

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.
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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.
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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.

Original Jerky



Next time you hit the trails, don't forget to pack your Jerky. Use your NESCO Dehydrator to achieve the perfect balance of chewy and tender. Savor delicious protein at your convenience and guaranteed fuel for hours.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

Original Jerky Seasoning and cure
2 lbs. of lean ground meat

Instructions:

1. Mix two pounds of ground meat with one packet each of seasoning and cure.
 2. Form into strips or sticks using a NESCO Jerky Gun.
 3. Dry jerky at 160 degree fahrenheit for 5-8 hours using a NESCO food dehydrator.
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Chili Mango Strips



Bring bold flavor anywhere with our Chili Mango Strips. Tangy, spicy, and a little bit sweet, this snack is perfect for people on-the-go. Your NESCO Dehydrator keeps slices thick and chewy throughout. Whether you're headed to the campgrounds or taking to the open road, stay fueled with NESCO.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

1 Tbsp chili powder
1 tsp lime zest
1/2 tsp ground cumin
1/4 tsp cayenne pepper powder
1/4 tsp garlic powder
1/4 tsp onion powder
1/4 tsp ground coriander
1/4 tsp salt
1/8 tsp sugar
4 mangoes, sliced

Instructions:

1. In a bowl, combine all seasonings. Toss with mango slices.
2. Dehydrate in your **NESCO® Dehydrator** at 135 degrees for 6-8 hours.





Trail Mix



Don't waste money on expensive snacks at the gas station. Instead, make your own healthy trail mix using your NESCO Dehydrator and Vacuum Sealer, perfect for those long summer road trips or packed lunches! Your Dehydrator preserves ingredients while your Vacuum Sealer locks in freshness. We love mixing and matching for the ultimate sweet and salty combo. Stir together cashews, peanuts, dried cherries, or even a handful of M&M's, and stay full all afternoon.

Your Key Ingredients:

[NESCO Dehydrator](#)

[NESCO Vacuum Sealer](#)

Grocery Ingredients:

- 1 package of raw cashews
- 1 package of raw almonds
- 1 package of raw peanuts
- 1 package of sunflower seeds

1 pineapple sliced in 1/2" to 3/4" thick pieces
1 package of fresh cranberries or cherries
1 Tbsp salt
Water

Instructions:

1. Place the nuts in a bowl and add the salt. Cover with filtered water by at least 1½ inches. Soak at least 7 hours or overnight except the cashews – soak them for 6 hours exactly. Cashews will become too slimy after a prolonged soaking time.
2. Rinse the nuts thoroughly and drain in a sieve. Place them in a single layer on the **NESCO® Dehydrator** trays.
3. Dehydrate at 100°F for 24-36 hours. The timing varies depending on the nuts and seeds. Make sure your nuts/seeds are completely dry. Moisture can cause them to mold during storage. Set nuts aside.
4. Place a single layer of pineapple slices on the dehydrator trays.
5. Dehydrate at 135°F for 12-16 hours, turning the fruit after 8 hours to ensure even drying.
6. The dehydrated pineapple will be finished when it is firm, chewy, and lightly sticky. Vacuum seal in your **NESCO® Vacuum Sealer** and place in refrigerator until needed.
7. Wash cherries and pit them by slicing in half.
8. Place a single layer of cherry halves on the dehydrator trays.
9. Dehydrate at 125° F – 135° F for 9 -16 hours. Cherries are finished when they look plump, but not wet.
10. Combine dried nuts and fruit in a large bowl. Vacuum seal in desired portions for freshness. Enjoy!





Special Apple Snacks



Not sure what to do with the entire bushel of apples you picked from the orchard? Put your NESCO Dehydrator to work and enjoy the fruits of your labor all winter long with these Special Apple Snacks. Crispy, delicate, and packed with fall flavor, you'll want to grab more than just a handful of this healthy snack. Special Apple Snacks also make great additions to baked goods, trail mix, yogurt, and more.

Simple Apple Chips



Get snackin' with these delicious Simple Apple Chips. Naturally flavored and sprinkled with just a touch of cinnamon sugar, this healthy recipe will satisfy your afternoon sweet tooth. We know store-bought dried fruit can be expensive. The NESCO Dehydrator bakes chips in large batches, so you can enjoy all of the savings without sacrificing any of the flavor.

Salt And Vinegar Zucchini Chips



Not everything at a cookout needs to be unhealthy. These Salt and Vinegar Zucchini Chips are a simple but delicious treat that all ages will gobble up.