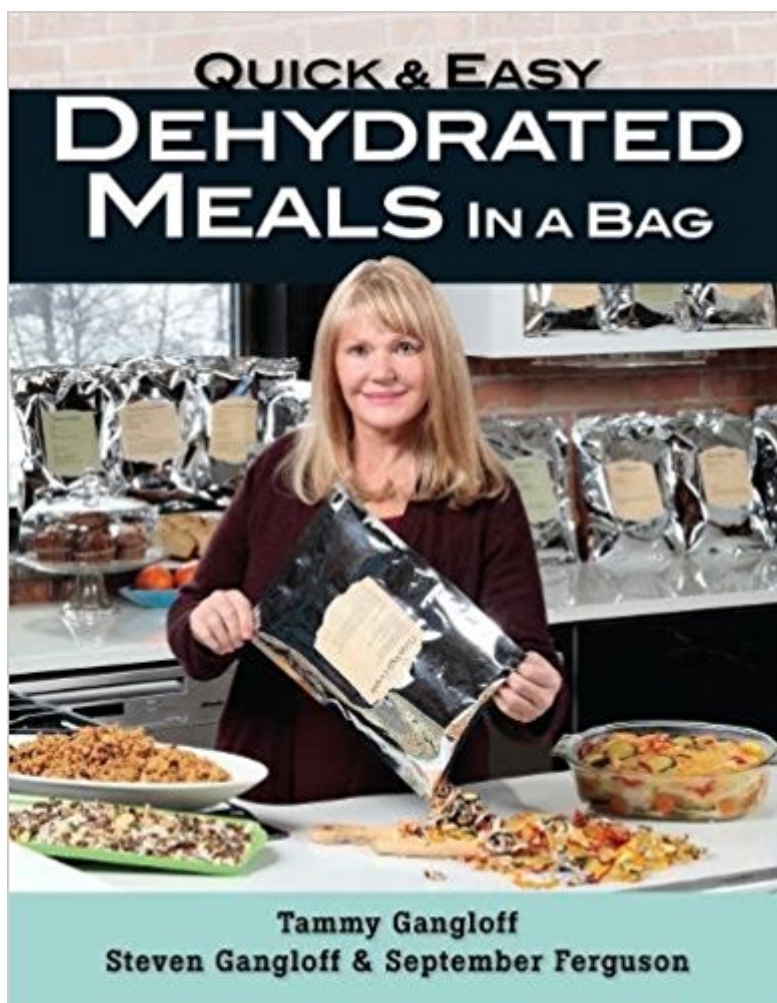


The book was found

Quick And Easy Dehydrated Meals In A Bag



Synopsis

Quick and easy package and prepare mealsâjust add water. Prepackaged meals in a bag to throw in the crockpot or take on the trail. Includes crockpot meals, family dinners, healthy recipes, meals/foods for campers, hikers, backpackers, snacks, desserts, appetizers and dips, and seasonings. For todayâs families who want quick and easy to prepare meals For taking on the trailâthe outdoor market of hikers, backpackers who want to prepare their own delicious, nutritious foods for pennies a meal Survivalists looking for meals that they can store and keep for whatever the emergencyâdehydrated foods keep longer than canned and frozen For those who grow their own foods in the garden and are looking for ways to preserve the bounty For those who want to eat clean and healthy without additives and preservatives, spoilage, or waste

Book Information

Paperback: 192 pages

Publisher: Stackpole Books (February 1, 2018)

Language: English

ISBN-10: 0811719804

ISBN-13: 978-0811719803

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #888,716 in Books (See Top 100 in Books) #110 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #2325 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

Tammy Gangloff is an expert and leading authority on food dehydration. She is the face of, and the knowledge and information behind, Dehydrate2Store.com, a leading online resource in food dehydration education. A stay at home mother of four, she is a strong believer in self-reliance and home preparedness, and avidly researched and practiced food canning, freezing, and dehydrating. Most interested in food dehydration, and unsatisfied with the resources available to her to learn the art, she began dehydrating foods full time and developing her own techniques. With her four dehydrators running day and night, Tammy has attempted to dehydrate nearly every available fruit, vegetable, and herb sold in the United States. Tammy first gained widespread recognition through her instructional YouTube videos, and then through the development of Dehydrate2Store. She has since spoken on numerous talk radio shows and podcasts, and has been published in interviews in

printed newspapers and online. She has also led talks at preparedness expositions, and served as an expert Technical Editor for The Complete Idiot's Guide: Dehydrating Foods. Her fan base through Dehydrate2Store and YouTube includes tens of thousands of Internet followers, and a reach of millions of viewers in the United States and beyond. Steven Gangloff, MD, received his medical degree from the University at Buffalo School of Medicine. He graduated top of his class with a degree in Biology and Chemistry with Research Thesis Honors distinction from SUNY Fredonia, and has extensive research experience in genetics and molecular cell biology at SUNY Fredonia and Harvard Medical School. Having additional interests in business, web design, and food science, Steven became the founder/CEO of Dehydrate2Store. Steven also served as an expert Technical Editor for The Complete Idiot's Guide: Dehydrating Foods and writes periodically and performs research and development, video direction and production, and site coordination for Dehydrate2Store. September Ferguson is a stay at home mother of 3 rowdy boys, and holds a degree in Fashion Technologies with interests in business management. Through her mother, September gained a strong interest in food dehydration, particularly in food processing, storage, and dehydration tools and equipment. September is also involved in recipe development and testing for the home food dehydrator.

[Download to continue reading...](#)

Quick and Easy Dehydrated Meals in a Bag Cute & Clever Totes: Mix & Match 16 Paper-Pieced Blocks, 6 Bag Patterns – Messenger Bag, Beach Tote, Bucket Bag & More Heavy Bag Combinations: The Ultimate Guide to Heavy Bag Punching Combinations (Heavy Bag Training Series Book 2) Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) Mason Jar Salads: Quick and Easy Recipes for Salads on the Go, in a Jar (mason jar meals, mason jar recipes, meals in a jar, mason jar salads, mason jar lunch, salad to go, quick and easy recipes) Casseroles: 365 Days of Casserole Recipes for Quick and Easy Meals (Casserole Cookbook, Party Recipes, Family Meals, One Dish Recipes, Dump Dinner, Make Ahead Meals) Instant Pot Pressure Cooker Cookbook: Easy Recipes and the Ultimate Guide to Fast, Delicious, and Healthy Meals: Healthy, Easy And Delicious Meals With ... Crock Pot, Healthy, Quick & Easy, Paleo,) Dehydrator Cookbook: Top 100 Dehydrator Recipes for Jerky, Fruit Leather, Snacks, and Tasty, Healthy, Dehydrated Meals Crock Pot: Delicious Crock Pot Dump Meals, Freezer Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer Meals, Chicken and Soup Recipes) Heavy Bag Training: For Boxing, Mixed Martial Arts and Self-Defense (Heavy Bag Training Series Book 1) Bug Out Bag: The Ultimate Bug Out Bag - How to

Make a Flawless 72-Hour Disaster Survival Kit that WILL KEEP YOU ALIVE Celestial Moon Tarot Bag: Luxury Velvet Drawstring Tarot or Oracle Bag Prepping: Prepping Your 72 Hour Bug Out Bag (Prepping your Bug Out Bag Book 1) Heavy Bag Training: Boxing - Mixed Martial Arts - Self Defense (Heavy Bag Training Series) (Volume 1) Mug Recipe Book: Your Guide to Quick and Easy Mug Recipes: Mug Recipes for Beginners (Mug Recipes, Mug Recipe Cookbook, Quick and Easy Meals, Delicious Recipes) Dump Dinners: 365 Days of Quick And Easy Dump Dinners Recipes Cookbook For Busy People (Dump Cakes and Dump Dinners, Dump Dinners Cookbook, Quick Easy Meals) Instant Pot Cookbook: Quick And Easy Recipes For Healthy Meals, 101 Quick And Easy Recipes For Your Electric Pressure Cooker CROCK POT Dump and Go Recipes: Quick and Easy Meals Ideas for When You're In a Hurry: (Crock pot recipies, Slow Cooker recipies, Crock Pot Dump Meals, Crock Pot cookbook, Slow Cooker cookbook) Top 100 Meals in Minutes: Quick and Easy Meals for Babies and Toddlers Weight Watchers One Pot Cookbook: 200+ One Pot Meals, Quick and Easy Meals For Weight Loss & Healthy Eating: Slow Cooker, Pressure Cooker, Dutch Oven and More

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)