

Ninja Foodi Dehydrator Chart

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRESH FRUITS & VEGETABLES			
Apples	Core removed, cut in 3mm slices, rinsed in lemon water, patted dry	60°C	7–8 hours
Asparagus	Cut in 2.5cm pieces, blanched	60°C	6–8 hours
Aubergine	Peeled, cut in 3mm slices, blanched	60°C	6–8 hours
Bananas	Peeled, cut in 3mm slices	60°C	8–10 hours
Beetroot	Peeled, cut in 3mm slices	60°C	6–8 hours
Fresh herbs	Rinsed, patted dry, stems removed	60°C	4 hours
Ginger root	Cut in 3mm slices	60°C	6 hours
Mangoes	Peeled, cut in 3mm slices, stone removed	60°C	6–8 hours
Mushrooms	Cleaned with a soft brush (do not wash)	60°C	6–8 hours
Pineapple	Peeled, cored, cut in 3mm - 1.25cm slices	60°C	6–8 hours
Strawberries	Cut in half or in 1.25cm slices	60°C	6–8 hours
Tomatoes	Cut in 3mm slices or grated; steam if planning to rehydrate	60°C	6–8 hours
Fresh Meat and Poultry, Fish			
Beef jerky	Cut in 6mm slices, marinated overnight	70°C	5–7 hours
Chicken jerky	Cut in 6mm slices, marinated overnight	70°C	5–7 hours
Salmon jerky	Cut in 6mm slices, marinated overnight	70°C	3–5 hours
Turkey jerky	Cut in 6mm slices, marinated overnight	70°C	5–7 hours