



COSORI®

PIONEER 5-TRAY FOOD DEHYDRATOR

Recipes

Table of Contents

- 4 Tips From the Chef
- 6 Cheat Sheet

Jerkies

- 9 Beef Jerky
- 10 Beef Teriyaki Jerky
- 11 Beef Bulgogi Jerky
- 12 Balsamic Mustard Beef Jerky
- 12 Buffalo Beef Jerky
- 13 Candied Sweet & Spicy Bacon
- 14 Breakfast Bacon Jerky
- 15 Chipotle Pork Jerky
- 16 Jalapeño Lime Jerky
- 17 Sriracha Honey Jerky
- 18 Garlic Soy Jerky
- 19 Thai Curry Jerky
- 20 Smoky Maple Jerky
- 21 Jamaican Jerk Jerky
- 22 Brazilian BBQ Jerky
- 23 Sweet & Sour Pork Jerky
- 24 Sweet Heat Jerky
- 25 Carolina Style Pork Jerky
- 26 Vietnamese-Style Beef Jerky
- 27 Peppered Jerky
- 28 Smoked Salmon Jerky
- 29 Salmon Teriyaki Jerky
- 30 Lemon-Dill Fish Jerky
- 31 Cajun Cod Jerky
- 31 Spicy Sriracha Tofu Jerky
- 32 Garlic Herb Tofu Jerky
- 33 Dehydrated Egg Yolks

Fruits

- 35 Honey Bourbon Peaches
- 36 Chocolate-Covered Bananas
- 37 Spiced Apple Chips
- 38 Raspberry Fruit Leather
- 38 Blackberry Fruit Leather
- 39 Red Berry Fruit Leather
- 40 Black & Blueberry Fruit Leather
- 41 Apricot & Peach Fruit Leather
- 42 Grape & Plum Fruit Leather

Snacks

- 44 Zucchini Chips
- 45 Garlic Kale Chips
- 46 Shawarma Kale Chips
- 47 Ranch Carrot Chips
- 48 Sweet & Spicy Almonds
- 49 Dehydrated Potato Chips
- 49 Salt & Vinegar Potato Chips
- 50 Raw Corn Crackers
- 51 Seed Crackers
- 52 Spring Onion Garlic Crackers

Sweets

- 54 Oatmeal Raisin Cookies
- 55 Almond Cookies with Chocolate
- 56 Almond Cranberry Cookies
- 57 Chocolate Cashew Cookies



SCAN FOR ADDITIONAL LANGUAGE:

FR

FRENCH

 *Thank you for
your purchase!* 

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



join

the Cosori Cooks Community on Facebook
[facebook.com/groups/cosoricooks](https://www.facebook.com/groups/cosoricooks)



explore

our recipe gallery
www.cosori.com/recipes



enjoy

weekly, featured recipes
made exclusively by our in-house chefs



CONTACT OUR CHEFS

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

Email: recipes@cosori.com

On behalf of all of us at Cosori,

Happy cooking!

Tips from the Chef

This handy cookbook will illustrate how to get the most out of your Cosori 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.
- Make sure to thoroughly dry the base before using the dehydrator again. Do not immerse the base tray in water.

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 150°F for 1 to 2 hours.
- Dehydrate stale bread slices to make breadcrumbs. Dehydrate stale bread slices at 125°F for 4 to 6 hours, then pulse in a food processor.

Storage

- Store your dehydrated foods in airtight containers, mason jars, or even freezer bags. Do not store directly in metal containers.
- 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, or until it has come completely to room temperature.
- If any condensation forms in your containers, that means that your food was not dehydrated for long enough. Simply place it back in the dehydrator for additional time.
- Storage temperature should be 50°F 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.

Tips from the Chef (cont.)

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 of fatty meats when making jerky. Fat can turn rancid and affect the quality of your food.
- When dehydrating vegetables, be sure to blanch them for 1 minute first. Blanching will help them retain their colour, flavour, and texture.
- 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 mandoline works best for slicing vegetables or fruit.
- Avoid trying to dry food faster by increasing the temperature. This can lead to the outside over-drying and the inside being 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 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.

Dehydrating Guide

Temperature	Uses
95°F	Herbs and Flowers
120°F	Vegetables
130°F	Citrus Peel
140°F	Fruit and Fish
150°F	Nuts and Seeds
165°F	Meat, Root Vegetables, Fruit Rolls

Cheat Sheet

Food Item	Type	Preparation	Texture	Dehydrating Time (hours)
Apples	Fruit	Peel, core, and cut into rings	Pliable	5–6
Apricots	Fruit	Cut in half, or slice and remove pit	Pliable	12–24
Bananas	Fruit	Peel and cut into 6-mm-thick slices	Crisp	8–24
Cherries	Fruit	Cut in half and pit	Leathery	8–36
Cranberries	Fruit	Leave whole	Pliable	6–30
Dates	Fruit	Remove pit and slice	Leathery	6–24
Figs	Fruit	Slice	Leathery	6–24
Grapes	Fruit	Leave whole	Pliable	8–38
Mangos	Fruit	Remove skin and cut into 1-cm-thick slices	Pliable	6–16
Nectarines	Fruit	Cut in half or slice and remove pit	Pliable	8–26
Peaches	Fruit	Peel, pit, and cut into slices	Pliable	12–20
Pears	Fruit	Peel and slice	Pliable	10–24
Strawberries	Fruit	Trim and cut into 1-cm-thick slices	Brittle	8–24
Orange Rind	Citrus Peel	Peel in long strings	Brittle	8–16
Lemon Rind	Citrus Peel	Peel in long strings	Brittle	8–16
Lime Rind	Citrus Peel	Peel in long strings	Brittle	8–16

Food Item	Type	Preparation	Texture	Dehydrating Time (hours)
Chives	Herbs	Chop	Brittle	6–10
Rosemary	Herbs	Leave on stem	Brittle	6–10

Food Item	Type	Preparation	Texture	Dehydrating Time (hours)
Almonds	Nuts	Soak for 8 hours	Crunchy	8–24

Cheat Sheet

Food Item	Type	Preparation	Texture	Dehydrating Time (hours)
Asparagus	Vegetable	Cut into 5-cm-long pieces	Brittle	6–14
Brussels Sprouts	Vegetable	Cut sprouts from stalk, then in half	Crisp	8–30
Broccoli	Vegetable	Trim, cut, and steam till tender (3–5 minutes)	Brittle	6–20
Cabbage	Vegetable	Core, trim, and cut into 3-mm strips	Leathery	6–14
Cauliflower	Vegetable	Trim, cut, and steam until tender (3–5 minutes)	Leathery	6–16
Celery	Vegetable	Cut stalks into 6-mm slices	Brittle	6–14
Cucumber	Vegetable	Cut into 12-mm-thick slices	Leathery	6–18
Eggplant	Vegetable	Trim and cut into 6-mm to 12-mm-thick slices	Brittle	6–18
Garlic	Vegetable	Remove skin from clove and trim root end	Brittle	6–16
Green Beans	Vegetable	Trim ends and steam blanch	Brittle	8–26
Mushrooms	Vegetable	Slice, chop, or leave whole	Leathery	6–14
Onions	Vegetable	Slice thinly or chop	Brittle	8–14
Peas	Vegetable	Blanch for 3–5 minutes	Brittle	8–14
Peppers	Vegetable	Remove seeds and cut into 6-mm-thick strips or rings	Brittle	6–14
Rhubarb	Vegetable	Remove outer skin and cut into 3-mm-thick pieces	Brittle	8–38
Spinach	Vegetable	Steam blanch until wilted	Brittle	6–16
Tomatoes	Vegetable	Remove skin and slice	Leathery	8–24
Zucchini	Vegetable	Slice into 3-mm-thick pieces	Crisp	8–18
Beets	Root Vegetable	Blanch, cool, remove tops and roots, slice	Brittle	8–26
Carrots	Root Vegetable	Trim, cut, and steam until tender (3–5 minutes)	Leathery	6–12
Potatoes	Root Vegetable	Slice, dice or cut. Steam or blanch for 8–10 minutes	Brittle	10–14



jerky



BEEF JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

1 kg beef eye of round

Marinade

118 ml Worcestershire sauce

118 ml soy sauce

15 ml honey

6 g salt

1. **Cut** the beef across the grain into 5-mm-thick slices and set aside.
2. **Mix** the Worcestershire sauce, soy sauce, honey, and salt until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix 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 Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.

BEEF TERIYAKI JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

2 kgs beef eye of round

Marinade

118 ml soy sauce

50 g light brown sugar

1 gram ginger, grated

1 garlic clove, crushed

59 ml pineapple juice

1. **Cut** the beef across the grain into 5-mm-thick slices and set aside.
2. **Mix** the soy sauce, light brown sugar, ginger, garlic, and pineapple juice until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix 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 Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



BEEF BULGOGI JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

1 kg beef eye of round

Marinade

59 ml soy sauce

50 g brown sugar

15 ml sesame oil

5 g garlic powder

6 g salt

1. **Cut** the beef across the grain into 5-mm-thick slices and set aside.
2. **Mix** the soy sauce, brown sugar, sesame oil, garlic powder, and salt until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix 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 Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.

BALSAMIC MUSTARD BEEF JERKY

YIELD
PREP

4 servings
12 hours
10 minutes

DEHYDRATE

6 hours

1 kg beef eye of round

Marinade

237 ml balsamic vinegar
30 ml olive oil
15 ml Dijon mustard
2 garlic cloves, crushed
6 g salt

1. **Cut** the beef across the grain into 5-mm-thick slices and set aside.
2. **Mix** the balsamic vinegar, olive oil, Dijon mustard, garlic, and salt until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.

BUFFALO BEEF JERKY

YIELD
PREP

4 servings
12 hours
10 minutes

DEHYDRATE

6 hours

1 kg beef eye of round

Marinade

237 ml buffalo wing sauce
6 g salt

1. **Cut** the beef across the grain into 5-mm-thick slices and set aside.
2. **Mix** the buffalo wing sauce and salt until well combined.
3. **Place** the sliced beef and the marinade into a resealable plastic bag and mix 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 Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



CANDIED SWEET & SPICY BACON

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

10 strips bacon

Marinade

45 ml soy sauce

38 g brown sugar

30 ml garlic chili sauce

10 ml sesame oil

10 ml mirin

1. **Cut** the bacon strips into halves or thirds and set aside.
2. **Mix** the soy sauce, brown sugar, garlic chili sauce, sesame oil, and mirin until well combined.
3. **Place** the cut bacon and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the bacon evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done.
9. **Cool** to room temperature on the trays, then serve.

BREAKFAST BACON JERKY

YIELD

4 servings

PREP

10 minutes

DEHYDRATE

6 hours

10 strips applewood smoked bacon

4 g light brown sugar

6 g ground fennel seeds

A pinch of dried thyme

A pinch of dried sage

A pinch of crushed red pepper

A pinch of black pepper

A pinch of garlic powder

A pinch of onion powder

1. **Cut** the bacon strips into halves or thirds and set aside.
2. **Mix** all seasonings together until well combined.
3. **Sprinkle** the seasoning mix liberally on each side of the bacon.
4. **Place** the cut bacon evenly between the Cosori Food Dehydrator trays.
5. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
6. **Remove** when done. The jerky should bend but not snap in half.
7. **Cool** to room temperature on the trays, then serve.



CHIPOTLE PORK JERKY

YIELD

2 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

450 g pork tenderloin

Marinade

1 can chipotle adobo sauce (220 g)

14 g tomato paste

6 g salt

4 g granulated sugar

2 g garlic powder

Items Needed

Blender or food processor

1. **Cut** the tenderloin into 5-mm-thick slices and set aside.
2. **Blend** the chipotle adobo sauce, tomato paste, salt, sugar, and garlic powder together in a blender or food processor until smooth.
3. **Place** the sliced tenderloin and chipotle marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced pork evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 160°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



JALAPEÑO LIME JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

1 kg beef eye of round

Marinade

12 jalapeños, seeded

4 limes, juiced

17 g fresh cilantro

4 green onions, chopped

2 garlic cloves

6 g salt

14 g ground cumin

2 g crushed red pepper

1 gram black pepper

Items Needed

Blender or food processor

1. **Cut** the beef across the grain into 5-mm-thick slices and 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 sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



SRIRACHA HONEY JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

1 kg beef eye of round

Marinade

237 ml Sriracha

90 ml honey

20 ml rice wine vinegar

6 g salt

1. **Cut** the beef across the grain into 5-mm-thick slices and set aside.
2. **Mix** the Sriracha, honey, vinegar, and salt until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



GARLIC SOY JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

1 kg beef eye of round

Marinade

158 ml soy sauce

15 ml Worcestershire sauce

8 g garlic powder

50 g light brown sugar

3 g salt

1. **Cut** the beef across the grain into 5-mm-thick slices and set aside.
2. **Mix** the soy sauce, Worcestershire sauce, garlic powder, light brown sugar, and salt until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



THAI CURRY JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

450 g pork tenderloin

Marinade

45 ml Thai red curry paste

30 ml fish sauce

1 lemongrass stalk, white part only,
chopped

1 garlic clove

4 g brown sugar

30 ml water

A pinch of salt

Items Needed

Blender or food processor

1. **Cut** the tenderloin into 5-mm-thick slices and 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 marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced pork evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 160°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



SMOKY MAPLE JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

1 kg beef eye of round

Marinade

118 ml maple syrup

59 ml soy sauce

5 ml liquid smoke

2 g garlic powder

2 g onion powder

3 g salt

A pinch of black pepper

1. **Cut** the beef across the grain into 5-mm-thick slices and 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 sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



JAMAICAN JERK JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

1 kg top round beef

Marinade

118 ml fresh lime juice

59 ml distilled white vinegar

25 g dark brown sugar

12 g salt

4 g grated ginger

4 garlic cloves, grated

4 g onion powder

4 g ground black pepper

4 g dried thyme

2 g ground allspice

2 g cayenne pepper

1 gram ground cinnamon

1 gram smoked paprika

1. **Cut** the beef across the grain into 5-mm-thick slices and set aside.
2. **Mix** the lime juice, vinegar, sugar, salt, ginger, garlic, onion powder, black pepper, thyme, allspice, cayenne pepper, cinnamon, and paprika until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



BRAZILIAN BBQ JERKY

YIELD PREP

4 servings
12 hours
10 minutes
6 hours

DEHYDRATE

1 kg top round beef

Marinade

118 ml lime juice
118 ml olive oil
6 g salt
2 g black pepper
4 garlic cloves, grated
2 g crushed red pepper
4 g ground cumin
4 g dried oregano
2 g onion powder
2 g ground coriander seeds

1. **Cut** the beef across the grain into 5-mm-thick slices and set aside.
2. **Mix** the lime juice, olive oil, salt, black pepper, garlic, crushed red pepper, cumin, oregano, onion powder, and coriander until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



SWEET & SOUR PORK JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

450 g pork tenderloin

Marinade

59 ml lime juice

30 ml fish sauce

25 g light brown sugar

1 medium shallot, grated

2 garlic cloves, grated

1 gram black pepper

1 gram salt

1. **Cut** the tenderloin into 5-mm-thick slices and set aside.
2. **Mix** the lime juice, fish sauce, brown sugar, shallot, garlic, black pepper, and salt until well combined.
3. **Place** the sliced pork and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced pork evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 160°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



SWEET HEAT JERKY

YIELD PREP

4 servings
12 hours
10 minutes
6 hours

DEHYDRATE

1 kg beef eye of round

Marinade

118 ml soy sauce
59 ml Worcestershire sauce
59 ml ketchup
21 g Dijon mustard
75 g light brown sugar
8 g smoked paprika
6 g chili powder
6 g cayenne pepper
2 g garlic powder
2 g onion powder
6 g salt

1. **Cut** the beef across the grain into 5-mm-thick slices and set aside.
2. **Mix** the soy sauce, Worcestershire sauce, ketchup, Dijon mustard, brown sugar, paprika, chili powder, cayenne pepper, garlic powder, onion powder, and salt until well combined.
3. **Place** the sliced beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



CAROLINA STYLE PORK JERKY

YIELD

2 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

450 g pork tenderloin

Marinade

118 ml ketchup

2 g smoked paprika

2 g garlic powder

2 g onion powder

2 g chili powder

2 g ground mustard

3 g salt

1 gram black pepper

1. **Cut** the tenderloin into 5-mm-thick slices and set aside.
2. **Mix** the ketchup, paprika, garlic powder, onion powder, chili powder, mustard, salt, and pepper until well combined.
3. **Place** the sliced pork and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced pork evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 160°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.

VIETNAMESE-STYLE BEEF JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

1 kg beef eye of round

Marinade

45 ml fish sauce

15 ml soy sauce

1 lime, juiced

50 g brown sugar

1. **Cut** the beef against the grain into 5-mm-thick slices and set aside.
2. **Mix** the fish sauce, soy sauce, lime juice, and brown sugar in a bowl until well combined.
3. **Place** the beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend and not snap in half.
9. **Cool** to room temperature on the trays, then serve.



PEPPERED JERKY

YIELD

4 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

1 kg top round beef

Marinade

118 ml soy sauce

59 ml Worcestershire sauce

5 g black pepper

A pinch of white pepper

1. **Cut** the beef across the grain into 5-mm-thick slices and set aside.
2. **Mix** the soy sauce, Worcestershire, black pepper, and white pepper until well combined.
3. **Place** the beef and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 165°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done. The jerky should bend but not snap in half.
9. **Cool** to room temperature on the trays, then serve.



SMOKED SALMON JERKY

YIELD

2 servings

PREP

4 hours

10 minutes

DEHYDRATE

8 hours

570 g salmon

Marinade

118 ml soy sauce

15 ml molasses

15 ml lemon juice, freshly squeezed

4 g black pepper, freshly ground

5 ml liquid smoke

1. **Cut** the salmon into 6-mm-thick slices and set aside.
2. **Mix** the soy sauce, molasses, lemon juice, black pepper, and liquid smoke until well combined.
3. **Place** the salmon and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 4 hours.
5. **Drain** and discard the marinade.
6. **Place** the sliced salmon evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 160°F and time to 8 hours, then press *Start/Stop*.
8. **Remove** when done.
9. **Cool** to room temperature on the trays, then serve.



SALMON TERIYAKI JERKY

YIELD

2 servings

PREP

4 hours

10 minutes

DEHYDRATE

8 hours

450 g salmon

118 ml soy sauce

50 g granulated sugar

1 gram ginger, grated

1 garlic clove, crushed

59 ml orange juice

1. **Cut** the salmon into 6-mm-thick slices and set aside.
2. **Mix** the soy sauce, sugar, grated ginger, garlic, and orange juice until well combined.
3. **Place** the salmon and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 4 hours.
5. **Drain** and discard the marinade.
6. **Place** the sliced salmon evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 140°F and time to 8 hours, then press *Start/Stop*.
8. **Remove** when done.
9. **Cool** to room temperature on the trays, then serve.



LEMON-DILL FISH JERKY

YIELD

2 servings

PREP

4 hours

5 minutes

DEHYDRATE

8 hours

450 g Alaskan cod fillets

Marinade

1 lemon, zested and juiced

30 ml olive oil

3 g fresh dill, minced

1 garlic clove, minced

A pinch of salt

1. **Cut** the cod fillets into 6-mm-thick slices and set aside.
2. **Mix** the lemon juice and zest, olive oil, dill, garlic, and salt until well combined.
3. **Place** the salmon and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 4 hours.
5. **Drain** and discard the marinade.
6. **Place** the sliced cod evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 140°F and time to 8 hours, then press *Start/Stop*.
8. **Remove** when done.
9. **Cool** to room temperature on the trays, then serve.

CAJUN COD JERKY

YIELD
PREP

2 servings
4 hours
10 minutes
8 hours

DEHYDRATE

450 g Alaskan cod fillet

Marinade

1 lemon, juiced
6 g salt
2 g garlic powder
2 g paprika
2 g onion powder
A pinch of cayenne pepper
A pinch of black pepper

1. **Cut** the fish into 6-mm-thick slices and set aside.
2. **Mix** the lemon juice, salt, garlic powder, paprika, onion powder, cayenne pepper, and black pepper until well combined.
3. **Place** the cod and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 4 hours.
5. **Drain** and discard the marinade.
6. **Place** the sliced cod evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 140°F and time to 8 hours, then press *Start/Stop*.
8. **Remove** when done.
9. **Cool** to room temperature on the trays, then serve.

SPICY SRIRACHA TOFU JERKY

YIELD
PREP

2 servings
12 hours
10 minutes
6 hours

DEHYDRATE

450 g extra-firm tofu

Marinade

59 ml soy sauce
30 ml Sriracha
30 ml honey
2 g garlic powder

1. **Cut** the tofu into 6-mm-thick slices and set aside.
2. **Mix** the soy sauce, Sriracha, honey, and garlic powder until well combined.
3. **Place** the sliced tofu and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced tofu evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 160°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done.
9. **Cool** to room temperature on the trays, then serve.

GARLIC HERB TOFU JERKY

YIELD

2 servings

PREP

12 hours

10 minutes

DEHYDRATE

6 hours

450 g extra-firm tofu

Marinade

59 ml balsamic vinegar

3 g salt

2 g garlic powder

2 g onion powder

2 g dried basil

2 g dried oregano

1 gram crushed red pepper

1. **Cut** the tofu into 6-mm-thick slices and set aside.
2. **Mix** the balsamic vinegar, salt, garlic powder, onion powder, basil, oregano, and red pepper until well combined.
3. **Place** the tofu and marinade into a resealable plastic bag and mix well.
4. **Marinate** in the refrigerator for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced tofu evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 160°F and time to 6 hours, then press *Start/Stop*.
8. **Remove** when done.
9. **Cool** to room temperature on the trays, then serve.



DEHYDRATED EGG YOLKS

YIELD
PREP
DEHYDRATE

6 servings
96 hours
3 hours

251 g granulated sugar
504 g kosher salt
6 egg yolks

Items Needed

15 x 15-centimetre sheet pan
Plastic wrap

1. **Mix** the sugar and salt in a bowl until well combined.
2. **Spread** half of the salt and sugar mixture onto a 15 x 15-centimetre baking tray.
3. **Make** 6 indentations in the salt and sugar mixture using the back of a spoon or measuring utensil.
4. **Place** 1 egg yolk into each indent, then cover using the rest of the salt and sugar mixture.
5. **Wrap** the baking tray tightly in plastic wrap and refrigerate for 3 to 4 days.
6. **Remove** the egg yolks from the salt cure carefully and place into a bowl of water.
7. **Brush** off excess salt and sugar gently.
8. **Place** the egg yolks evenly between the Cosori Food Dehydrator trays.
9. **Set** temperature to 140°F and time to 3 hours, then press *Start/Stop*.
10. **Remove** when done and serve grated over pasta or vegetables.



fruits

HONEY BOURBON PEACHES

YIELD

1 serving

PREP

4 hours

10 minutes

DEHYDRATE

12–16 hours

1 peach, peeled, cored

59 ml hot water

59 ml honey

45 ml bourbon or whisky

1. **Slice** the peach into 12-mm-thick pieces and set aside.
2. **Mix** the hot water and honey in a bowl until the honey dissolves, then add the bourbon.
3. **Place** the peach slices and bourbon mixture into a resealable plastic bag.
4. **Marinate** for 4 hours.
5. **Place** the sliced peaches evenly between the Cosori Food Dehydrator trays.
6. **Set** temperature to 140°F and time to 16 hours, then press *Start/Stop*.
7. **Check** the peaches every hour after 12 hours until they are pliable but do not break when bent.
8. **Remove** when done and serve.



CHOCOLATE- COVERED BANANAS

YIELD	2 servings
PREP	10 minutes
DEHYDRATE	12–16 hours

1 banana, thinly sliced
113 g bittersweet chocolate (70%
cacao)
Sea salt, for sprinkling

1. **Place** the banana slices evenly between the Cosori Food Dehydrator trays.
2. **Set** temperature to 140°F and time to 16 hours, then press *Start/Stop*.
3. **Check** the banana slices every hour after 12 hours until they are mostly dry to the touch and slightly sticky.
4. **Remove** when done.
5. **Microwave** the chocolate in a microwave-safe bowl in 30-second intervals, stirring between each interval, until the chocolate is completely melted.
6. **Dip** the dehydrated bananas slices in the melted chocolate to coat.
7. **Sprinkle** the sea salt over the chocolate-covered bananas
8. **Cool** to room temperature and serve when the chocolate has hardened.



SPICED APPLE CHIPS

YIELD

4 servings

PREP

10 minutes

DEHYDRATE

6–12 hours

2 red apples, peeled, cored

½ lemon, juiced

13 g granulated sugar

3 g ground cinnamon

A pinch of nutmeg

3 ml vanilla extract

1. **Slice** the apples into 6-mm-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. **Set** temperature to 140°F and time to 12 hours, then press *Start/Stop*.
5. **Check** the apple slices every hour after 6 hours until they are dry and rubbery. They should not stick together when folded.
6. **Remove** when done and serve.

RASPBERRY FRUIT LEATHER

YIELD

4 servings

PREP

10 minutes

DEHYDRATE

3–5 hours

680 g raspberries

25 g granulated sugar

5 ml lemon juice

Items Needed

Parchment paper

Blender

Mesh strainer

1. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
2. **Blend** the raspberries, sugar, and lemon juice in a blender on low speed until smooth.
3. **Strain** the raspberry purée with a mesh strainer to remove the seeds.
4. **Pour** the fruit purée back into the blender and blend on high speed until liquified.
5. **Pour** the raspberry purée onto the parchment-lined trays in 4-mm-thick layers, leaving a 1-centimetre border around the inner and outer edges.
6. **Set** temperature to 165°F and time to 5 hours, then press *Start/Stop*.
7. **Check** the fruit leather every hour after 3 hours until it is dry and no longer tacky to the touch.
8. **Remove** when done and serve.

BLACKBERRY FRUIT LEATHER

YIELD

4 servings

PREP

10 minutes

DEHYDRATE

3–5 hours

680 g raspberries

25 g granulated sugar

5 ml lemon juice

Items Needed

Parchment paper

Blender

Mesh strainer

1. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
2. **Blend** the blackberries, sugar, and lemon juice in a blender on low speed until smooth.
3. **Strain** the fruit mix with a mesh strainer to get rid of the seeds.
4. **Pour** the fruit mix back into the blender and blend on high speed until liquified.
5. **Pour** the fruit purée onto the parchment-lined trays in 4-mm-thick layers, leaving a 1-centimetre border around the inner and outer edges.
6. **Set** temperature to 165°F and time to 5 hours, then press *Start/Stop*.
7. **Check** the fruit leather every hour after 3 hours until it is dry and no longer tacky to the touch.
8. **Remove** when done and serve.



RED BERRY FRUIT LEATHER

YIELD

4 servings

PREP

10 minutes

DEHYDRATE

8–12 hours

450 g strawberries

63 g raspberries

8 g granulated sugar

5 ml vanilla extract

5 ml lemon juice

Items Needed

Parchment paper

Blender

Mesh strainer

1. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
2. **Blend** all the ingredients together in a blender on low speed until smooth.
3. **Strain** the fruit mix with a mesh strainer to get rid of the seeds.
4. **Pour** the fruit mix back into the blender and blend on high speed until liquified.
5. **Pour** the fruit purée onto the parchment-lined fruit trays in 4-mm-thick layers, leaving a 1-centimetre border around the inner and outer edges.
6. **Set** temperature to 165°F and time to 12 hours, then press *Start/Stop*.
7. **Check** the fruit leather every hour after 8 hours until it is dry and no longer tacky to the touch.
8. **Remove** when done and serve.

BLACK & BLUEBERRY FRUIT LEATHER

YIELD
PREP
DEHYDRATE

4 servings
10 minutes
8–12 hours

450 g blueberries
63 g blackberries
30 g granulated sugar
2 teaspoons lemon juice

Items Needed

Parchment paper
Blender
Mesh strainer

1. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
2. **Blend** all ingredients together in a blender on low speed until smooth.
3. **Strain** the fruit mix with a mesh strainer to get rid of the seeds.
4. **Pour** the fruit mix back into the blender and blend on high speed until liquified.
5. **Pour** the fruit purée onto the parchment-lined trays in 4-mm-thick layers, leaving a 1-centimetre border around the inner and outer edges.
6. **Set** temperature to 165°F and time to 12 hours, then press *Start/Stop*.
7. **Check** the fruit leather every hour after 8 hours until it is dry and no longer tacky to the touch.
8. **Remove** when done and serve.



APRICOT & PEACH FRUIT LEATHER

YIELD

4 servings

PREP

20 minutes

DEHYDRATE

8–12 hours

3 apricots, peeled, seeded
3 peaches, peeled, seeded
13 g granulated sugar
1 teaspoon orange juice

Items Needed

Parchment paper
Immersion blender or regular
blender

1. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
2. **Place** the apricots, peaches, and sugar into a medium saucepan.
3. **Cook** the apricots and peaches on the stove at medium-low heat for 10 to 15 minutes, until they have softened.
4. **Blend** the fruits with an immersion blender. If you use a regular blender, blend the fruits on low speed and gradually increase to high.
5. **Pour** the fruit purée onto the parchment-lined trays in 4-mm-thick layers, leaving a 1-centimetre border around the inner and outer edges.
6. **Set** temperature to 165°F and time to 12 hours, then press *Start/Stop*.
7. **Check** the fruit leather every hour after 8 hours until it is dry and no longer tacky to the touch.
8. **Remove** when done and serve.

GRAPE & PLUM FRUIT LEATHER

YIELD
PREP
DEHYDRATE

4 servings
20 minutes
8–12 hours

5 plums, seeded
1 bunch seedless red grapes
25 g granulated sugar
1 teaspoon lemon juice

Items Needed

Parchment paper
Immersion blender or regular
blender

1. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
2. **Place** the plums, grapes, sugar, and lemon juice into a medium saucepan.
3. **Cook** the plums and grapes on the stove at medium-low heat for 10 to 15 minutes, until the plums and grapes have softened and burst.
4. **Blend** with an immersion blender. If you use a regular blender, blend the fruits on low speed and gradually increase to high.
5. **Pour** the fruit purée onto the parchment-lined trays in 4-mm-thick layers, leaving a 1-centimetre border around the inner and outer edges.
6. **Set** temperature to 165°F and time to 12 hours, then press *Start/Stop*.
7. **Check** the fruit leather every hour after 8 hours until it is dry and no longer tacky to the touch.
8. **Remove** when done and serve.



snacks



ZUCCHINI CHIPS

YIELD

4 servings

PREP

10 minutes

DEHYDRATE

12 hours

2 zucchinis

15 ml olive oil

3 g salt

2 g garlic powder

2 g onion powder

2 g paprika

1 gram black pepper

1. **Slice** the zucchinis into 6-mm-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. **Set** temperature to 165°F and time to 12 hours, then press *Start/Stop*.
5. **Remove** when done and serve.



GARLIC KALE CHIPS

YIELD

4 servings

PREP

5 minutes

DEHYDRATE

12–13 hours

10 g kale, chopped

10 ml olive oil

4 g garlic powder

7 g Parmesan, grated

3 g salt

1. **Combine** all ingredients in a bowl and mix well together.
2. **Place** the seasoned kale evenly between the Cosori Food Dehydrator trays.
3. **Set** temperature to 120°F and time to 13 hours, then press *Start/Stop*.
4. **Check** the kale every hour after 12 hours until it is crisp and dry.
5. **Remove** when done and serve.



SHAWARMA KALE CHIPS

YIELD

4 servings

PREP

5 minutes

DEHYDRATE

12–13 hours

10 g kale, chopped

10 ml olive oil

3 g salt

2 g cumin

1 gram garlic powder

1 gram cinnamon

1 gram ground cilantro

1 gram smoked paprika

1 pinch ground cardamom

1. **Combine** all ingredients in a bowl and mix well.
2. **Place** the seasoned kale evenly between the Cosori Food Dehydrator trays.
3. **Set** temperature to 130°F and time to 13 hours, then press *Start/Stop*.
4. **Check** the kale every hour after 12 hours until it is crisp and dry.
5. **Remove** when done and serve.



RANCH CARROT CHIPS

YIELD

6 servings

PREP

8 minutes

DEHYDRATE

8–12 hours

3 large carrots, peeled

23 ml water

Ranch Dressing Seasoning

15 g powdered buttermilk

5 g dried parsley

3 g salt

2 g garlic powder

2 g onion powder

1 gram dried dill

Items Needed

Vegetable peeler

1. **Peel** the carrots into ribbons using a vegetable peeler and place into a large bowl.
2. **Toss** the carrots with the water and ingredients for the ranch dressing seasoning.
3. **Place** the carrots evenly between the Cosori Food Dehydrator trays.
4. **Set** temperature to 140°F and time to 12 hours, then press *Start/Stop*.
5. **Check** the carrots every hour after 8 hours until they are crisp and dry.
6. **Remove** when done and serve.



SWEET & SPICY ALMONDS

YIELD

2 servings

PREP

8 hours

5 minutes

DEHYDRATE

24 hours

230 g raw almonds

1 litre water

10 g salt, divided

25 g granulated sugar

1 gram cayenne pepper

A pinch of black pepper

1. **Soak** the almonds in the water and 6 g of salt for 8 hours.
2. **Drain** the almonds and pat dry.
3. **Toss** the almonds in the remaining salt, sugar, cayenne pepper, and black pepper until the almonds are evenly coated.
4. **Place** the almonds evenly between the Cosori Food Dehydrator trays.
5. **Set** temperature 150°F and time to 24 hours, then press *Start/Stop*.
6. **Remove** when done and serve.

DEHYDRATED POTATO CHIPS

YIELD | 2 servings
PREP | 40 minutes
DEHYDRATE | 10 hours

1 large russet potato, peeled
1 litre hot water
5 ml lemon juice
Oil spray
1 gram salt, plus more for seasoning

Items Needed

Mandoline

1. **Slice** the peeled potatoes on a mandoline 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 for 30 minutes.
4. **Remove** the potato slices and pat dry with a paper towel.
5. **Spray** the potato slices lightly with oil spray and sprinkle with salt.
6. **Place** the potatoes evenly between the Cosori Food Dehydrator trays.
7. **Set** temperature to 160°F and time 10 hours, then press *Start/Stop*.
8. **Remove** when done, season with salt to taste, and serve.

SALT & VINEGAR POTATO CHIPS

YIELD | 2 servings
PREP | 1 hour
10 minutes
DEHYDRATE | 10 hours

1 russet potato
1 litre hot water
1 lemon, juiced
1 litre distilled vinegar
Oil spray
Salt & pepper, to taste

Items Needed

Mandoline

1. **Slice** the potatoes on a mandoline into 1-mm-thick slices.
2. **Add** the potato slices to a large bowl with the hot water and lemon juice.
3. **Soak** the potato slices for 30 minutes.
4. **Drain** the potato slices, then cover in vinegar and soak for 15 to 30 minutes.
5. **Remove** the potato slices from the vinegar and pat dry with a paper towel.
6. **Spray** the potato slices lightly with oil spray and sprinkle with salt and pepper.
7. **Place** the potato slices evenly between the Cosori Food Dehydrator trays.
8. **Set** temperature to 160°F and time to 10 hours, then press *Start/Stop*.
9. **Remove** when done and serve.



RAW CORN CRACKERS

YIELD

4 servings

PREP

15 minutes

DEHYDRATE

8–12 hours

2 ears of corn, husked

168 g golden flaxseeds

59 ml water

6 g salt

A pinch of garlic powder

Items Needed

Parchment paper

Food processor

1. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
2. **Cut** the kernels from the ear of corn.
3. **Add** the corn kernels, flaxseeds, water, salt, and garlic powder to a food processor and purée until smooth.
4. **Spread** the batter over the parchment-lined trays in 3-mm-thick layers.
5. **Set** temperature to 165°F and time to 12 hours, then press *Start/Stop*.
6. **Check** the crackers every hour after 8 hours until the crackers are hard and dry.
7. **Remove** when done and serve.



SEED CRACKERS

YIELD

4 servings

PREP

5 minutes

DEHYDRATE

8–12 hours

56 g flaxseed

56 g chia seeds

227 g pumpkin seeds

113 g sesame seeds

6 g salt

1 gram garlic powder

1 gram onion powder

A pinch of cayenne pepper

A pinch of black pepper

237 ml water

Items Needed

Parchment paper

1. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
2. **Mix** all of the ingredients in a large bowl.
3. **Allow** the seeds to absorb the water for about 3 minutes, creating a batter.
4. **Spread** the batter over the parchment-lined trays in 3-mm-thick layers.
5. **Set** temperature to 165°F and time to 12 hours, then press *Start/Stop*.
6. **Check** the crackers every hour after 8 hours until they are hard and dry.
7. **Remove** when done and serve.



SPRING ONION GARLIC CRACKERS

YIELD

4 servings

PREP

15 minutes

DEHYDRATE

8–12 hours

15 ml olive oil

5 spring onions, root ends cut off and
discarded

2 garlic cloves

237 ml water

6 g salt

A pinch of black pepper

454 g flaxseed

Items Needed

Blender or food processor

Parchment paper

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 spring onions and garlic cloves.
3. **Cook** the garlic until lightly brown. Remove from heat and set aside.
4. **Cook** the spring onions on each side until brown for about 5 minutes. Set aside.
5. **Blend** the garlic, spring onions, water, salt, and pepper in a blender or food processor until smooth.
6. **Add** the flaxseed to the blended mixture, creating a batter, and set aside.
7. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
8. **Spread** the batter over the parchment-lined trays in 3-mm-thick layers.
9. **Set** temperature to 165°F and time to 12 hours, then press *Start/Stop*.
10. **Check** the crackers every hour after 8 hours until they are hard and dry.
11. **Remove** when done and serve.



sweets



OATMEAL RAISIN COOKIES

YIELD	12–16 cookies
PREP	15 minutes
DEHYDRATE	12 hours

227 g quick-cooking oats
227 g raw pecans
168 g raisins
56 g pumpkin seeds
59 ml maple syrup
30 ml coconut oil
1 gram ground cinnamon
A pinch of ground ginger
A pinch of ground allspice
A pinch of ground cloves
A pinch of salt

Items Needed

Food processor
Parchment paper

1. **Blend** all of the ingredients in a food processor until combined.
2. **Shape** the dough into tablespoon-sized balls, then place on parchment paper spaced apart.
3. **Place** another sheet of parchment paper over the top and flatten to 6-mm thickness.
4. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
5. **Remove** cookies from the parchment paper, then place onto the parchment-lined trays.
6. **Set** temperature to 160°F and time to 12 hours, then press *Start/Stop*.
7. **Remove** the cookies carefully from the parchment paper after 8 hours.
8. **Place** the cookies directly onto the trays and dehydrate for the remaining time.
9. **Remove** when done and serve.



ALMOND COOKIES WITH CHOCOLATE

YIELD	10–12 cookies
PREP	15 minutes
DEHYDRATE	12 hours

237 ml almond butter
95 g shredded coconut
50 g pistachios
70 g dark chocolate chips

Items Needed

Food processor
Parchment paper

1. **Blend** all ingredients in a food processor until combined.
2. **Shape** the dough into tablespoon-sized balls, then place on parchment paper spaced apart.
3. **Place** another sheet of parchment paper over the top and flatten to 6-mm thickness.
4. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
5. **Remove** cookies from the parchment paper, then place evenly onto the parchment-lined trays.
6. **Set** temperature to 160°F and time to 12 hours, then press *Start/Stop*.
7. **Remove** the cookies carefully from the parchment paper after 8 hours.
8. **Place** the cookies directly onto the trays and dehydrate for the remaining time.
9. **Remove** when done and serve.



ALMOND CRANBERRY COOKIES

YIELD	12–16 cookies
PREP	15 minutes
DEHYDRATE	12 hours

237 ml almond butter
120 g almond flour
95 g shredded coconut flakes
50 g walnuts, chopped
40 g dried cranberries

Items Needed

Food processor
Parchment paper

1. **Blend** all the ingredients in a food processor until combined.
2. **Shape** the dough into tablespoon-sized balls, then place on parchment paper.
3. **Place** another sheet of parchment paper over the top and flatten to 6-mm thickness.
4. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
5. **Remove** cookies from the parchment paper, then place onto the parchment-lined trays.
6. **Set** temperature to 160°F and time to 12 hours, then press *Start/Stop*.
7. **Remove** the cookies carefully from the parchment paper after 8 hours.
8. **Place** the cookies directly onto the trays and dehydrate for the remaining time.
9. **Remove** when done and serve.



CHOCOLATE CASHEW COOKIES

YIELD	12–16 cookies
PREP	15 minutes
DEHYDRATE	12 hours

280 g unsalted cashews
50 g cocoa powder
59 ml maple syrup
2 g ground cinnamon
A pinch of ground nutmeg
5 ml vanilla extract
3 g kosher salt

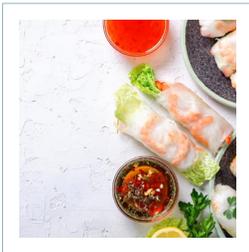
Items Needed

Food processor
Parchment paper

1. **Blend** all ingredients in a food processor until combined. There may be small chunks of cashews.
2. **Shape** the dough into tablespoon-sized balls, then place on parchment paper.
3. **Place** another sheet of parchment paper over the top and flatten to 6-mm thickness.
4. **Cut** parchment paper to fit inside the Cosori Food Dehydrator trays.
5. **Remove** cookies from the double parchment paper, then place onto parchment-lined trays.
6. **Set** temperature to 160°F and time to 12 hours, then press *Start/Stop*.
7. **Remove** the cookies carefully from the parchment paper after 8 hours.
8. **Place** the cookies directly onto the trays and dehydrate for the remaining time.
9. **Remove** when done and serve.

Looking For More?

We're committed to providing you with a community to bring out the best inner home cooking chef in you. Share your recipes and join the conversation! We're constantly posting fun ways to experience all of our Cosori products.



Share Your Recipes With Us!

#ICOOKCOSORI

We'd love to see what you create. Join in the growing community of passionate home cooks for recipe ideas and healthy inspiration on the daily.



COSORI®

Questions or Concerns?

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