

Sunbeam

Bring flavour alive

with our Food Lab™ Dehydrator



Start creating tasty treats now

*All recipes were made in the DT6000 Sunbeam Food Lab™ Dehydrator



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#dehydrator



*Don't forget to
add our hashtags!*

Dehydrator Overview

HOW IT WORKS

Dehydrating food is an ancient method of preserving food. It is a gentle, natural process which removes moisture from food.

Using a controlled heat temperature, air is circulated from the rear of the unit to each of the six shelves and base. This method of drying seals in the flavours and nutrients of the food, leaving a high food nutrient and vitamin content.

STORAGE OF DRIED FOOD

Drying fresh, ripe fruit and vegetables allows you to enjoy these luxuries all year round.

Storing of food is easy and takes up little storage space.

Dried foods have a longer shelf life of approximately 3-6 months when stored in air-tight storage jars depending on the type of food and climate.

NO PRESERVATIVES ADDED

Fruit and vegetables dried using your food dehydrator may differ in colour and appearance from produce purchased from health food stores and supermarkets.

Pre-dried store bought produce often contains artificial colouring and preservatives.



Rosemary and Basil Crackers

INGREDIENTS

- 1 cup raw flax seeds
- 4 cups raw sunflower seeds
- ¼ cup raw sesame seeds
- 1 tbsp garlic powder
- 1 tbsp dried rosemary
- 1 tbsp dried basil
- 1 tsp sea salt
- black pepper to taste

1. Add the flax seeds to a bowl or jar and add 1 ½ cups of water. Let this sit for one hour so that it forms a gel-like consistency.
2. Place the sunflower seeds in a food processor and pulse to chop.
3. Pour the chopped sunflower seeds into a large bowl and add the gel-like flax seeds. Stir in the sesame seeds garlic powder, rosemary, basil, sea salt and pepper. Mix until you get a pasty mixture.
4. Spread the mixture onto dehydrator trays that are lined with parchment paper. Use the back of a metal spoon to smooth out the mix.
5. Before placing the trays into the dehydrator, score the crackers so they separate easily when they are done.
6. Dehydrate at 50°C for about 7-8 hours or until the crackers are crispy. Store in an airtight container for up to two weeks.

PREP TIME

1 hour 15 mins

COOK TIME

7-8 hours

MAKES

about 60 crackers



Fruit Powders

INGREDIENTS

- Any fruits - blueberries, raspberries, and strawberries are abundant during summer, whilst apples, oranges, and kiwi are great winter snacks

DEHYDRATING FRUITS


1. Wash selected fruit very well, peel and deseed if required. Any fruit larger than raspberry size, slice to a 3mm thickness.
2. Soak fruit in equal parts fresh lemon juice and water for 10 minutes, strain and pat dry. Lay fruit flat on the dehydrator trays leaving a 3mm gap between fruit. Set the temperature for 60°C, timing of the dehydration will vary from 4 hours up to 20 hours. The fruit should be paper crisp when completed.
3. Remove the fruit and place in airtight containers topped with paper towel to absorb any remaining moisture. Place in the pantry for one week.

MAKING FRUIT POWDER

1. Transfer the container with the dried fruit to the freezer and freeze overnight. Once frozen, place the fruit into a food processor and process to a fine powder. If there are still lumps remaining, pass through a fine sieve.
2. Store in an airtight container for up to 3 months in the pantry or 6 months in the refrigerator.

PREP TIME
15-30 mins

COOK TIME
3-20 hours

Dehydrated fruits are healthy  sweet snacking alternatives. Use fruit powders to sprinkle on top of smoothie bowls or plain greek yoghurt for an extra fruity flavour, or add to a glass of milk for a kid-approved drink, or even use to add natural flavour and colour to cake frostings!



Date, Oat & Chia Seed Muesli Bars

INGREDIENTS

- 1 cup almonds, roughly chopped
- 1 cup dried dates, stones removed
- ½ cup dried apricots
- 2 tbsp water
- ½ cup dried cranberries
- 1 cup shredded coconut
- ½ cup sunflower seeds
- ½ cup rolled oats
- ⅓ cup ground flax seeds (flax seed meal)
- ¼ cup honey
- ¼ cup tahini
- 2 tbsp coconut oil
- 2 tbsp sesame seeds
- 1 tbsp cinnamon
- 1 tbsp pure vanilla extract
- 1 tsp ground cardamom

1. Set Dehydrator to 70°C.

2. Place almonds, dates, apricots and water in the bowl of a food processor. Process for 20 seconds or until roughly chopped.

3. Place all ingredients, including date mixture, into a large bowl. Using your hands or a large wooden spoon, mix all ingredients until well combined.

4. Form 2 tablespoons of mixture into logs. Spread the logs onto the dehydrator trays. Repeat with remaining mixture.

5. Place the trays in the dehydrator and leave for 7-8 hours or until firm.

PREP TIME

15 mins

COOK TIME

7-8 hours

MAKES

12-15





You can substitute the strawberries for blackberries, blueberries or raspberries for a yummy (and slightly addictive!) afternoon snack.

Strawberry Fruit Rolls

INGREDIENTS

- 500g fresh strawberries, hulled, halved
- 300g apple puree
- 1 tsp vanilla extract

1. Set Dehydrator to 70°C.
2. Place all the ingredients in the jug of a blender or bowl of a food processor. Process until smooth.
3. Spoon puree evenly onto dehydrator trays that are lined with parchment paper.
4. Place the trays in the dehydrator and leave for 7-8 hours or until pliable. Roll up each fruit piece to form a log. Store in an airtight container for 6 weeks.

PREP TIME

15 mins

COOK TIME

6-7 hours

MAKES

10-12 rolls

Spicy Cauliflower Popcorn

INGREDIENTS

- 1 head cauliflower
- 3 tbsp coconut oil
- 4 tbsp Siracha sauce
- 1 tbsp paprika
- 1 tsp smoked cayenne
- ½ tsp ground cumin

1. Rinse the cauliflower and chop the florets into bites slightly larger than popcorn. Toss them in a large bowl with the remaining ingredients until well coated. Add more Siracha if necessary.
2. Spread the mixture out onto a couple dehydrator trays and dehydrate for 8-12 hours at 60°C, or until they are completely dried through and crunchy.
3. Store in a cool, dry place in airtight containers for up to 2 weeks.

PREP TIME
15 mins

COOK TIME
8-12 hours

MAKES
2 cups



Cheesy Kale Chips

INGREDIENTS

- 2 bunches kale, washed, roughly torn
- 1 cup nutritional yeast
- 1 cup white miso paste
- 2 tbsp extra virgin olive oil
- 1 tsp sea salt
- 2 cloves garlic, crushed

1. Set Dehydrator to 50°C.
2. Combine yeast, miso, oil, salt and garlic. Stir to form a paste.
3. Rub kale leaves with miso mixture. Place on Dehydrator shelves.
4. Place the trays in the dehydrator and leave for 12-13 hours or until crispy. The length of time will depend on the thickness of the kale leaves. Store in an airtight container for up to one week.

PREP TIME
15 mins

COOK TIME
12-13 hours

MAKES
3 cups



The ingredients may not look cheesy but the flavour comes from the yeast and miso paste.



Mantou Buns

INGREDIENTS

- 1 ½ tsp instant dried yeast
- 500g plain flour (fine baking flour is preferable)
- 25g caster sugar
- 2 tsp vegetable oil
- 300ml warm water

Suggested fillings

- Salt and Pepper tofu with Asian greens and Hoisin sauce.
- Crispy Spiced Chicken with coriander and sweet chilli sauce
- Pork Belly with Char Sui Sauce

1. Place the yeast, flour and sugar into the bowl of a stand mixer, fitted with a dough hook.
2. Gently mix for a minute until everything is well combined.
3. Pour in the oil and water, then mix on a slow setting until a dough has formed. Increase the speed slightly and knead for 10 minutes.
4. Remove dough and place in a greased bowl. Cover with cling wrap and place in the dehydrator. Set the temperature at 35°C, and time for 30 minutes, or until the dough has risen and doubled in size.
5. Remove dough from dehydrator and place on lightly floured surface.
6. Using a rolling pin, roll dough out to 4mm thick and cut out 10 to 12 rounds using a 8cm to 10cm cookie cutter.
7. Roll each of these rounds out slightly to 2mm thick keeping the round shape, lightly spray the tops of the rounds with non-stick spray, or brush with olive oil. Fold each round over in half to a moon shape.
8. Place the buns onto the lightly greased dehydrator tray and into the dehydrator. Set the temperature at 35°C and time for 30 minutes. Once this is completed remove.
9. Using a bamboo steam basket or the Sunbeam Steamer, steam for 5 minutes and use as desired.
10. You can freeze any left over buns for up to 3 months.

PREP TIME
1 hour 15 mins

COOK TIME
5 mins

MAKES
10-12 buns

Raspberry Citrus Iced Tea

INGREDIENTS

- 4 cups boiling water
- 4 tsp white tea
- 1 2-inch piece of ginger, peeled and thinly sliced
- 4 slices dehydrated limes
- 6 dehydrated raspberries
- 2 tsps honey
- Fresh limes, raspberries, mint (to garnish, optional)
- Ice cubes

TO DEHYDRATE RASPBERRIES

Wash and dry well. Spread raspberries in one layer over the dehydrating tray and spray with a fine mist of fresh lemon juice. Set the temperature to 60°C and time for 6 hours (or until completely dried).

TO DEHYDRATE LIMES

Wash and dry well. Slice to 3mm thick and lay flat on dehydrator tray. Set temperature to 60°C and time for 5 hours (or until completely dried).

1. Add the boiling water, tea, ginger, dehydrated limes and raspberries to a tea pot and let stand until cool.
2. Strain and serve over ice garnished with fresh limes, raspberries and mint.

PREP TIME

20 mins

COOLING TIME

2 hours

MAKES

4 glasses





Maca powder is available from most health food stores but can be left out of the recipe if you don't have it or can't find it.

Blueberry Crunch Granola

INGREDIENTS

- 2 cups rolled oats, soaked for 2 hours, drained
- 1 cup finely shredded coconut
- ¼ cup maple syrup
- 2 tbsp maca powder
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- ½ tsp sea salt
- 2 cups blueberries
- 1 cup blackberries

1. Set Dehydrator to 65°C.
2. Place all ingredients except berries, into the bowl of a food processor. Process for 20 seconds or until all combined.
3. Fold through berries. Spread out onto 2 dehydrator trays, about ½ cm thick.
4. Place in dehydrator. Leave for 24 hours or until crisp. Break up into chunks. Place in airtight container.

PREP TIME

10 mins

COOK TIME

24 hours

MAKES

3 cups

Greek Yoghurt

INGREDIENTS

- 4 cups full cream milk
- 2-3 tps greek yoghurt
- Sterilised, heat proof jars (any jar that is sterilised is heat proof)

1. Set the Dehydrator to 40°C. Arrange trays to accommodate the height of the jars. Remember the larger the jar, the longer the yoghurt will take to form.

2. In a saucepan, bring milk to a simmer, about 80°C. Use a candy or stick thermometer and place the tip onto the water to check milk temperature. Do not boil. Remove saucepan from stove.

3. Whisk in yoghurt. Pour into desired jars.

4. Place the jars in the dehydrator. Leave for 7-9 hours. The yoghurt should be firm but will be firmer once chilled. Refrigerate for up to 1 week.

PREP TIME

20 mins

COOK TIME

7-9 hours

MAKES

1Lt



Making yoghurt in dehydrators allows good, healthy bacteria or probiotics to grow in a perfectly stable and controlled environment. This is a great way to get all the health benefits of yoghurt!

If you like thicker yoghurt, scoop finished yoghurt into a tea towel and from a height. All the extra liquid will drop out resulting in thicker yoghurt.

Top with crunchy granola, fresh or dehydrated berries and mint for a hearty breakfast.



Chocolate Chip Cookies

INGREDIENTS

- 2 cups rolled oats
- 1 cup oat flour*
- 1 tsp sea salt
- 1 cup cashew butter
- ¼ cup honey
- ¼ cup maple syrup
- 2 tsps vanilla extract
- ¼ cup coconut oil
- 1 cup dark chocolate chips

1. Set Dehydrator to 50°C.
2. Place all ingredients except chocolate chips, into the bowl of a food processor. Pulse until all ingredients are combined.
3. Stir through chocolate chips.
4. Form mixture into tbsp sized balls. Place on dehydrator trays. Press down to flatten to ½ cm.
5. Place in dehydrator. Leave for 10 hours or until chewy and flexible. Store in an airtight container for up to one week.

*Oat flour is just rolled oats processed into flour. This just gives the cookies a nice textural taste. You can also make your own oat flour by putting rolled oats in a processor. Pulse until you get a fine texture. Using oat flour gives the cookies a nice nutty taste.

PREP TIME

15 mins

COOK TIME

10 hours

MAKES

12-15





tip!

You can cut the beef into thicker or thinner slices. But the thicker the slices of beef are the longer it will take to dehydrate.

Classic Beef Jerky

INGREDIENTS

- 700g beef flank steak
- $\frac{2}{3}$ cup Worcestershire sauce
- $\frac{1}{2}$ cup soy sauce
- $1\frac{1}{2}$ tbsp maple syrup
- 2 tsps freshly cracked black pepper
- 2 tsps garlic powder
- 1 tsp onion powder

1. Cut beef flank steak into $\frac{1}{2}$ cm thick pieces.
2. In a large bowl combine all remaining ingredients.
3. Add beef and toss to combine. Cover and refrigerate for 24 hours.
4. Set dehydrator to 70°C .
5. Drain beef. Lay beef across the dehydrator trays in a single layer.
6. Place the trays in the dehydrator and leave for 10 hours or until chewy. Store in airtight container in refrigerator for up to 1 week.

PREP TIME

10 mins

COOK TIME

10 hours

SERVES

4 for snacks



Drying Chart



TEMPERATURE SETTINGS	USES
35°C	Herbs, Flowers, Dough
40°C	Yoghurt
45°C	Soft Vegetables
50°C	Hard Vegetables
55°C	Citrus Peel
60°C	Fruit
65°C	Fish
70°C	Meat Jerky, Fruit Rolls



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