

from your friends at Easy Food Dehydrating
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Carrots

Dehydrating carrots is easy to do and carrots are well-known for their great source of beta carotene (Vitamin A), and are a great source of Folate, and Vitamin K.

Carrots rank well for their mineral content: Calcium, Phosphorus, Potassium, and Magnesium. Carrots' trace minerals are Fluoride, Manganese, Zinc, Selenium, and Copper...

...and they give you orange hands when handling, so use those latex gloves for protection ... and to keep your germs off the carrots!

Carrots contain Omega-3 and Omega-6 fatty acids too.

FREE Dehydrated Carrot recipes!

Check out this fantastic [carrot soup](#) recipe, either make it from fresh or dehydrated carrots, plus we have [Debby's Delectable Carrot Cake](#) to share with you too!

If you want to have dehydrated carrots put away for making the carrot cake at a later date, then we suggest using the fruit roll sheets to keep the finely grated carrots from falling through the food dehydrator trays.

~ Dehydrating Carrots ~

When dehydrating carrots, I prefer to use fresh whole carrots and slice them after peeling, but you can use whole frozen baby carrots with great results. Note that baby carrots WILL take longer to dehydrate due to their size.

Frozen carrots are a great stand-in and require absolutely NO preparation!

Fresh carrots need peeling then slicing, or grating, and I highly recommend a mandoline for the slicing but BE CAREFUL with them ... they're very sharp!

When you have finished slicing or grating, place the carrots in a glass bowl (or any non-plastic bowl) and spray with lemon juice, tossing the carrots as you go to make sure they're sprayed evenly.

TIP: Use a pump-top from a new unused spray bottle, pick one that fits your lemon juice bottle. Look for a bottle that has a long enough plastic tube that will reach to the bottom of your lemon juice bottle.

NOTE: If you choose to blanch your sliced carrots in a small amount of boiling water for about 3 minutes, there's no need to use lemon juice.

1. Arrange your sliced carrots on your food dehydrator trays, leave space between the carrots so they're not touching each other, to allow the warm air to do its job. If dehydrating grated carrots, spread them out as much as possible on your fruit roll trays (or use plastic wrap AND cut out A HOLE in the center for the air to circulate if using a Nesco dehydrator!)
 2. Turn on your food dehydrator and set the temperature between 125°F and 135°F (or per your food dehydrator's instructions).
- Dehydrated carrots will be leathery when fully dried.
 - Drying time: between 6-12 hours.
 - Please remember to rotate your dehydrator trays, for even drying and place any larger carrot pieces on the outside edges of the dehydrator tray.

SOURCE: <http://www.easy-food-dehydrating.com/dehydrating-carrots.html>