate Oranges & Grapefruits for a Bright, Festive Wreath.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- Oranges (navel or blood oranges work great)
- Grapefruits (ruby red for extra color)

Instructions:

1. Prep Your Citrus

Wash and dry your oranges and grapefruits. Using a sharp knife, slice them into $\frac{1}{4}$ -inch thick rounds. Keep them as

uniform as possible for even drying.

2. Blot Excess Juice

Lay slices on a paper towel and gently blot the tops to remove extra moisture—this helps them dry faster and prevent browning.

3. Arrange in Dehydrator

Place slices in a single layer on your dehydrator trays. Make sure none of them overlap so they dry evenly.

4. Dehydrate

Set your dehydrator to **135°F (57°C)**.

Dry for **8–12 hours**, depending on the thickness of your slices and the juiciness of the fruit.

They're done when the slices feel dry, slightly leathery, and no moisture squeezes out.

5. Cool Completely

Let the slices cool on a rack for 15–20 minutes. They'll crisp up a bit more as they cool.

6. Optional: Add Warmth

For extra festive flair, add a drop of clove or orange essential oil to the rind (not the fruit center).

Dehydrated Raspberry Fruit Roll Ups



Make your own healthy, chewy fruit roll-ups with your NESCO Dehydrator! Just blend, spread, and dry for a fun, homemade snack everyone will love.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- 7 cups raspberries
- 3/4 sugar or honey
- 1 Tbs. lemon juice

Instructions:

1. Set your NESCO Dehydrator to 135°F.
2. In a blender or food processor, blend all your ingredients until smooth.
3. Pour about 1 cup of the mixture onto a NESCO Fruit Roll Sheet.
4. Spread the mixture evenly to about $\frac{1}{8}$ inch thick, making

- the edges slightly thicker since they dry faster.
5. Place the trays in your NESCO Dehydrator and dry for 12 hours.
 6. Check for doneness – the fruit leather should be evenly colored, sticky but not wet.
 7. Once dried, peel the fruit leather off and place it smooth side down on waxed paper.
 8. Roll up the waxed paper and fruit leather together, then cut into 1.5-inch strips.
 9. Store your homemade fruit roll-ups in an airtight container.
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Dehydrated Apple Chips



Still can't figure out what kind of healthy snacks to make for

your kiddos? Dehydrated Cinnamon Apples are where it's at. They're full of flavor, perfect for snacking, and are super nutritious.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- Apples
- Cinnamon (Optional)

Instructions:

1. Wash apples.
2. Make sure to peel and core your apples.
3. Cut into slices.
4. You can dip your apple slices in lemon water to prevent browning.
5. Sprinkle cinnamon if desired.
6. Arrange the sliced apples on your **NESCO® Dehydrator** trays.
7. Set the temperature to 135 degrees Fahrenheit.
8. Dehydrate until crispy when cooled.

Strawberry Fruit Roll-Ups (Dehydrator Method – All Natural)



Homemade strawberry fruit roll-ups are a healthy, all-natural snack made by drying blended fresh strawberries into chewy, sweet fruit leather—no added sugar or preservatives.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- 4 cups fresh strawberries (hulled)
- 1–2 tbsp honey or maple syrup (optional)
- 1 tsp lemon juice (for color and flavor)

Instructions:

1. 1. Blend the Fruit

- In a blender or food processor, combine:

- 4 cups strawberries
- 1 tsp/ lemon juice
- Optional: 1–2 tbsp honey or maple syrup if strawberries aren't sweet enough
- Blend until very smooth.

3. Prepare Dehydrator Trays

- Line dehydrator trays with **NESCO Fruit Roll Sheets** **fruit leather sheets**.
- Pour the puree onto the trays and **spread evenly** to about **1/8 inch thick**.

4. Dehydrate

- Set dehydrator to **135°F (57°C)**.
- Dry for **6–8 hours**, depending on your dehydrator and humidity. It's done when:
 - The surface is dry and not sticky
 - It peels away easily from the liner but is still flexible

5. Cool, Cut, and Roll

- Let it cool completely.
- Cut into strips with scissors or a pizza cutter.
- Roll them up with parchment paper strips if you like for easy snacking.

Dehydrated Salmon Jerky



This jerky is perfect for on-the-go snacks, camping trips, or a protein boost after workouts.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- 1 lb. fresh salmon fillet, skin removed
- 1/4 cup soy sauce (or tamari for gluten-free)
- 1 tbsp. honey or maple syrup
- 1 tbsp. rice vinegar
- 1 tbsp. Worcestershire sauce
- 1 tsp. garlic powder

- 1 tsp. onion powder
- 1/2 tsp. smoked paprika
- 1/4 tsp. ground black pepper
- Optional: 1/4 tsp. red pepper flakes for a spicy kick

Instructions:

1. Slice the salmon into thin strips, about 1/4 inch thick. Aim for uniform thickness to ensure even drying.
2. In a medium bowl, whisk together soy sauce, honey, rice vinegar, Worcestershire sauce, garlic powder, onion powder, smoked paprika, black pepper, and red pepper flakes (if using).
3. Place salmon strips in the marinade, ensuring each piece is well coated. Cover and refrigerate for at least 4 hours or overnight for a deeper flavor.
4. Remove salmon from the marinade and pat dry with paper towels. Arrange the salmon strips in a single layer on the dehydrator trays, ensuring they don't overlap.
5. Set your NESCO Dehydrator to 160°F. Dry the salmon for 4-6 hours, or until it reaches your desired texture. Salmon jerky should be dry but still slightly pliable.
6. Once cool, store the jerky in an airtight container. For best freshness, keep in the refrigerator for up to 2 weeks, or freeze for longer storage.

Dehydrated Blueberries



Dehydrated blueberries are perfect for snacking, adding to granola, or mixing into baked goods!

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- Fresh blueberries (as many as you like)

Instructions:

1. Wash and Sort:

- Rinse the blueberries thoroughly under cold water and remove any stems, damaged berries, or debris.

2. Blanching (Optional):

- To help the skins crack and dehydrate faster, blanch the blueberries. Boil a pot of water, and place the blueberries in the boiling water for 30 seconds to 1 minute. Then, immediately transfer them to an ice water bath to stop the cooking process. Pat them dry

gently with a clean towel.

3. Prepare the Dehydrator:

- Set the temperature to 125°F to 135°F (52°C to 57°C).

4. Arrange the Blueberries:

- Place the blueberries in a single layer on dehydrator trays. Make sure the berries are spread out and not touching to allow for even airflow.

5. Dry the Blueberries:

- In the dehydrator: Dehydrate at 125°F to 135°F for 12-24 hours, checking occasionally. The time will depend on your dehydrator and the size of the blueberries.

6. Check for Doneness:

- The blueberries should be leathery and dry but slightly pliable. They shouldn't feel sticky or moist.

7. Cool and Store:

- Allow the blueberries to cool completely before storing. Store in an airtight container in a cool, dark place.

Dehydrated Dog Treats



Create the perfect healthy snack for your furry friend with this easy, homemade dehydrated dog treat recipe. Packed with natural goodness, it's a tail-wagging delight that you can feel great about!

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- 2 1/2 cups whole wheat flour
- 1 large egg
- 1 cup peanut butter
- 1 cup water
- 1 tbs. honey

Instructions:

1. In a large bowl, combine egg and flour. Add the peanut butter, water, and honey, and stir until you have a stiff dough.

2. On a lightly floured surface, roll out the dough and use a cookie cutter to make cute shapes. The treats do not spread or rise so you can get really creative.
 3. Place the treats in your NESCO® Dehydrator trays. Make sure they are not touching.
 4. Dry at 145°F for 12 hrs until dry. Rotate the trays at 4 hours and check at 8 hours.
 5. Store in airtight container. ☐
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Dehydrated Watermelon



Watermelon jerky is a real fruit snack that will leave your taste buds happy! Learn how easy it is to make it in your Nesco Dehydrator.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- Watermelon

Instructions:

1. Wash watermelon.
 2. Slice watermelon into 1/2" slices.
 3. Use your knife to remove the rind.
 4. Cut the watermelon into strips.
 5. Place sliced watermelon slices on your NESCO® Dehydrator trays using a NESCO mesh sheet.
 6. Dry at 135°F for between 18-22 hrs until dry and leathery, with no signs of stickiness.
 7. Store in airtight container. □
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Dehydrated Kale Chips



Next time your craving a crispy snack, reach for Kale Chips. Kale Chips are the perfect balance of light, airy, and slightly chewy. If you're not a fan of raw kale or haven't tried it before, our recipe is the perfect introduction to kale's complex, earthy flavor. All you need is your NESCO Dehydrator. Boost your health and satisfy your appetite with these savory bite-sized morsels.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- 6 cups kale
- 1/2 tsp salt or sea salt
- 1/4 cup oil or avocado oil

Instructions:

1. Mix all ingredients in a bowl.
2. Separate the kale on your NESCO® Dehydrator trays ensuring

that it does not overlap too much.

3. Dry 6-8 hours at 135°F.

4. Store in airtight container. ☐

Tip: Adding too much oil will make for longer drying time.

Strawberry Powder (Dehydrated Strawberries)



Strawberry powder is made from strawberries that have been dehydrated in a food dehydrator, then blended into a fine powder that you can use for yogurt, smoothies, shakes, baking, and more! The best thing is that it does not contain anything else except strawberries.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- Strawberries

Instructions:

1. Wash strawberries
2. Remove green stems.
3. Slice strawberries into 1/4" slices.
4. Place sliced strawberries on your NESCO® Dehydrator trays using a NESCO mesh sheet.
5. Dry 8-10 hours at 135°F.
6. Grind dehydrated strawberries in a large blender or coffee grinder to make strawberry powder.
7. Store in airtight container. ☐

**Dehydrated
(Cornmeal)**

Frozen

Corn



Who knew making homemade cornmeal could be this easy? Homemade cornmeal is much sweeter, richer, and heartier than any cornmeal that you get from the store. It's also super fun to make!

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- 1-2 bags frozen corn

Instructions:

1. Place frozen corn on your NESCO® Dehydrator trays using a fruit roll or mesh sheet.
2. Dry 8-10 hours at 135°F.
3. Grind corn in a large blender to make cornmeal.

****1 cup of dried corn: 1/2 cup cornmeal***

Dehydrated Pineapple Rings



Enjoy all the bright, tropical flavor of pineapple without the mess. Dehydrated pineapple is a fun and portable snack that's perfect for taking on camping or hiking trips. It tastes just like candy without the bad ingredients!

Sweet & Spicy Beef Jerky



Looking for the perfect balance of sweet & spicy? Look no further, this is the BEST beef jerky choice for you. You can customize the flavor and the level of spiciness. We know you'll love it!

St. Patrick's Day Shamrock Sour Cocktail



The key to every great cocktail is the garnish added at the very end of the mixing process. Celebrate all things Irish with these easy Saint Patty's day cocktail recipe.

Dehydrated Cinnamon Apples



Still can't figure out what kind of healthy snacks to make for your kiddos? Dehydrated Cinnamon Apples are where it's at.

Dehydrated Cherry Tomatoes



Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- Cherry Tomatoes
- Dried Oregano, Optional
- Himalayan Salt, Optional

Instructions:

1. Wash and drain well.
2. Slice cherry tomatoes in half, lengthwise.
3. Arrange the halved tomatoes on your **NESCO® Dehydrator** trays with the skins facing down.
4. Sprinkle with oregano and sea salt if desired.
5. Set the temperature to 135 degrees Fahrenheit. Allow 10-12 hours to dry.

Simple Dehydrated Oranges



Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- Oranges

Instructions:

1. Wash well.
2. Slice oranges into 1/4 inch slices.
3. Place on your **NESCO® Dehydrator** trays.
4. Set the temperature to 135 degrees Fahrenheit. Allow 4-10 hours to dry. Or dry until they snap when cooled and no moisture is evident.