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DEHYDRATING FOOD: THE ULTIMATE GUIDE



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The Ultimate Food Dehydration Guide Food dehydration delivers the vast majority of foods with the same vitamins and minerals as their fresh counterparts, in a remarkable array of concentrated flavors, nutrients and enzymes. According to health professionals, The dehydration process retains almost 100 of the nutritional content of the food, retains the alkalinity of fresh produce and...

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- Authored by Kimberly Hansan
- Released at 2014



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Reviews

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