



**COSORI®**

**PREMIUM STAINLESS STEEL FOOD DEHYDRATOR  
CP267-FD & CP267-FD-RXS**

*Recipes*



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your purchase!



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



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*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](mailto:recipes@cosori.com)

**Toll-Free:** (888) 402-1684

M–F, 9:00 am–5:00 pm PST/PDT

On behalf of all of us at Cosori,

*Happy cooking!*

# Table of Contents

## Tips from the Chef

- 4 Tips from the Chef
- 6 Cheat Sheet

## Jerkins

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

## Fruits

- 32 Honey Bourbon Peaches
- 33 Raspberry Tuile
- 33 Blackberry Tuile
- 34 Apricot & Peach Fruit Leather
- 35 Spiced Apple Chips
- 36 Grape & Plum Fruit Leather
- 37 Red Berry Fruit Leather
- 37 Black & Blue Berry Fruit Leather
- 38 Chocolate Covered Bananas

## Snacks

- 40 Zucchini Chips
- 41 Shawarma Kale Chips
- 42 Ranch Carrot Chips
- 43 Garlic Kale Chips
- 43 Dehydrated Potato Chips
- 44 Sweet & Spicy Almonds
- 45 Raw Corn Chips
- 46 Seed Crackers
- 47 Green Onion Garlic Crackers

## Sweets

- 49 Oatmeal Raisin Cookies
- 50 Almond Cookies with Chocolate
- 51 Almond Dried Cranberry Cookies
- 52 Chocolate Cashew Cookies



SCAN FOR MORE LANGUAGES

DE

GERMAN

FR

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ES

SPANISH

IT

ITALIAN

# 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, use a toothbrush to brush away food residue.
- To make cleanup easier, use parchment paper to line your trays while dehydrating.

## 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.

## 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 145°F for 1 to 2 hours.
- Thinking of throwing away that stale bread? Turn it into breadcrumbs by dehydrating the bread.

## Storage

- Store your dehydrated foods in airtight containers, mason jars, or even freezer bags. Don't store directly in a metal container.
- 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.
- If any condensation forms in your containers, that means that your food was not dehydrated properly. Simply place it back in the dehydrator for additional time.
- Storage temperature should be 10°C (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 fatty meats when making jerky. Fat can turn rancid and can affect the quality of your food.
- When dehydrating vegetables, be sure to blanch them for 1 minute first. Blanching will help them retain their color, flavor, and texture.
- Cut your food into evenly sized pieces. This will ensure that all pieces finish dehydrating at the same time. You can partially freeze meat for even slicing. A mandolin works best for slicing up vegetables or fruit.
- Avoid trying to dry food faster by increasing the temperature. This can lead to the outside over-drying and the inside 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 Guide

Temperature	Uses
35°C	Herbs and Flowers
57°C	Vegetables
57°C	Citrus Peel
63°C	Fruit and Fish
66°C	Nuts and Seeds
74°C	Meat, Root Vegetables, Fruit Rolls

## Cheat Sheet

Fruits	Type	Preparation	Texture	Dry 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 ¼-inch-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
Mangoes	Fruit	Remove skin and cut into ¾-inch-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 ¾-inch-thick slices	Pliable	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

Herbs	Type	Preparation	Texture	Dry Time (hours)
Chives	Herb	Chop	Brittle	6-10
Rosemary	Herb	Leave on stem	Brittle	6-10

Nuts	Type	Preparation	Texture	Dry Time (hours)
Almonds	Nut	Soak for 8 hours	Crunchy	8-24

## Cheat Sheet (cont.)

Vegetables	Type	Preparation	Texture	Dry Time (hours)
Asparagus	Vegetable	Cut into 2-inch-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 ½-inch strips	Leathery	6-14
Cauliflower	Vegetable	Trim, cut, and steam until tender (3-5 minutes)	Leathery	6-16
Celery	Vegetable	Cut stalks into ¼-inch slices	Brittle	6-14
Cucumber	Vegetable	Cut into ½-inch-thick slices	Leathery	6-18
Eggplant	Vegetable	Trim and cut into ¼-inch to ½-inch-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 ¼-inch-thick strips or rings	Brittle	6-14
Rhubarb	Vegetable	Remove outer skin and cut into ½-inch-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 ½-inch-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



*jerkies*





## BEEF JERKY

<b>YIELD</b>	4 servings
<b>PREP</b>	12 hours 10 minutes
<b>DEHYDRATE</b>	6 hours

907 grams beef eye of round  
118 millilitres Worcestershire sauce  
118 millilitres soy sauce  
21 grams honey  
1 gram salt

1. **Cut** the beef across the grain into 5-millimetre-thick slices.
2. **Mix** the Worcestershire, soy sauce, honey, and salt until well combined.
3. **Place** the beef and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and then discard the marinade.
6. **Place** the marinated beef evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 75°C for 6 hours, or until done.



## CANDIED SWEET & SPICY BACON

<b>YIELD</b>	4 servings
<b>PREP</b>	12 hours 10 minutes
<b>DEHYDRATE</b>	6 hours

10 strips bacon  
3 millilitres soy sauce  
38 grams brown sugar  
30 grams garlic chili sauce  
5 millilitres sesame oil  
2 millilitres mirin

- 1. Cut** bacon strips into halves or thirds. Set aside.
- 2. Combine** all ingredients into a bowl until well mixed.
- 3. Place** the cut bacon and marinade into a sealable plastic bag. Mix well.
- 4. Marinate** in the fridge for 12 hours or overnight.
- 5. Place** the bacon evenly between the Cosori Food Dehydrator trays.
- 6. Dry** at 75°C for 6 hours, or until done.

## BEEF TERIYAKI JERKY

**YIELD** | 4 servings  
**PREP** | 12 hours 10 minutes  
**DEHYDRATE** | 6 hours

907 grams beef eye of round  
118 millilitres soy sauce  
50 grams light brown sugar  
0.5 grams ginger, grated  
1 garlic clove, crushed  
60 millilitres pineapple juice

1. **Cut** the beef across the grain into 5-millimetre-thick slices.
2. **Mix** the soy sauce, light brown sugar, grated ginger, garlic, and pineapple juice until well combined.
3. **Place** the beef and marinade in a sealable plastic bag and mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and then discard the marinade.
6. **Place** the marinated beef evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 75°C for 6 hours, or until done.

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## VIETNAMESE STYLE BEEF JERKY

**YIELD** | 4 servings  
**PREP** | 12 hours 10 minutes  
**DEHYDRATE** | 6 hours

907 grams beef eye of round  
75 millilitres Asian fish sauce  
15 millilitres soy sauce  
1 lime, juiced  
50 grams brown sugar

1. **Cut** the beef across the grain into 5-millimetre-thick slices. Set aside.
2. **Mix** the fish sauce, soy sauce, lime juice, and brown sugar until well combined.
3. **Place** the beef and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 75°C for 6 hours, or until done.

# BREAKFAST BACON JERKY

**YIELD**

4 servings

**PREP**

10 minutes

**DEHYDRATE**

6 hours

10 strips applewood smoked bacon  
0.25 grams dried thyme  
0.25 grams dried sage  
4 grams light brown sugar  
1 gram ground fennel seeds  
0.5 grams crushed red pepper  
1 gram black pepper  
1.5 grams garlic powder  
1 gram onion powder

1. **Cut** bacon strips into halves or thirds. Set aside.
2. **Combine** all seasonings until well combined.
3. **Sprinkle** the seasoning liberally on each side of the bacon.
4. **Place** the bacon evenly between the Cosori Food Dehydrator trays.
5. **Dry** at 75°C for 6 hours, or until done.



## JALAPENO LIME JERKY

<b>YIELD</b>	4 servings
<b>PREP</b>	12 hours 10 minutes
<b>DEHYDRATE</b>	6 hours

907 grams beef eye of round  
12 jalapenos, seeded  
4 limes, juiced  
16 grams fresh cilantro  
4 green onions, chopped  
2 garlic cloves  
6 grams salt  
1.5 grams ground cumin  
2 grams crushed red pepper  
1 gram black pepper

### Items Needed

Blender or food processor

1. **Cut** the beef across the grain into 5-millimetre-thick slices. Set aside.
2. **Blend** the jalapenos, 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 beef and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 75°C for 6 hours, or until done.



## SRIRACHA HONEY JERKY

<b>YIELD</b>	4 servings
<b>PREP</b>	12 hours 10 minutes
<b>DEHYDRATE</b>	6 hours

907 grams beef eye of round  
314 grams Sriracha  
126 grams honey  
4 millilitres rice wine vinegar  
6 grams salt

1. **Cut** the beef across the grain into 5-millimetre-thick slices.
2. **Mix** the Sriracha, honey, rice wine vinegar, and salt until well combined.
3. **Place** the beef and marinade in a sealable bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 75°C for 6 hours, or until done.

## CHIPOTLE PORK JERKY

<b>YIELD</b>	2 servings
<b>PREP</b>	12 hours 10 minutes
<b>DEHYDRATE</b>	6 hours

453 grams pork tenderloin  
1 can (200 grams) chipotle adobo sauce  
14 grams tomato paste  
4 grams sugar  
3 grams garlic powder  
6 grams salt

### Items Needed

Blender

1. **Cut** the pork tenderloin into 5-millimetre-thick slices. Set aside.
2. **Blend** the chipotle adobo sauce, tomato paste, sugar, garlic powder, and salt together in a blender until smooth.
3. **Place** the sliced tenderloin and chipotle marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Place** the sliced pork evenly between the Cosori Food Dehydrator trays.
6. **Dry** at 70°C for 6 hours, or until done.

## CAROLINA STYLE PORK JERKY

<b>YIELD</b>	2 servings
<b>PREP</b>	12 hours 10 minutes
<b>DEHYDRATE</b>	6 hours

453 grams pork tenderloin  
118 grams ketchup  
2 grams smoked paprika  
3 grams garlic powder  
2 grams onion powder  
3 grams chili powder  
2 grams ground mustard  
3 grams salt  
1 gram pepper

1. **Cut** the pork tenderloin into 5-millimetre-thick slices. Set aside.
2. **Mix** the ketchup, smoked paprika, garlic powder, onion powder, chili powder, ground mustard, salt, and pepper until well combined.
3. **Place** the sliced pork and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced pork evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 70°C for 6 hours, or until done.

## BEEF BULGOGI JERKY

<b>YIELD</b>	4 servings
<b>PREP</b>	12 hours 10 minutes
<b>DEHYDRATE</b>	6 hours

907 grams beef eye of round  
56 millilitres soy sauce  
50 grams brown sugar  
15 millilitres sesame oil  
10 grams garlic powder  
6 grams salt

1. **Cut** the beef across the grain into 5-millimetre-thick slices.
2. **Mix** the soy sauce, brown sugar, sesame oil, garlic powder, and salt until well combined.
3. **Place** the beef and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and then discard the marinade.
6. **Place** the marinated beef evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 75°C for 6 hours, or until done.





## GARLIC SOY JERKY

**YIELD**

4 servings

**PREP**

12 hours 10 minutes

**DEHYDRATE**

6 hours

907 grams beef eye of round

200 millilitres soy sauce

16 millilitres Worcestershire sauce

12 grams garlic powder

50 grams light brown sugar

3 grams salt

1. **Cut** the beef across the grain into 5-millimetre-thick slices. Set aside.
2. **Mix** the soy sauce, Worcestershire, garlic powder, light brown sugar, and salt until well combined.
3. **Place** the beef and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 75°C for 6 hours, or until done.



## THAI CURRY JERKY

<b>YIELD</b>	4 servings
<b>PREP</b>	12 hours 10 minutes
<b>DEHYDRATE</b>	6 hours

453 grams pork tenderloin  
85 grams Thai red curry paste  
36 millilitres fish sauce  
1 lemongrass stalk, white part only,  
chopped  
1 garlic clove  
4 grams brown sugar  
30 millilitres water  
2 grams salt

### Items Needed

Blender or food processor

1. **Cut** the tenderloin into 5-millimetre-thick slices. 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 Thai marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Place** the sliced pork evenly between the Cosori Food Dehydrator trays.
6. **Dry** at 70°C for 6 hours, or until done.



## SMOKY MAPLE JERKY

<b>YIELD</b>	4 servings
<b>PREP</b>	12 hours 10 minutes
<b>DEHYDRATE</b>	6 hours

907 grams beef eye of round  
130 millilitres maple syrup  
50 millilitres soy sauce  
5 millilitres liquid smoke  
3 grams garlic powder  
2 grams onion powder  
3 grams salt  
0.5 grams black pepper

1. **Cut** the beef across the grain into 5-millimetre-thick slices. 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 beef and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hour or overnight.
5. **Drain** and then discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 75°C for 6 hours, or until done.



## JAMAICAN JERK JERKY

<b>YIELD</b>	4 servings
<b>PREP</b>	12 hours 10 minutes
<b>DEHYDRATE</b>	6 hours

907 grams top round beef  
120 millilitres fresh lime juice  
62 millilitres distilled white vinegar  
25 grams dark brown sugar  
4 grams ground black pepper  
12 grams salt  
4 grams onion powder  
2 grams dried thyme  
4 grams ginger, grated  
2 grams ground allspice  
2 grams cayenne pepper  
1.5 grams ground cinnamon  
1 gram smoked paprika  
4 garlic cloves, grated

1. **Cut** the beef across the grain into 5-millimetre-thick slices. Set aside.
2. **Mix** all the ingredients until well combined.
3. **Place** the beef and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and then discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 75°C for 6 hours, or until done.

## BALSAMIC MUSTARD BEEF JERKY

**YIELD** | 4 servings  
**PREP** | 12 hours 10 minutes  
**DEHYDRATE** | 6 hours

907 grams beef eye of round  
250 millilitres balsamic vinegar  
28 millilitres olive oil  
16 grams Dijon mustard  
2 garlic cloves, crushed  
6 grams salt

1. **Cut** the beef across the grain into 5-millimetre-thick slices.
2. **Mix** the balsamic vinegar, olive oil, Dijon mustard, garlic, and salt until well combined.
3. **Place** the beef and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and then discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 75°C for 6 hours, or until done.

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## BUFFALO BEEF JERKY

**YIELD** | 4 servings  
**PREP** | 12 hours 10 minutes  
**DEHYDRATE** | 6 hours

907 grams beef eye of round  
30 millilitres buffalo wing sauce  
6 grams salt

1. **Cut** the beef across the grain into 5-millimetre-thick slices.
2. **Mix** the buffalo wing sauce and salt until well combined.
3. **Place** the beef and the marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and then discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 75°C for 6 hours, or until done.

# BRAZILIAN BBQ JERKY

**YIELD**

4 servings

**PREP**

12 hours 10 minutes

**DEHYDRATE**

6 hours

907 grams top round beef  
4 grams ground cumin  
4 grams dried oregano  
2 grams onion powder  
2 grams ground coriander  
6 grams salt  
2 grams black pepper  
4 garlic cloves, grated  
128 millilitres lime juice  
70 millilitres olive oil  
2 grams crushed red pepper

1. **Cut** the beef across the grain into 5-millimetre-thick slices. Set aside.
2. **Mix** the cumin, oregano, onion powder, coriander, salt, black pepper, garlic, lime juice, olive oil, and crushed red pepper until well combined.
3. **Place** the beef and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 75°C for 6 hours, or until done.



## SWEET HEAT JERKY

<b>YIELD</b>	2 servings
<b>PREP</b>	12 hours 10 minutes
<b>DEHYDRATE</b>	6 hours

907 grams beef eye of round  
120 millilitres soy sauce  
60 millilitres Worcestershire sauce  
60 grams ketchup  
20 grams Dijon mustard  
75 grams light brown sugar  
8 grams smoked paprika  
8 grams chilli powder  
5 grams cayenne pepper  
3 grams garlic powder  
2 grams onion powder  
6 grams salt

- 1. Cut** the beef across the grain into 5-millimetre-thick slices. Set aside.
- 2. Mix** the soy sauce, Worcestershire sauce, ketchup, mustard, brown sugar, smoked paprika, chilli powder, cayenne pepper, garlic powder, onion powder, and salt until well combined.
- 3. Place** the beef and marinade in a sealable plastic bag. Mix well.
- 4. Marinate** in the fridge for 12 hours or overnight.
- 5. Drain** and discard the marinade.
- 6. Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
- 7. Dry** at 75°C for 6 hours, or until done.



## PEPPERED JERKY

<b>YIELD</b>	4 servings
<b>PREP</b>	12 hours 10 minutes
<b>DEHYDRATE</b>	6 hours

907 grams top round beef  
120 millilitres soy sauce  
62 millilitres Worcestershire sauce  
5 grams black pepper  
1 gram white pepper

1. **Cut** the beef across the grain into 5-millimetre-thick slices. Set aside.
2. **Mix** the soy sauce, Worcestershire, black pepper, and white pepper until well combined.
3. **Place** the beef and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 75°C for 6 hours, or until done.



## SWEET & SOUR PORK JERKY

**YIELD** | 4 servings  
**PREP** | 12 hours 10 minutes  
**DEHYDRATE** | 6 hours

453 grams pork tenderloin  
36 millilitres fish sauce  
62 millilitres lime juice  
50 grams light brown sugar  
1 medium shallot, grated  
2 garlic cloves, grated  
1 gram black pepper  
2 grams salt

1. **Cut** the pork tenderloin into 5-millimetre-thick slices. Set aside.
2. **Mix** the fish sauce, lime juice, brown sugar, shallot, garlic, black pepper, and salt until well combined.
3. **Place** the sliced pork and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 70°C for 6 hours, or until done.

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## GARLIC HERB TOFU JERKY

**YIELD** | 2 servings  
**PREP** | 12 hours 10 minutes  
**DEHYDRATE** | 6 hours

453 grams extra-firm tofu  
62 millilitres balsamic vinegar  
3 grams garlic powder  
2 grams onion powder  
1 gram dried basil  
1 gram dried oregano  
1 gram crushed red pepper  
2 grams black pepper  
3 grams salt

1. **Cut** the tofu into 6-millimetre-thick slices. Set aside.
2. **Mix** the balsamic vinegar, garlic powder, onion powder, basil, oregano, crushed red pepper, black pepper, and salt until well combined.
3. **Place** the tofu and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced tofu evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 70°C for 6 hours, or until done.

# LEMON DILL FISH JERKY

**YIELD**

2 servings

**PREP**

4 hours 5 minutes

**DEHYDRATE**

8 hours

453 grams Alaskan cod filet

1 lemon, juiced

2 grams lemon zest

28 millilitres olive oil

2 grams dill

1 garlic clove, minced

Pinch of salt

1. **Cut** the fish into 6-millimetre-thick slices. Set aside.
2. **Mix** the lemon juice, lemon zest, olive oil, dill, garlic, and salt until well combined.
3. **Place** the fish and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 4 hours.
5. **Drain** and discard the marinade.
6. **Place** the sliced fish evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 65°C for 8 hours, or until done.



## DEHYDRATED EGG YOLKS

**YIELD**

6 servings

**PREP**

96 hours

**DEHYDRATE**

3 hours

250 grams sugar

490 grams kosher salt

6 egg yolks

### Items Needed

15 x 15-centimetre baking tray

1. **Mix** the sugar and salt in a bowl until well combined.
2. **Spread** half of the salt and sugar mixture onto baking tray.
3. **Make** 6 indentations using the back of a tablespoon or measuring utensil.
4. **Place** 1 egg yolk into each indent, then cover egg yolks using the rest of the salt and sugar mixture.
5. **Wrap** the baking tray tightly in plastic wrap and chill in fridge for 3 to 4 days.
6. **Remove** the egg yolks from the salt cure carefully and dunk them in 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. **Dry** at 60°C for 3 hours.
10. **Keep** in an airtight container or use them immediately to grate over pasta or vegetables.



## SMOKED SALMON JERKY

**YIELD**

2 servings

**PREP**

4 hours 10 minutes

**DEHYDRATE**

8 hours

680 grams salmon

120 millilitres soy sauce

20 grams molasses

14 millilitres lemon juice, freshly  
squeezed

4 grams freshly ground black pepper

5 millilitres liquid smoke

1. **Cut** the fish into 6-millimetre-thick slices. Set aside.
2. **Mix** the soy sauce, molasses, lemon juice, black pepper, and liquid smoke until well combined.
3. **Place** the salmon and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 4 hours.
5. **Drain** and discard the marinade.
6. **Place** the sliced salmon evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 65°C for 8 hours, or until done.



## SALMON TERIYAKI JERKY

**YIELD**

2 servings

**PREP**

4 hours 10 minutes

**DEHYDRATE**

8 hours

453 grams salmon

120 millilitres soy sauce

50 grams sugar

1 gram ginger, grated

1 garlic clove, crushed

65 millilitres orange juice

1. **Cut** the fish into 6-millimetre-thick slices. Set aside.
2. **Mix** the soy sauce, sugar, grated ginger, garlic, and orange juice until well combined.
3. **Place** the salmon and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 4 hours.
5. **Drain** and discard the marinade.
6. **Place** the sliced salmon evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 65°C for 8 hours, or until done.

## CAJUN COD JERKY

<b>YIELD</b>	2 servings
<b>PREP</b>	4 hours 10 minutes
<b>DEHYDRATE</b>	8 hours

680 grams Alaskan cod filet  
1 lemon, juiced  
3 grams garlic powder  
2 grams paprika  
2 grams onion powder  
0.5 grams cayenne pepper  
1 gram black pepper  
Pinch of salt

1. **Cut** the fish into 6-millimetre-thick slices. Set aside.
2. **Mix** the lemon juice, garlic powder, paprika, onion powder, cayenne pepper, black pepper, and salt until well combined.
3. **Place** the fish and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 4 hours.
5. **Drain** and discard the marinade.
6. **Place** the sliced fish evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 65°C for 8 hours, or until done.

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## SPICY SRIRACHA TOFU JERKY

<b>YIELD</b>	2 servings
<b>PREP</b>	12 hours 10 minutes
<b>DEHYDRATE</b>	6 hours

453 grams extra-firm tofu  
60 millilitres soy sauce  
30 grams Sriracha  
42 grams honey  
3 grams garlic powder

1. **Cut** the tofu into 6-millimetre-thick slices. Set aside.
2. **Mix** the soy sauce, Sriracha, honey, and garlic powder until well combined.
3. **Place** the tofu and marinade in a sealable plastic bag. Mix well.
4. **Marinate** in the fridge for 12 hours or overnight.
5. **Drain** and discard the marinade.
6. **Place** the sliced tofu evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 70°C for 6 hours, or until done.



*fruits*



## HONEY BOURBON PEACHES

**YIELD**

1 serving

**PREP**

4 hours 10 minutes

**DEHYDRATE**

16 hours

1 peach, peeled & cored

60 millilitres hot water

60 millilitres honey

3 millilitres bourbon

1. **Slice** the peach 1.2-millimetre-thick and place in a sealable plastic bag.
2. **Mix** together the hot water and honey until the honey dissolves. Then add the bourbon.
3. **Add** the honey bourbon mixture to the peaches and marinate for 4 hours.
4. **Place** the sliced peaches evenly between the Cosori Food Dehydrator trays.
5. **Dry** at 60°C for 12 hours to 16 hours, or until done.



## RASPBERRY TUILE

<b>YIELD</b>	4 servings
<b>PREP</b>	10 minutes
<b>DEHYDRATE</b>	5 hours

680 grams raspberries  
26 grams granulated sugar

### Items Needed

Blender  
Fine mesh strainer

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1. **Blend** the raspberries and sugar in a blender on low speed until smooth.
2. **Strain** the fruit mix to get rid of the seeds.
3. **Pour** back into the blender and blend on high speed until liquified.
4. **Pour** the pureed fruit onto the parchment-lined fruit roll sheet accessory on the Cosori Food Dehydrator. You may have some of the puree left over.
5. **Dry** at 75°C for 3 to 5 hours, or until done.

## BLACKBERRY TUILE

<b>YIELD</b>	4 servings
<b>PREP</b>	10 minutes
<b>DEHYDRATE</b>	5 hours

680 grams blackberries  
26 grams granulated sugar

### Items Needed

Blender

1. **Blend** the blackberries and sugar in a blender on low speed until smooth.
2. **Strain** the fruit mix to get rid of the seeds.
3. **Pour** back into the blender and blend on high speed until liquified.
4. **Pour** the pureed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the puree left over.
5. **Dry** at 75°C for 3 to 5 hours, or until done.

# APRICOT & PEACH FRUIT LEATHER

<b>YIELD</b>	4 servings
<b>PREP</b>	20 minutes
<b>DEHYDRATE</b>	12 hours

3 apricots, peeled & seeded  
3 peaches, peeled & seeded  
13 grams granulated sugar

## Items Needed

Immersion blender or blender

1. **Add** the apricots, peaches, and sugar to a saucepot.
2. **Cook** the apricots and peaches on the stove at medium-low heat for 10 to 15 minutes, until they have softened.
3. **Blend** with an immersion blender. If you use a regular blender instead, blend the fruits on low speed and gradually increase to high.
4. **Pour** the pureed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the puree left over.
5. **Dry** at 75°C for 8 to 12 hours, or until done.
6. **Remove** the fruit leather carefully from the parchment paper after 6 hours.
7. **Place** the solidified fruit leather directly onto the tray and dry for the remaining time.



## SPICED APPLE CHIPS

<b>YIELD</b>	4 servings
<b>PREP</b>	10 minutes
<b>DEHYDRATE</b>	12 hours

2 red apples  
½ lemon, juiced  
13 grams sugar  
3 grams ground cinnamon  
1 gram nutmeg  
2 millilitres vanilla extract

1. **Peel** and core the apples, then slice into 6-millimetre-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. **Dry** at 65°C for 6 to 12 hours, or until done.



## GRAPE & PLUM FRUIT LEATHER

**YIELD**

4 servings

**PREP**

20 minutes

**DEHYDRATE**

12 hours

5 plums, cored & seeded

1 bunch red grapes, seedless

26 grams granulated sugar

### Items Needed

Immersion blender or blender

1. **Add** the plums, grapes, and sugar to a saucepot.
2. **Cook** the plums and grapes on the stove at medium-low heat for 10 to 15 minutes, until the plums and grapes have softened.
3. **Blend** with an immersion blender. If you use a regular blender instead, blend the fruits on low speed and gradually increase to high.
4. **Pour** the pureed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the puree left over.
5. **Dry** at 75°C for 8 to 12 hours, or until done.
6. **Remove** the fruit leather carefully from the parchment paper after 6 hours.
7. **Place** the solidified fruit leather directly onto the tray and dry for the remaining time.

## RED BERRY FRUIT LEATHER

<b>YIELD</b>	4 servings
<b>PREP</b>	10 minutes
<b>DEHYDRATE</b>	12 hours

453 grams strawberries  
62 grams raspberries  
4 millilitres vanilla extract

### Items Needed

Blender

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1. **Blend** all the ingredients together in a blender on low speed until smooth.
2. **Strain** the fruit mix to get rid of the seeds.
3. **Pour** back into the blender and blend on high speed until liquified.
4. **Pour** the pureed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the puree left over.
5. **Dry** at 75°C for 8 to 12 hours, or until done.

## BLACK & BLUE BERRY FRUIT LEATHER

<b>YIELD</b>	4 servings
<b>PREP</b>	10 minutes
<b>DEHYDRATE</b>	12 hours

453 grams blueberries  
72 grams blackberries

### Items Needed

Blender  
Fine mesh strainer

1. **Blend** all the ingredients together in a blender on low speed until smooth.
2. **Strain** the fruit mix to get rid of the seeds.
3. **Pour** back into the blender and blend on high speed until liquified.
4. **Pour** the pureed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the puree left over.
5. **Dry** at 75°C for 8 to 12 hours, or until done.

# CHOCOLATE COVERED BANANAS

**YIELD** | 2 servings  
**PREP** | 10 minutes  
**DEHYDRATE** | 16 hours

1 banana, thinly sliced  
112 grams bittersweet chocolate  
Sea salt, for sprinkling

1. **Place** the sliced bananas evenly between the Cosori Food Dehydrator trays.
2. **Dry** at 65°C for 12 to 16 hours, or until done.
3. **Melt** the chocolate in a microwave safe bowl in 30 second intervals. Mix between every interval, until chocolate is completely melted.
4. **Dip** and coat the dehydrated bananas slices in the melted chocolate.
5. **Sprinkle** the chocolate covered bananas with sea salt and allow to cool and harden.



*snacks*



## ZUCCHINI CHIPS

**YIELD**

4 servings

**PREP**

10 minutes

**DEHYDRATE**

12 hours

2 zucchini  
14 millilitres olive oil  
3 grams garlic powder  
2 grams onion powder  
2 grams paprika  
1 gram black pepper  
3 grams salt

1. **Slice** the zucchini into 6-millimetre-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. **Dry** at 75°C for 12 hours, or until done.





## SHAWARMA KALE CHIPS

**YIELD**

4 servings

**PREP**

5 minutes

**DEHYDRATE**

13 hours

115 grams kale, chopped

10 millilitres olive oil

2 grams cumin

2 grams garlic powder

1 gram cinnamon

1 gram ground coriander

1 gram smoked paprika

3 grams salt

0.5 grams ground cardamom

1. **Combine** all ingredients in a bowl and mix well.
2. **Place** the kale evenly between the Cosori Food Dehydrator trays.
3. **Dry** at 55°C for 12 to 13 hours, or until done.
4. **Store** in an airtight container for up to 1 week.



## RANCH CARROT CHIPS

<b>YIELD</b>	6 servings
<b>PREP</b>	8 minutes
<b>DEHYDRATE</b>	12 hours

3 large carrots, peeled  
22 millilitres water  
1 packet ranch dressing seasoning

1. **Peel** the carrots into ribbons using a vegetable peeler and place the carrot ribbons into a large bowl.
2. **Toss** the carrots with the water and ranch dressing seasoning.
3. **Place** the carrots evenly between the Cosori Food Dehydrator trays.
4. **Dry** at 65°C for 8 to 12 hours, or until done.

## GARLIC KALE CHIPS

<b>YIELD</b>	4 servings
<b>PREP</b>	5 minutes
<b>DEHYDRATE</b>	13 hours

115 grams kale, chopped  
10 millilitres olive oil  
6 grams garlic powder  
15 grams Parmesan, grated  
3 grams salt

1. **Combine** all ingredients in a bowl and mix well.
2. **Place** the chopped kale evenly between the Cosori Food Dehydrator trays.
3. **Dry** at 50°C for 12 to 13 hours, or until done.
4. **Store** in an airtight container for up to 1 week.

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## DEHYDRATED POTATO CHIPS

<b>YIELD</b>	2 servings
<b>PREP</b>	40 minutes
<b>DEHYDRATE</b>	10 hours

1 large russet potato, peeled  
950 millilitres boiling water  
5 millilitres lemon juice  
Nonstick cooking spray  
1 gram salt

1. **Slice** the peeled potatoes on a mandolin into 1 millimetre thick slices.
2. **Add** the slices to a large bowl with the hot water and lemon juice.
3. **Soak** the potato slices in the mixture for 30 minutes.
4. **Remove** the potato slices and pat dry with a paper towel.
5. **Spray** the potato slices lightly with nonstick cooking spray and sprinkle salt on them.
6. **Place** the potatoes evenly between the Cosori Food Dehydrator trays.
7. **Dry** at 70°C for 10 hours, or until crispy.

## SWEET & SPICY ALMONDS

**YIELD**

2 servings

**PREP**

8 hours 5 minutes

**DEHYDRATE**

24 hours

64 grams raw almonds

950 millilitres water

7 grams salt, divided

13 grams granulated sugar

1 gram cayenne pepper

1 gram black pepper

1. **Soak** the almonds in the water and 6 grams of salt for 8 hours.
2. **Strain** the nuts and pat dry.
3. **Toss** the nuts in the remaining salt, sugar, cayenne pepper, and black pepper until the nuts are evenly coated.
4. **Spread** the nuts evenly on the Cosori Food Dehydrator trays.
5. **Dry** at 65°C for 24 hours, or until done.



## RAW CORN CHIPS

### YIELD

4 servings

### PREP

15 minutes

### DEHYDRATE

12 hours

2 ears corn, husked

112 grams golden flaxseed

60 millilitres water

3 grams salt

1 gram garlic powder

### Items Needed

Blender

1. **Cut** the kernels from the ears of corn.
2. **Add** the corn kernels, flaxseed, water, salt, and garlic powder to a food processor and puree until smooth.
3. **Cut** 2 pieces of parchment paper so that they match the size of the Cosori Dehydrator trays.
4. **Spread** the batter over the parchment-lined trays to 3-millimetre thickness.
5. **Dry** at 75°C for 8 to 12 hours, or until crispy.
6. **Remove** the cracker carefully from the parchment paper after 6 hours.
7. **Lay** the cracker onto a flat surface and cut into smaller pieces.
8. **Place** the crackers directly onto the tray and dry for the remaining time.



## SEED CRACKERS

<b>YIELD</b>	4 servings
<b>PREP</b>	5 minutes
<b>DEHYDRATE</b>	12 hours

40 grams flaxseed  
40 grams chia seeds  
120 grams pumpkin seeds  
6 grams salt  
2 grams garlic powder  
1 gram onion powder  
1 gram cayenne pepper  
1 gram black pepper  
250 millilitres water

1. **Mix** all of the ingredients in a large bowl.
2. **Soak** the seeds in water, about 3 minutes, or enough time for the water to be absorbed.
3. **Cut** 2 pieces of parchment paper so that they match the size of the Cosori Dehydrator trays.
4. **Spread** the batter over the parchment-lined trays to 3-millimetre thickness.
5. **Dry** at 75°C for 8 to 12 hours, or until crispy.
6. **Remove** the cracker carefully from the parchment paper after 6 hours.
7. **Lay** the cracker onto a flat surface and break into smaller pieces.
8. **Place** the crackers directly onto the tray and dry for the remaining time.

# GREEN ONION GARLIC CRACKERS

## YIELD

4 servings

## PREP

15 minutes

## DEHYDRATE

12 hours

14 millilitres olive oil

5 scallions, root ends cut off

& discarded

2 garlic cloves

250 millilitres water

6 grams salt

1 gram black pepper

300 grams flaxseed

## Items Needed

Blender

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 scallions and garlic cloves.
3. **Cook** the garlic until lightly browned. Remove and set aside.
4. **Cook** the scallions on each side until brown, about 5 minutes. Set aside.
5. **Blend** the garlic, scallions, water, salt, and pepper until smooth.
6. **Add** the flaxseed to the blender mixture. Set aside.
7. **Cut** 2 pieces of parchment paper so that they match the size of the Cosori Dehydrator trays.
8. **Spread** the batter over the parchment-lined trays to 3-millimetre thickness.
9. **Dry** at 75°C for 8 to 12 hours, or until crispy.
10. **Remove** the cracker carefully from the parchment paper after 6 hours.
11. **Lay** the cracker onto a flat surface and cut into smaller pieces.
12. **Place** the crackers directly onto the tray and dry for the remaining time.



*sweets*





## OATMEAL RAISIN COOKIES

<b>YIELD</b>	12-16 cookies
<b>PREP</b>	15 minutes
<b>DEHYDRATE</b>	12 hours

80 grams quick rolled oats  
125 grams raw pecans  
130 grams raisins  
30 grams pumpkin seeds  
65 millilitres maple syrup  
30 millilitres coconut oil  
1 gram ground cinnamon  
1 gram ground ginger  
1 gram ground allspice  
1 gram ground clove  
A pinch of salt

### Items Needed

Food processor

1. **Put** all the ingredients in a food processor and blend until combined.
2. **Form** the dough into 2-centimetre balls, then place on parchment paper.
3. **Place** another sheet of parchment paper on top and flatten to 6-millimetre thickness.
4. **Remove** cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
5. **Dry** at 70°C for 12 hours, or until done.
6. **Remove** the cookies carefully from the parchment paper after 8 hours.
7. **Place** the cookies directly onto the tray and dry for the remaining time.
8. **Store** cookies in an airtight container or serve immediately.



## ALMOND COOKIES WITH CHOCOLATE

<b>YIELD</b>	10-12 cookies
<b>PREP</b>	15 minutes
<b>DEHYDRATE</b>	12 hours

240 grams almond butter  
70 grams shredded coconut  
75 grams pistachios  
80 grams dark chocolate chips

**Items Needed**  
Food processor

1. **Add** all the ingredients into a food processor and blend until well combined.
2. **Form** the dough into 2-centimetre balls, then place on parchment paper.
3. **Place** another sheet of parchment paper on top and flatten to 6-millimetre thickness.
4. **Remove** cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
5. **Dry** at 70°C for 12 hours, or until done.
6. **Remove** the cookies carefully from the parchment paper after 8 hours.
7. **Place** the cookies directly onto the tray and dry for the remaining time.
8. **Store** cookies in an airtight container or serve immediately.



## ALMOND DRIED CRANBERRY COOKIES

<b>YIELD</b>	12-16 cookies
<b>PREP</b>	15 minutes
<b>DEHYDRATE</b>	12 hours

240 grams almond butter  
70 grams shredded coconut  
60 grams walnuts, chopped  
65 grams dried cranberries

**Items Needed**  
Food processor

1. **Add** all the ingredients into a food processor and blend until well combined.
2. **Form** the dough into 2-centimetre balls, then place on parchment paper.
3. **Place** another sheet of parchment paper on top and flatten to 6-millimetre thickness.
4. **Remove** cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
5. **Dry** at 70°C for 12 hours, or until done.
6. **Remove** the cookies carefully from the parchment paper after 8 hours.
7. **Place** the cookies directly onto the tray and dry for the remaining time.
8. **Store** cookies in an airtight container or serve immediately.



## CHOCOLATE CASHEW COOKIES

<b>YIELD</b>	12-16 cookies
<b>PREP</b>	15 minutes
<b>DEHYDRATE</b>	12 hours

300 grams unsalted cashews  
50 grams cocoa powder  
65 millilitres maple syrup  
1 gram ground cinnamon  
1 gram ground nutmeg  
4 millilitres vanilla extract  
3 grams kosher salt

**Items Needed**  
Food processor

1. **Add** all the ingredients into a food processor and blend until well combined. There may be small chunks of cashews.
2. **Form** the dough into 2-centimetre balls, then place on parchment paper.
3. **Place** another sheet of parchment paper on top and flatten to 6-millimetre thickness.
4. **Remove** the cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
5. **Dry** at 70°C for 12 hours, or until done.
6. **Remove** the cookies carefully from the parchment paper after 8 hours.
7. **Place** the cookies directly onto the tray and dry for the remaining time.
8. **Store** the cookies in an airtight container or serve immediately.

# NOTES

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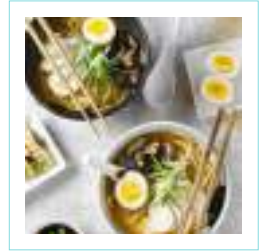
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**Questions or Concerns?**

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