

dehydrator preparation + usage tips

Dehydrating Food

While most food types can be dehydrated at a temperature of approximately 55°C/131°F, when dehydrating meats, poultry and fish (making jerky, biltong etc) the temperature needs to be raised to guard against pathogens such as Salmonella and E. Coli.

WARNING: It is recommended that meat and poultry is dehydrated at the 70°C/158°F setting on your dehydrator. Fish should be steamed or baked to at least 93°C/200°F until flaky before dehydrating at the 70°C/158°F setting on your dehydrator.

Choosing food to dehydrate

- For best results only use the highest quality foods.
- Produce in peak season has more flavour and more nutrients.
- Meats, fish and poultry should be lean and fresh.
- Do not use food with bruises and blemishes. Bad produce can spoil the entire batch.
- Remove as much fat as possible from meats prior to dehydrating. You can use a paper towel under meat when dehydrating to absorb fat.

Tips for pre-treatment of foods

With most types of cooking, preparation is important for the best results. Foods that are prepared correctly prior to dehydration will taste better and have a better appearance.

Cut, shred or dice the food uniformly. Slices should be between 6mm and 20mm thick. Meats should not be thicker than 5mm.

To avoid browning of fruits soak, cut fruit in lemon or pineapple juice for 2-3 minutes, then place in the dehydrator. Alternatively soak in an ascorbic acid solution (made as per manufacturer's instruction) for 2-3 minutes, then place in the dehydrator.

Waxy fruits, (such as peaches, grapes, blueberries, etc.) should be dipped in boiling water to remove the wax. This allows moisture to escape easily during dehydration.

Blanching can also be used to pretreat foods for dehydration.

Preparation of Foods

For best results, select the freshest foods available to dehydrate. Note that immature fruits and vegetables do not have as much colour and flavour as those that are fully matured. Foods should be dehydrated as soon after purchase as possible. Foods high in sugar such as apples, pears, peaches and bananas are prone to darkening due to oxidation of the sugars.

Below are some pre-treatments that will help to reduce this effect:

- Lemon and pineapple juice are natural antioxidants. Place the sliced produce in fresh lemon or pineapple juice for a few minutes, remove, drain and place on the dehydrator shelf. For extra flavour, try sprinkling on cinnamon or other spices.
- Ascorbic acid mix (a form of vitamin C) is available at most health food stores and it can be used in tablet or powder form.
- Use about 2-3 tablespoons of powder or ground tablets per litre of water; stir to completely dissolve the powder and place fruit into the solution for 2-3 minutes. Remove, drain and place on the dehydrator shelf.
- Blanching is used primarily to prepare fruits and vegetables for dehydrating that have skins that will toughen during drying. This process helps lock in the colour and flavour as well as soften the skin of grapes, cherries, prunes and plums.

There are two blanching methods, Water and Steam:

Water blanching - Fill a large saucepan about half full of water. Bring the water to a boil and use tongs to place food directly into the water, cover the saucepan and let it simmer for approximately 3 minutes. Remove, drain and place on the dehydrator shelf.

Steam blanching - Using a steamer pot such as one used in Chinese cooking, put 5-8 centimetres of water in a saucepan and bring to a boil. Place the food into the steamer basket, place over the saucepan and cover. Steam food for approximately 5 minutes, then remove and place on the dehydrator shelf.

Nuts and seeds - nuts and seeds contain phytic acid and enzyme inhibitors. Phytic acid is biologically necessary, as it helps safeguard the nut or seed until proper growing conditions are present and germination can occur.

Prepare your nuts and seeds by soaking them in warm water (filtered is best) and 1 tablespoon of salt to every 2 cups of raw nuts or seeds. This will neutralize many of the enzyme inhibitors and increase the bioavailability of many nutrients, especially B vitamins.

Within 7-24 hours (depending on the seed or nut), many of the enzyme inhibitors are broken down.

Note: Linseed, Flaxseed and Chia seeds are not suitable for soaking. Cashews can only be soaked for 3-6 hours as they have already been heated to rid them of the naturally occurring toxic oil, cardol.

Grains - for best results with dehydrating grains you will need to sprout them beforehand, this is especially necessary when making sprouted flour.

The sprouting process occurs over a period of 2-3 days, depending on the humidity of the surrounding air, and will involve soaking, draining and rinsing your wheat berries in filtered water every 6-8 hours. You will need to ensure the wheat berries are covered

with a mesh or cheesecloth and set at an angle to allow an even circulation of air for fermentation to take place. Once the root tips have grown to 1.5cm the seeds can be spread on the dehydrator trays, using the mesh sheets to prevent them falling through.

After the sprouted grain has been dehydrated, you can use a power blender to make fresh sprouted flour.

Note: There are no exact rules that apply to food dehydration, as results can be affected by room temperature, relative humidity and moisture levels in the food that you are drying. To become proficient it will be necessary to experiment with your drying techniques. If you use too much heat, food may harden on the outside while being moist inside; however, with too little heat your drying times will be very long. With a little practice you will be creating tasty, ready to eat snacks in no time.

Dehydrating Tips

Do not overlap foods. Make sure foods are flat when placed on dehydrating trays. Overlapped foods can greatly increase drying time.

Make sure foods are completely dry before removing. If you are not sure, cut a sample down the middle to check for internal dryness.

Make sure to label containers when you store your dehydrated food.

Proper storage helps maintain quality food. Package the food when cool. Foods can be kept longer if stored in a cool, dark and dry place. The ideal storage temperature is 16°C/61°F or lower.

Vacuum sealing is a great way to keep dehydrated foods.

Food will shrink approximately ¼ to ½ their original size and weight during dehydration. Make sure not to cut pieces of food too small.

Food Storage

Dried fruits require a special next step called 'conditioning' which equalises the moisture as all the fruit pieces may not have dried equally due to different thicknesses. After the dehydrator has finished the drying session and the fruit has cooled, pack it loosely in a sealed glass jar and shake daily for 10 days to separate the pieces.

Any excess moisture will be absorbed by drier fruit pieces, inhibiting mould. Vegetables generally don't need conditioning but if you sense they are not dry enough either extend the time in the dehydrator or follow the same process.

When used properly, vacuum sealers provide the ideal storage method. The less air present, the less potential for the formation of mould.

Reconstitution

Dried foods do not need to be reconstituted for consumption. Many people prefer to eat them in their dried state. If you want to reconstitute your food, here are some basic guidelines:

- Soak food in unsalted water for 3-7 minutes and then prepare as usual. If you are boiling them, use the same water they soaked in to preserve nutrients. If you plan to soak foods for more than one hour, they should be placed in the refrigerator to prevent bacterial growth.
- One cup of dried vegetables will reconstitute approximately two cups.
- One cup of dried fruit will reconstitute to about one and a half cups.
- Reconstitution times will vary depending on the thickness of the food and the water temperature used.
- Warm water will speed up reconstitution but may result in some flavour loss.

Drying Times

The following charts are guidelines for the preparation of various fruits, vegetables and meats. Drying times will vary depending on the room temperature, relative humidity and moisture levels in the food that you are drying. If the moisture level is low, the drying time will be on the low end of the range. However, if the moisture level is high, the drying time will be on the high end of the range.

Keep in mind that drying times are also affected by the amount of food placed on the shelves. Overloading the shelves will slow the drying time and may produce poorer results.

When dehydrating foods, it is important to check on the dryness of the product. If the product is not thoroughly dried, mould may form during storage (see Food Storage). To test for dryness, remove a piece of food from the dehydrator and allow it to cool to room temperature. Bend and tear the piece to check for internal moisture.

dehydrator recipes



beef jerky

1kg trimmed beef topside steak or rump steak

½ cup of soy sauce

3 cloves of fresh garlic crushed

Optional: 1 tsp chilli flakes

sea salt flakes, for sprinkling before drying the meat

Make sure beef is trimmed of any excess fat.

Slice beef into 5mm thick slices. For a chewy jerky cut strips along the grain, for a more tender jerky, cut against the grain.

Place the beef slices into a bowl and add soy sauce, garlic and chilli. Mix together thoroughly.

Allow to marinade for about 4 hours.

Place beef slices onto your BioChef dehydrator trays ensuring they are not overlapping.

Dehydrate at 65°C for about 6 to 8 hours.

You can keep it up to 2 weeks in a storage bag or up to 2 months if vacuumed-sealed.

cinnamon apple chips

Green Apples

Cinnamon ground

Slice green apples into thin slices.

Place the apple slices onto your BioChef Dehydrator tray and sprinkle some cinnamon.

Dehydrate at 65°C for about 10 hours.

Allow the slices to cool down completely before storing them in an airtight container or a storage bag.

crispy green beans

fresh green beans

⅓ cup olive oil

¼ cup nutritional yeast

4 tsp salt

Wash the beans and remove excess water using a clean tea towel.

Place the beans in a large bowl with the olive oil, nutritional yeast and salt.

Stir well together and place the beans onto your BioChef dehydrator trays.

Dehydrate between 50-55°C for about 9 to 12 hours or until crispy.

Allow the green beans to cool completely before storing them in an airtight container or a storage bag.

crispy parmesan tomato chips

fresh tomatoes

2 tbsp olive oil

2 tsp sea salt

1 tsp garlic powder

2 tbsp grated parmesan cheese

Wash and slice the tomatoes.

Drizzle olive oil over the tomato slices before placing them onto your BioChef dehydrator trays.

In a bowl, mix the rest of the ingredients all together and sprinkle over the slices.

Dehydrate between 50-55°C for about 10 to 14 hours.

Allow the chips to cool completely before storing them in an airtight container or a storage bag.

dried pumpkin seeds

pumpkin seeds

garlic salt

De-seed your pumpkin. Completely wash seeds, taking away any stringy pulp.

Dry off excess water.

Spread in a single layer on trays in the dehydrator.

Sprinkle it with seasoning or garlic salt if desired.

Dehydrate at 45°-50° until crisp. Stir frequently.



eggplant jerky

2 medium eggplants

¼ cup soy sauce

¼ cup olive oil

½ tsp chili powder

1 tsp smoked paprika

½ tsp pepper

½ tsp salt

Wash and peel the eggplants if desired. Cut into 6mm slices.

Combine the marinade ingredients in a small bowl and mix well together.

Pour over eggplant slices and marinate for about 1 hour.

Place the slices onto your BioChef dehydrator trays.

Dehydrate between 50-55°C for about 8 to 10 hours or until desired consistency.

Allow the eggplant jerky to cool completely before storing in an airtight container or a storage bag.

fluffy raw vegan pancakes

3 ripe bananas

¼ cup coconut flour

¼ cup golden flaxseed meal ⅛ cup almond flour

1 tbsp coconut milk

1 tsp honey

1 tsp ground cinnamon

½ tsp vanilla extract

Mash the bananas in a large mixing bowl and combine with all the ingredients until everything is well incorporated.

Pour ¼ cup onto your BioChef dehydrator trays using the non-stick sheets for each pancake.

Dehydrate between 50-55°C for about 6 to 8 hours.



granola

- 4 cups old-fashioned oats
- 2/3 cup shredded coconut
- 1 cup slivered almonds
- ½ cup chopped goji berries
- ¼ cup flaxseeds
- 2 teaspoons ground cinnamon
- ½ cup melted coconut oil
- ½ cup honey
- 2 teaspoons vanilla extract
- ½ cup hot water

Combine all ingredients together.

Add the preparation onto your BioChef dehydrator trays using the non-stick sheets.

Dehydrate for about 8 hours between 60-65°C or until dry and crunchy.

Allow the granola to cool completely and store them in an airtight container or a sealed glass jar.

kale chips

- 3 heads kale
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp sea salt
- 1 tsp garlic granules

Wash and cut the kale.

Place the kale in a bowl and mix it with olive oil, lemon juice, sea salt and garlic granules.

Place the kale onto your BioChef dehydrator trays using the fine mesh sheets.

Dehydrate at 45°C for 3-4 hours or until crispy.

Allow the kale chips to cool completely and store them in an airtight container or storage bag.

lemon and orange chips

Using a sharp knife or a mandoline, slice the lemons and oranges into 6mm slices.

Place the slices onto your BioChef dehydrators trays and dehydrate between 50-55°C for about 8 to 10 hours or until crispy.

Store them in an airtight container or storage bag.

How to use

- Add a slice to your favorite tea or infusion.
- Add a slice to your water for a refreshing drink.
- Chop them to create your own tea mix.
- Use for decorating for the xmas festivities.

lemon potato chips

4 big potatoes of your choice 2 tbsp olive oil

1 cup filtered water

½ cup lemon juice

1 tsp black pepper

1 tsp himalayan salt

Peel, wash, cut and boil the potato pieces until cooked.

Wait for the potato pieces to cool down before adding it into your BioChef blender with the rest of the ingredients.

Mix until everything is well combined.

Using a spatula, spread the mixture over the non-stick sheets of your BioChef dehydrator.

Dehydrate for between 55-55°C for about 5 to 8 hours or until crispy.

Allow the mixture to cool completely before breaking it apart.

Store them in an airtight container or storage bag, for up to 5 days.

mushrooms chips

400g of chestnuts mushrooms (or any mushroom of your choice)

1 tbsp lemon juice

½ tsp garlic powder

½ tsp sea salt

½ tsp fresh parsley

Wash the mushrooms and trim the end of the stems if desired.

Slice the mushrooms into 8mm slices.

In a bowl, mix the mushroom slices with the other ingredients.

Place the slices onto your BioChef dehydrator trays using the fine mesh sheets.

Dehydrate between 50-55°C for about 4-6 hours or until crisp.

Allow the mushroom chips to cool completely before storing in an airtight container or a storage bag.

parmesan and garlic zucchini chips

3 zucchinis

¼ tsp salt

1 tbsp grated parmesan

1 tbsp olive oil

1 grated garlic clove

1 tsp lemon juice

Slice the zucchinis using a mandolin or a sharp knife.

Place the slices with all the ingredients into a mixing bowl and mix well together.

Place the slices onto your BioChef dehydrator trays using the fine mesh sheets.

Dehydrate at 55°C for about 5-10 hours or until crispy.

Allow the chips to cool completely and store them in an airtight container or storage bag.

passionfruit yogurt

1 gallon of regular milk

2 cups of greek yogurt

1 passion fruit

coconut flakes

enough canning jars to hold 20 cups of liquid

Pour cold milk into a large pot and bring to 1470°C over low-medium heat, stirring constantly.

Turn off heat and let milk cool to 120°C.

Once it reaches 120°C, gently stir the yogurt into the milk.

Pour the mixture into glass jars and fit the lids on.

Place jars inside your BioChef dehydrator and set at 40-45°C.

Allow to process for 12-18 hours, depending on how thick you like your yogurt.

Top with coconut flakes and passion fruit before serving.

Yogurt keeps in the fridge for about 2 weeks.

peanut butter banana chips

3 bananas

¼ cup peanut butter or any other nut butter of your choice

Peel and slice the bananas into 3mm slices.

Combine the banana slices and the peanut butter together in a bowl.

Place the banana slices onto your BioChef dehydrator trays using the non-stick sheets.

Dehydrate at 65°C for about 8 hours.

Allow the banana slices to cool completely before storing in an airtight container or a storage bag.

pear candy

Fully ripe pears

Lemon Juice

1 cup filtered water

Wash, core and peel the pears if desired.

Slice into equal thickness and deep into lemon juice + filtered water for a few minutes.

Drain the pear slices and arrange them onto your BioChef dehydrator trays.

Dehydrate between 50-55°C for about 10 to 12 hours or until dry and sticky.

Allow the pear candies to cool completely before storing in an airtight container or a storage bag.

persimmon-pineapple leather

1 cup persimmon pulp

1/2 cup crushed pineapple

Prepare a non-stick sheet on a tray of your BioChef Dehydrator and pour mixture onto the sheet.

Dehydrate at 55°C until leathery consistency is reached.

pineapple candy

1 ripe pineapple

1 cup coconut sugar

4 cups filtered water

Peel the pineapple, remove the core and cut into small pieces (approx 6mm thick).

Boil the pineapple pieces in the water and sugar solution for about 1 minute.

Place pineapple pieces onto your BioChef dehydrator fine mesh sheets and dehydrate between 60-65°C for about 11 to 15 hours.

Allow the pineapple pieces to cool completely before storing them in an airtight container or a storage bag.

pumpkin leather

2 cups of pumpkin puree

1 cup canned coconut milk

2 cups applesauce

¼ cup honey

1 teaspoon ground cinnamon

½ teaspoon ground nutmeg

½ teaspoon ground allspice

Blend all ingredients together until the mixture is smooth and creamy.

Pour the mixture onto your BioChef Dehydrator trays using the non-stick sheets and spread it with a spatula.

Dehydrate at 50-55°C for about 6-8 hours.

Allow the mixture to cool down a little bit and roll it into a tight roll.

With a sharp knife, cut into the lengths of your choice.

raw onion rings

3 large onions

½ cup raw soy milk

½ cup chickpea flour

1 cup nutritional yeast

1 cup raw cashew ground

2 tsp ground paprika

1 tbsp garlic flakes

½ cups sesame seeds

Salt and Pepper

Cut your onions into slices and make sure the slices are separated into individual rings.

Place the flour and the nut milk in separate bowls.

3 Combine the nutritional yeast, cashew ground, paprika, garlic flakes, sesame seeds and salt and pepper in a different bowl and mix well together.

Dip your onion rings into the flour first, then into the milk and to finish, into the mixture. You can repeat this process a second time.

Place the onion rings onto your BioChef dehydrator trays and dehydrate between 60-65°C for about 10 to 12 hours or until crispy.

roasted radish chips

fresh radishes

olive oil

salt & pepper

Thinly slice the radishes and place in a bowl.

Toss with olive oil, salt and pepper.

Place the slices onto your BioChef dehydrator fine mesh sheets.

Dehydrate at 45°-50° for 8-10 hours or until crispy.

Allow the vegetable chips to cool completely and store them in an airtight container or storage bag.

salmon jerky

2 raw salmon fillets

½ cup lemon juice

½ cup soy sauce

½ tsp garlic powder

½ tsp onion powder

½ tsp paprika

½ tsp sea salt

1 tsp honey

In a bowl, combine the lemon juice, soy sauce, garlic powder, onion powder, paprika, sea salt and honey together.

Remove the skin from the salmon fillets and as much fat as possible. (fat turns rancid with time)

Cut 6mm thick slices and marinate in the mixture for about 30 minutes.

Place the slices onto your BioChef dehydrator trays using the fine mesh sheet.

Dehydrate at 70°C for about 8 hours or until it's pliable.

You can keep it for up to 2 weeks in a storage bag or up to 2 months if vacuumed-sealed.



semi-dried tomato and rocket salad

1 punnet of cherry or grape tomatoes
½ cup cold pressed olive oil 4 cups of rocket
½ cup basil
½ cup cashew nuts
100g danish feta (optional)

Cut tomatoes in half lengthways, lightly drizzle with olive oil and then place on dehydrator trays.

Finely chop basil leaves and sprinkle half into tomatoes.

Dehydrate for 8 hours at 40°, desired result is partially dried tomatoes, still slightly moist.

Combine remaining ingredients into a large salad bowl and dress with remaining olive oil.

vegetables chips

1 sweet potato
3 carrots
1 large beet
lemon juice
olive oil
seasoning

Peel and slice the sweet potato, the carrots and the beet using a mandolin or a sharp knife.

Dip the slices into lemon juice. This will prevent them from discoloring.

Add the slices, some olive oil and seasoning (salt, pepper, chilli powder or onion powder for example) into a mixing bowl and mix well together.

Place the slices onto your BioChef dehydrator trays.

Dehydrate at 45°C for about 8-10 hours or until crispy.

Allow the vegetable chips to cool completely and store them in an airtight container or storage bag.



watermelon candy

½ fresh watermelon

lemon juice

Cut off the rind and cut into 10mm wedge slices.

Place the slices into a bowl and cover with lemon juice.

Arrange the slices onto your BioChef dehydrator trays.

Dehydrate between 65-70°C for about 10 to 12 hours or until pliable and sticky.

Allow the watermelon candies to cool completely before storing in an airtight container or a storage bag.

homemade herbal infusions

infusion leaves:

mint leaves

verbena

nettle

hops

lemon balm

sage

Dehydrate at 35°C for about 4-6 hours or until crispy.

flowers:

chamomile

violet

lavender

poppy

rose

Dehydrate at 35°C for about 4-6 hours or until crispy.

seeds and roots:

fennel

ginger

turmeric

maca

Wash and cut the roots in small chunks and dehydrate at 60-65°C for about 8 to 12 hours or until completely dried.

aromatic plants:

thyme

rosemary

oregano

Dehydrate at 35°C for about 4-6 hours or until crispy.

fruits:

mandarin

orange

lemon

strawberry

blueberry

apple

Wash and cut the fruits in thin slices.

Dehydrate between 50-55°C for about 8 to 10 hours or until crispy.

Break apart into small chunks for your tea blend.



nuts & seeds

It is really important to soak and dehydrate your nuts and seeds before you eat them.

macadamia, cashew,
pecans, walnuts, pine nuts,
hazelnuts, pumpkin seeds
etc.

2 tsp unrefined sea salt

Filtered water

Soak overnight or for a minimum of 7 hours.

Place the nuts or seeds onto your BioChef dehydrator trays using the non-stick sheet.

Dehydrate between 60-65°C for about 12 hours or until crispy.

herbs

rosemary

Clean and remove excess water using a clean tea towel.

Place the rosemary sprigs on your BioChef Dehydrator trays.

Dehydrate at 35°C for about 4-6 hours or until crispy.

Store in well sealed glass jars in a dark and cool place.

How to use

- Sprinkle on meat, potatoes – Rosemary salt
- Rosemary infused olive oil – Rosemary Honey
- Rosemary lemonade

parsley

Clean and remove excess water using a clean tea towel.

Place the parsley leaves on your BioChef Dehydrator trays.

Dehydrate at 35°C for about 4-6 hours or until crispy.

Store in well sealed glass jars in a dark and cool place.

How to use

- Sprinkle in soups or broth, bread with butter, avocado toast.
- Add other herbs to make your own spice blend.
- Use it as a dried spice for cooking.

bay leaves

Clean and remove excess water using a clean tea towel.

Place the bay leaves on your BioChef Dehydrator trays.

Dehydrate at 35°C for about 4-6 hours or until crispy

Store in well sealed glass jars in a dark and cool place.

How to use

- In soup, broth
- Bolognese sauce, ratatouille, beef stew
- Pickled cucumbers

basil

Wash your basil and remove excess water using a clean tea towel.

Remove the leaves from the stems and place them onto your BioChef dehydrator trays using the fine mesh sheets.

Dehydrate at 35°C from 3 to 6 hours or until the leaves are crispy and crumbly.

Store in well sealed glass jars in a dark and cool place.

mint

Wash your mint and remove excess water using a clean tea towel.

Remove the leaves from the stems and place them onto your BioChef dehydrator fine mesh sheets.

Dehydrate at 35°C from 3 to 6 hours or until the leaves are crispy and crumbly.

Store in well sealed glass jars in a dark and cool place.

thyme

Separate thyme sprigs and remove bad ones.

Clean and remove excess water using a clean tea towel.

Place the thyme sprigs on your BioChef Dehydrator trays using the non-stick sheets.

Dehydrate at 35°C for about 4-6 hours until brittle.

Store in well sealed glass jars in a dark and cool place.

How to use

- Sprinkle over soup
- When baking bread
- With Pasta
- Sauces
- Use it as dried spice for cooking

sage

Rinse the sage leaves under cold water and remove excess water using a clean tea towel.

Inspect all the leaves carefully and remove anything with a sign of blight.

Place the sage leaves on your BioChef Dehydrator trays using the fine-mesh sheets.

Dehydrate between 35-45°C for about 4 hours or more, until the leaves easily crumble.

Store in well sealed glass jars in a dark and cool place.

How to use

- Sprinkle as a garnish on soups
- Add to roast dish
- Sage stick to purify the air

combination recipes - using a blender & dehydrator

apricot & coconut fruit rollup

4 fresh apricots
1 cup apple sauce
desiccated coconut

Blend the apricots with the apple sauce in a high speed blender until you have a smooth consistency.

Pour the apricot mixture onto your BioChef dehydrator trays using the non-stick sheets.

Spread the mixture evenly on the non-stick sheet using a spatula.

Sprinkle the top with your desired amount of desiccated coconut

Dehydrate at 55°C for 6-8 hours.

Allow the mixture to cool down a little bit and roll it into a tight roll.

With a sharp knife, cut into the lengths of your choice.

banana blush leather

1 cup strawberries
1 banana

Secure lid and press the create condiments preset on your BioChef Blender.

Prepare a non-stick sheet on a tray of your BioChef Dehydrator and pour mixture onto the sheet.

Dehydrate at 55°C until leathery consistency is reached.

avocado crackers

2 avocados
½ brown onion
1 cup flax seeds
1 tbsp hemp seeds
4 kale leaves
Juice of 1 lime
salt & pepper
chilli powder
filtered water

Soak your flaxseeds in filtered water for about 10 hours.

Peel and cut ½ of a brown onion and soak it in filtered water for 30 minutes.

Cut the avocado and the kale in small pieces.

Add the avocado, kale, soaked flaxseeds and onion with the lime juice, salt, pepper and chilli powder into your BioChef blender.

Blend until desired consistency.

Once the mixture is ready, spread it onto your BioChef dehydrator non-stick sheet using a spatula.

Dehydrate for about 8 to 10 hours between 50-55°C or until crispy.

Allow the mixture to cool completely before breaking it apart.

Store them in an airtight container or storage bag.

chocolate and banana fruit roll up leather

4 bananas

2 tbsp cocoa powder

1 tbsp maple syrup

Place all ingredients into your BioChef blender and blend until smooth.

Pour the mixture onto your BioChef Dehydrator trays using the non-stick sheets and spread it with a spatula.

Dehydrate at 50-55°C for about 6-8 hours.

Allow the mixture to cool down a little bit and roll it into a tight roll.

With a sharp knife, cut into the lengths of your choice.

Store in an airtight container or storage bag.

dehydrated cookies

2 apples

1 banana

4 tbsp flax seeds

1 tsp cinnamon

½ cup hazelnuts

½ cup dates

4 cups oats

Peel and slice the apples and the banana.

Place all ingredients into your BioChef High Power blender and blend using the tamper until desired texture.

Place the cookie dough in a mixing bowl and start making the cookies with your hands.

Place the cookies onto your BioChef dehydrator trays using the non-stick sheets.

Dehydrate between 50-55°C for about 6 to 8 hours.

Store them in an airtight container or storage bag.

dried lemon peel

organic lemons

Peel the skin off your lemons and try to avoid peeling off the white as much as possible. (more bitter)

Place the peels onto your bioChef dehydrator trays and dehydrate for about 10 hours, between 50-55°C or until completely dry.

Once the peels are completely dry, place them into your BioChef blender and blend until it turns into a powder.

Store in well sealed glass jars in a dark and cool place.

Best Use:

- Use it as a substitute for fresh lemon zest in recipes.
- Add to salad dressings, yogurt, cookies and cakes.
- Use it as a natural body scrub added to coconut oil and coconut sugar.





dried tomato flax seed crackers

1 strip of dried kelp, soaked for 10 minutes
1 cup sun-dried tomatoes, soaked overnight
1 cup sunflower seeds, soaked overnight
½ cup flax seeds, soaked overnight 1 cup water
½ onion, finely chopped
2 tbsp. Bragg's liquid aminos taste with thyme, cayenne pepper or celtic salt.

In your BioChef Blender combine the kelp, sun-dried tomatoes, flax seeds, and water and blend using the condiments preset.

Add the onion, sunflower seeds, Bragg's Liquid Aminos, and seasonings and blend using the condiments preset again.

Spread the mixture on 3-4 dehydrator sheets with a rubber spatula.

Place in your BioChef dehydrator at 40°C for 12 hours.

After dehydrating, cut into desired shapes and enjoy.

energy flatbread

7 ½ cups sprouted buckwheat
3 ½ cups soaked golden flax seeds (measured after soaking)
3 ½ cups carrot pulp (made from the process of making fresh carrot juice)
4 tbsp raw honey
½ cup extra virgin olive oil
1 - 1 ½ tbsp sea salt

Mix it in batches in your BioChef Blender using the create condiments preset. Once all mixture has been blended, transfer to one bowl.

Lightly grease 5 non-stick sheets and cover with dough, 1 cm thick. If making pizza crusts, form into rounds. If making flat bread to tear off when desired, make large squares. If you want to make sandwich slices, score beforehand into cracker shapes.

Dehydrate the flatbread at 55°C for a few hours until a crust is formed on one side, flip them onto an empty tray below and dehydrate until thoroughly dry - about 12 to 16 hours.

When they are very well dried, they will keep well wrapped in loose linen and a plastic bag in a cool, dry place.

flax seed crackers

2 cups of flax seeds

2 cups of water

½ clove garlic

2 tbsp. tamari

Place flax seeds in your BioChef Blender.

Blend on high for one minute until powder-like consistency.

Add water and other ingredients into the blender and blend for one minute on medium.

Prepare a non-stick sheet on a tray of your BioChef Dehydrator.

Pour flax seed mixture onto baking paper. Use a spatula to smooth the mixture.

Score the mixture with a knife to create desired cracker shapes so that they can be easily snapped off once dry.

Dehydrate at 40°C for 14 hours.

8 Flip over half way through drying time. This can be achieved easily by utilising a second empty tray to place the cracker sheet onto for drying on the second side.



fruit powder

1 cup strawberries

1 cup fresh raspberries

2 apples

Wash and cut your fruits into slices (make sure you peel the apples)

Dry your fruits completely between 50-55°C for about 10 hours or more if required. Make sure there is no moisture remaining.

Allow your fruits to cool down before adding them into your BioChef blender.

Blend until it turns into a powder.

Store in well sealed glass jars in a dark and cool place.

How to use it ?

- Sprinkle on natural yogurt, oatmeal pudding, chia pudding, granola
- Sprinkle on top of cookies, cakes or muffins
- Add to your smoothie if you don't have fresh fruits
- Use in fruit sauces and compotes

fruit rolls

2 cups strawberries

2 cups of raspberries

1 cup apple sauce

Juice of ½ lemon

1 tbsp honey

Blend all ingredients together until the mixture is smooth.

Pour the mixture onto your BioChef Dehydrator trays using the non-stick sheets and spread it with a spatula.

Dehydrate at 50-55°C for about 6-8 hours.

Allow the mixture to cool down a little bit and roll it into a tight roll.

With a sharp knife, cut into lengths of your choice



gluten & dairy free bread or crackers

Depending on the thickness of the mixture, this recipe can be used as a bread or cracker alternative.

1 cup of quinoa, soaked for 5+ hours, rinsed and strained

½ cup of almonds, soaked for 5+ hours, rinsed and strained

½ cup of flax seeds, soaked for 5+ hours, rinsed and strained

¼ cup of black sesame seeds 1 tbsp maple syrup

⅓ cup of water

juice of 1 lemon

1 tsp sea salt

1 tsp cracked black pepper

Place the quinoa and almonds into your BioChef blender, and use the pulse function to chop.

Add the water, lemon, salt, pepper, maple syrup and blend until smooth.

Place into a mixing bowl and add sesame seeds and flax seeds. Stir to combine.

Prepare a dehydrator tray with a non-stick sheet or baking paper so that it covers the entire tray neatly.

Spread the mixture onto the non-stick sheet. Thickness: 2cm for bread or 0.5mm for crackers. Score the mixture so that it is easy to break up once dried.

Dehydrate at 55°C for 6-8 hours until the desired consistency is achieved.

groatmeal apple spice cookies

2 cups of oat groats, ground finely

1 apple

12 dates

¼ cup sultanas

2-4 small scoops of stevia powder

½ tsp. of nutmeg and cinnamon

Place apple, stevia powder and spices into your BioChef Blender.

Secure lid and press the create condiments preset on your BioChef Blender.

Add ground oat groats and sultanas, blend again using the condiments preset.

Prepare a non-stick sheet on a tray of your BioChef Dehydrator.

Pour mixture onto the non-stick sheet in dollops.

Dry at 40°C until dry on the top.

Take off sheets and then dry for a complete 24 hours.

juice pulp crackers

Use the pulp from your homemade cold press juice and start using it to make delicious crackers.

1 cup juice pulp (for example carrot, beetroot and kale)

¼ cup ground flax seeds

¼ cup nutritional yeast

2 tbsp black sesame seeds

1 tbsp soy sauce

Salt, Pepper & Chilli powder

¼ cup water

Mix all ingredients into your BioChef blender until well combined.

Using a spatula, spread the mixture onto your BioChef dehydrator trays using the non-stick sheets.

Dehydrate for about 8 to 10 hours between 60-65°C or until crispy.

Allow the mixture to cool completely before breaking it apart.

Store them in an airtight container or storage bag, for up to 5 days.

orange roll-ups

6 ripe bananas, peeled and cut into pieces

1 orange, peeled and quartered

Place ingredients into your Blender.

Secure lid and press the create condiments preset on your BioChef Blender.

Prepare a non-stick sheet on a tray of your BioChef Dehydrator and pour mixture onto the sheet.

Pour mixture in circular shape and work out from middle, this will ensure the edges are slightly thicker than middle for more even drying

Dehydrate at 55°C until leathery consistency is reached.

pulp burgers

1 (15oz.) can black beans, drained

3 carrots

2 beets

½ cup parsley

½ cup lettuce

½ cup onion

¼ cup cilantro

½ jalapeno, seeds removed

3 cloves garlic

1 tsp. fresh ground cumin

1 tsp. chili powder

2 eggs

¼ cup plain bread crumbs

1 tsp. salt

1 tsp. pepper

canola or vegetable oil

Cut carrots, beets, parsley, and leafy lettuce into small chunks and run through the BioChef Juicer.

Pulse the black beans in a food processor with the onion, cilantro, jalapeno, and garlic until consistency is chunky but blended.

Add the blended mixture to the veggie pulp in a large bowl.

Add spices, eggs and bread crumbs, mixing until well incorporated. Form mixture into 5" patties.

If cooking on a grill, use a sheet of foil that is well oiled and cook for 8-10 minutes on each side.

If cooking on a nonstick pan, put on medium high heat and add a tablespoon of oil to the pan. Cook one each side for 4-5 minutes.

raw banana biscuits

½ cup sunflower seeds (soaked overnight)

½ cup of pumpkin seeds (soaked overnight)

¼ cup of sprouted and dehydrated buckwheat powder

2 ripe bananas, mashed with a fork ¼ cup of maple syrup

¼ cup of golden raisins

Mix all ingredients into your BioChef blender until you get a dough texture.

Place the dough in a mixing bowl and start making the biscuits with your hands.

Place the biscuits onto your BioChef dehydrator trays using the non-stick sheets.

Dehydrate between 50-55°C for about 6 to 8 hours.

Store them in an airtight container or storage bag.



raw banana and cinnamon cookies

3 bananas

pinch of ground cinnamon

½ cup of sultanas or dates

½ cup of dates

1 cup of walnuts

Place ingredients into your BioChef Blender.

Secure lid and press the create condiments preset on your BioChef Blender.

Prepare a non-stick sheet on a tray of your BioChef Dehydrator.

Spoon mixture onto your non-stick sheet in a cookie shape.

Dehydrate for 8-10 hours at 40°C.

raw corn chips

2 cups sweet corn

1 tsp olive oil

seasoning

Put the corn, olive oil, salt, pepper or any seasoning that you like in your BioChef blender and blend until creamy.

Pour the mixture onto your BioChef dehydrator trays using the non-stick sheets and spread the mixture using a spatula.

Dehydrate at 45°C for about 8-10 hours or until crispy.

Allow the mixture to cool completely before breaking it apart. Store them in an airtight container or storage bag.



raw granola

- 1 cored apple, chopped
- 1 ½ cups date paste (dates soaked in water for 1-2 hours, then puree with ¼ cup of water until smooth in blender) or alternatively use soaked flax seeds
- 2 tbsp honey
- 2 tbsp orange juice
- 2 tbsp of orange zest
- 1 tbsp cinnamon
- ½ tsp nutmeg
- 1 tbsp vanilla extract
- 2 tsp sea salt
- ½ - 1 cup sunflower seeds
- 1 cup dried sultanas
- 2 ¼ cups pecans
- 2 cups almonds (soaked 4 hours)
- 1 cup pumpkin seeds
- 1 cup dried and chopped apricots
- 1 cup dried cranberries

Secure lid and press the create condiments preset on your BioChef Blender. You may need to use the tamper to mix your ingredients.

Prepare a non-stick sheet on a tray of your BioChef Dehydrator and pour mixture onto the sheet.

Dehydrate for 10 hours at 40°C (flip half way through), until crunchy.

raw protein bar

- 1 cup oats
- 2 bananas
- ⅓ cup raw cashews
- ⅓ cup goji berries
- ⅓ cup flaked almonds
- ⅓ cup dark chocolate
- ⅓ cup honey
- ¼ cup raisins
- ¼ cup filtered water

Place all ingredients into your BioChef blender and blend using the tamper until desired texture.

Spread the mixture onto your BioChef dehydrator trays using the non-stick sheets, about 1cm thick.

Dehydrate between 50-55°C for about 8 to 12 hours.

Allow the mixture to cool completely and cut it into protein bars.

Store them in an airtight container or storage bag.



semi dried tomato and spinach tart

2 punnets of cherry or grape tomatoes

2 cups baby spinach

1 cup almonds

2 tbsp cold pressed olive oil salt and pepper

2 cups cashew nuts (soaked overnight)

1 clove of garlic

2 tbsp filtered water

Cut tomatoes in half lengthways, lightly drizzle with olive oil and then place on dehydrator trays.

Finely chop basil leaves and sprinkle half into tomatoes.

Dehydrate for 8 hours at 40°, desired result is partially dried tomatoes, still slightly moist.

For crust:

In your BioChef Blender add baby spinach, 1 tbsp Olive Oil and almonds and blend using the create condiments preset.

Spoon mixture into standard tart shells approximately 5mm thick.

Filling:

Add remaining ingredients to your BioChef Blender. Also add 2 cups of semi dried tomatoes.

Use the pulse function to blend on medium for 10 seconds.

Spoon mixture into tart crusts and dress with semi dried tomatoes on top.

Refrigerate for 2 hours until set.

smokey beef jerky

1.8kg lean beef sliced in ¼" strips

¼ cup soy sauce

½ cup tomato sauce

½ tsp. hickory smoke flavour

¼ cup worcestershire sauce

1 tsp. cracked pepper

1 tsp. garlic powder

Secure lid and press the create condiments preset on your BioChef Blender

Soak meat strips in a blended mixture.

Refrigerate 6-12 hours, mixing and turning meat occasionally.

Once meat is marinated to desired taste, drain off excess and then dry in accordance with dehydrator directions for jerky (refer to manual).



spicy buffalo cauliflower popcorn

1 head of cauliflower

Spicy Buffalo Sauce:

½ cup filtered water

2 tbsp tahini

1 tsp apple cider vinegar

¼ cup sun dried tomatoes

1 tsp cayenne pepper

2 tsp garlic powder

2 tsp onion powder

½ tsp turmeric

Chop your cauliflower head into tiny pieces.

For the sauce, place all the ingredients into your BioChef blender and blend until desired consistency.

Place the mixture into a bowl and add the cauliflower pieces.

Stir until every piece is well covered with the sauce.

Place the cauliflower pieces into your BioChef dehydrator trays using the non-stick sheets and dehydrate at 50-55°C for about 10 to 12 hours or until desired crunchiness.

tropical roll-ups

1 ½ cups apple puree (this ingredient can be prepared with your BioChef Blender)

1 small apple, peeled, cored and chopped

2 tsp dried orange peel (you can also use the dehydrator to prepare this ingredient)

1 ½ tsp vanilla extract or 1 vanilla pod scraped.

Prepare a non-stick sheet on a tray of your BioChef Dehydrator and pour mixture onto the sheet.

Pour mixture in circular shape and work out from the middle, this will ensure the edges are slightly thicker than middle for more even drying.

Dehydrate at 55°C until leathery consistency is reached.

yogurt disks

250 yogurt of your choice

1 cup strawberries

Add the yogurt and the strawberries into your BioChef blender and blend until desired consistency.

Pour the mixture into the piping bag and start making little dots on your BioChef dehydrator non-stick sheets.

Dehydrate at 50-55°C for about 8 hours until crispy.

Store in an airtight container. You can keep it for about 2 weeks.

Enjoy a range of sweet and savoury delights with your blender.

Note: smoothies can be created in both regular and vacuum blenders, however soups are only done in a vacuum blender.

Bonus 7 Day Clean Eating Meal Plan Featuring Recipes from this Book

Kickstart your clean eating with fresh, homemade meals and snacks.

Add your herbal infusions to tea daily for that extra cleanse, nutrition and taste.

The meals in **bold** are included in this book. We have also added some other healthy meal ideas to compliment these recipes for your 7 day plan.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Perfect Peach Smoothie	Peanut Butter Banana Chips	Aztec Corn Salad	Raw Protein Bar	Mexican Soup + Avocado Crackers + Byron Bay Salsa
Tuesday	Raw Acai Smoothie	Salmon Jerky	Semi Dried Tomato & Spinach Tart	Avocado Crackers + Guacamole	Cook your own fish with steamed veggies + Roasted Garlic Miso Sauce
Wednesday	Green Goddess Smoothie	Mega Immunity Smoothie	Create your own Caesar Salad then top with Caesar Dressing	Dried Pumpkin Seeds + Yoghurt Discs	Pesto & Zucchini Salad
Thursday	Digestor's Delight	Green Smoothie	Pesto & Zucchini Salad	Avocado Crackers + Guacamole	Pesto & Spinach Soup
Friday	Basil Mango Smoothie	Apricot and Coconut Roll Ups	Create your own salad using Sun Dried Tomatoes	Groatmeal Apple Spice Cookies	Pulp Burgers with your own salad + healthy bread
Saturday	Raw Vanilla Milkshake	Beef Jerky or Pumpkin Leather	Baked fish with salad and Roasted Radish Chips	Raw Banana Biscuits	Raw Cream of Asparagus Soup + Energy Flatbread
Sunday	Fluffy Raw Vegan Pancakes	Raw Protein Bar	Create your own tuna fritters + Spinach Artichoke Dip	Lemon & Orange Chips or Coco Mango Ice Cream	Semi Dried Tomato & Spinach Tart



