Snack Foods to Dehydrate that are Healthy

Buying fresh fruits, meats and vegetables can be expensive; especially when they don’t last very long. However, did you know you can preserve your favorite healthy snacks with the help of dehydration?

Foods have been dried for centuries in order to make them last longer. It’s a tradition which still remains to his day. Not only do dehydrated foods last longer, but they often taste nicer too.

If you’re interested in dehydrating your snacks, below you’ll discover some of the best foods to dehydrate that are healthy.

Pineapple

Pineapple already has a strong, delicious taste. However, when it’s dehydrated, the concentrated flavor takes it to a whole other level. The only trouble is, store-bought dried pineapple can be really expensive. That’s why it’s a good idea to dehydrate it yourself.

You’ll need to cut it into pieces of either ¼ or ½ an inch. Then, simply place on your dehydrator rack at an estimated temperature of 135 degrees. However, you should check your individual dehydrator guidelines as some are more powerful than others.

Pineapples have awesome health benefits. They help to strengthen the bones, aid in digestion and boost the immune system. So, if it’s a healthy dehydrated snack you’re looking for, you can’t go wrong with dried pineapple pieces.

Bananas

Bananas are by far one of the easiest fruits to dehydrate and they’re also delicious too. After peeling and slicing them, simply place them in your dehydrator for approximately 6 hours at 135 degrees.

It’s important to note that if you don’t want the bananas to turn brown, you’ll need to add some fresh lemon juice. Once they’re dehydrated, you’ll be left with little banana chips that even the kids will love to snack on.

One of the best things about dehydrated banana chips is they give you an energy boost. So, if you struggle to stay energized throughout the day, this is the snack you’ll want to focus on.

Cucumber

If you’re looking for a more unique food to dehydrate, cucumbers are a great option. Granted, not everyone is going to love this unusual snack, but others will love the crunchiness of the cucumber slices.

Try to cut the cucumber into 1/8” slices. Then, stick them in the dehydrator at approximately 125 degrees. Cucumber is known to flush out toxins from the body, it’s great for the skin and it’s an excellent cure for heartburn.

Mushrooms

If you love the taste of raw mushrooms, you’ll love them dehydrated too. They’re simple to dehydrate, but you will need to rub or rinse off any dirt before cutting off the stalk.

They need to be hydrated at an approximate temperature of 125 degrees. They should have a leathery look and feel once they’re done.

Mushrooms come with numerous health benefits, with one of the main ones coming from their high Vitamin D content. Very few foods contain this crucial vitamin as it tends to come from direct sunlight. So, if your vitamin D levels are lacking, snacking on dehydrated mushrooms is a great way to replenish them.

Blueberries

Blueberries are classed as a superfood and they also taste delicious. That’s why they’re a fantastic choice when it comes to dehydrated snacks. They couldn’t be easier to prepare too. Just rinse them under the tap and pop them in the dehydrator.

Some people do pop each blueberry before drying them out, but that isn’t essential. They need to be dehydrated at roughly 135 degrees.

Strawberries

Last on the list is strawberries. This super-healthy fruit tastes absolutely delicious when dehydrated and they’re so good for the health too.

You’ll need to wash them, cut off the tops and then slice them before dehydrating at a temperature of around 135 degrees. Like other fruits, they’ll turn crisp and slightly leathery.

These are just some great snack foods to dehydrate that are healthy. Each taste absolutely delicious and they can be stored for very long periods of time. So, why not try them out today? Just remember to check the instructions on your dehydrator to ensure you’re doing it at the right temperature.