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# STRAWBERRIES

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It's time to think outside the box

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## Using a Food Dehydrator

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Using a dehydrator helps make your fruits and vegetables last longer. Remember, food must be ripe, of good quality, and without mold.

The dehydrated fruits and vegetables that you can buy in the store are surprisingly expensive! Dehydrating your own produce is way cheaper, and the results are just as good, if not better, than you can find in the store.

Make sure that all the pieces to be dehydrated are roughly the same size. Use a sharp paring knife to slice them thinly and evenly. Once everything is sliced, follow the directions on your dehydrator.

Allow everything to cool, then store your dehydrated food in sealed bags in the pantry.

## Make the Dish!

Take freshly sliced strawberries and put half of them into a food dehydrator. Once they've dried, separate half of them and crush them into strawberry powder, keeping the other half intact.

Set up the plate with a swirl of blueberry baby food, then arrange a scoop of yogurt on the swirl with a fan of sliced strawberries on the side. Top the yogurt with dried strawberries, then sprinkle the whole plate with crushed berries, adding an edge section that has extra powder. Finish the plate with thin drizzles of honey and a bit of edible gold dust.

