

NutriWare™

Digital Food Dehydrator



Questions or concerns about your food dehydrator?
Before returning to the store...



Aroma's customer service experts are happy to help.
Call us toll-free at 1-800-276-6286



Answers to many common questions and even replacement parts can be found online. Visit
www.AromaCo.com/Support.

Congratulations on your purchase of the NutriWare™ Food Dehydrator!

In no time at all, you'll be making fantastic, healthy dried foods with ease! Dehydration is the perfect way to preserve fruit, snacks, vegetables, bread, spices and more. Dried foods are a great treat to snack on because they hold almost all of their nutritional value and flavor.

This unit features an automatic fan, which circulates warm air producing a nice and evenly dried product! It comes with six easily cleaned 13x12 inch racks that can support up to 1lb of food on each level. The racks can easily be removed to accommodate thicker ingredients. The unit also includes a drip tray to collect any residue from the drying process.

An adjustable digital thermostat from 95°F – 158°F allows for precise food dehydration at ideal temperatures. This manual contains instructions for using your food dehydrator as well as all of the accessories included.

For more information on your NutriWare™ Food Dehydrator, or for product service, recipes and other home appliance solutions, please visit us online at www.AromaCo.com.

See what's cooking with Aroma® online!



www.AromaTestKitchen.com



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IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances:

- 1. Read all instructions, safeguards, and warnings before operating.**
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plug or the appliance itself in water or any other liquid.
4. Close supervision is necessary when the appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Aroma® customer service for examination, repair or adjustment.
7. The use of accessory attachments not recommended by Aroma Housewares Co. may result in fire, electrical shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot burner or in a heated oven.
11. Do not use the appliance for other than its intended use.
12. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, creating a risk of electric shock. Metal-scouring pads may also damage the finish.
13. To disconnect, switch this appliance off before unplugging from the electrical outlet.
14. Always unplug from the base of the wall outlet.
15. Extreme caution should be exercised when using or moving an appliance containing food.
16. Store in a cool, dry place.
17. Place the food dehydrator on a flat and heat-resistant surface, and use it in a well-ventilated area.
18. Do not place too close to the edge of the table or countertop as it may be knocked off.
19. To disconnect, push power button "OFF", then remove the plug from the wall outlet.
20. The food dehydrator should be operated on a separate electrical circuit from other operating appliances. If the electrical circuit is overloaded with other appliances, the appliance may not operate properly.

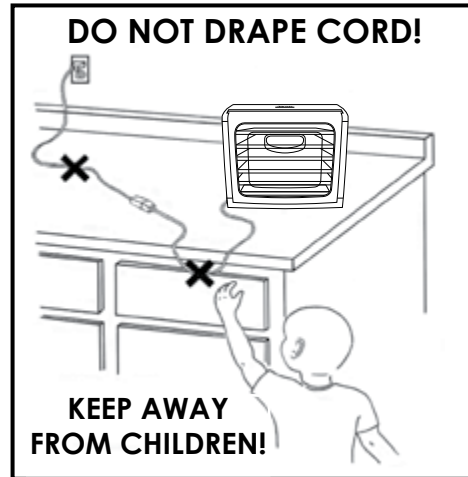
SAVE THESE INSTRUCTIONS 1



IMPORTANT SAFEGUARDS

Short Cord Instructions

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised in their use.
3. If a longer extension cord is used:
 - a. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - b. The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled by children or tripped over unintentionally.



Polarized Plug

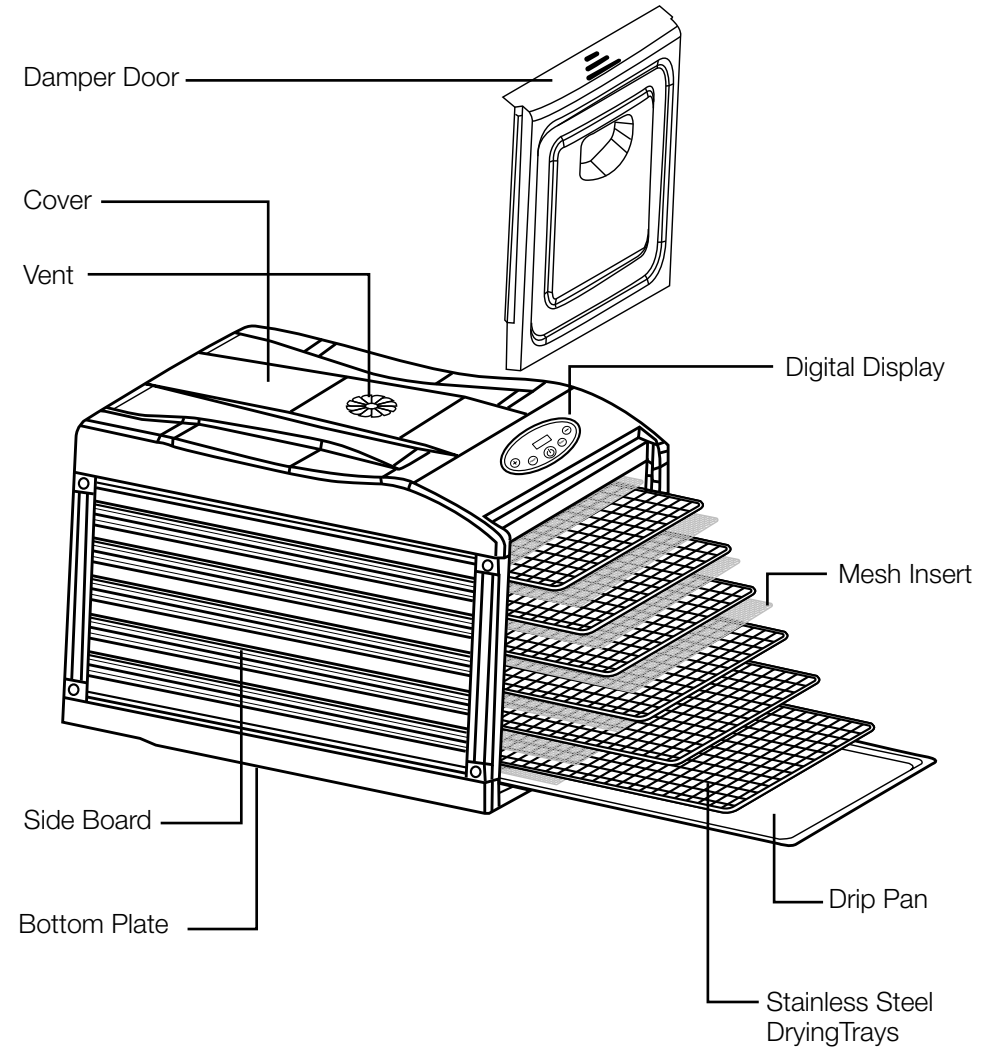
This appliance has a **polarized plug** (one blade is wider than the other); follow the instructions below:

To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.



PARTS AND FEATURES





BEFORE FIRST USE

1. **Read all instructions and important safeguards.**
2. Remove all packaging materials and check that all items have been received in good condition.
3. Tear up all plastic bags as they can pose a risk to children.
4. Wash removable Front Cover, Drying Trays, Mesh Inserts, and Drip Tray in warm, soapy water. Rinse and dry thoroughly. Wipe the surface of the body with a wet cloth. Do not wash the fan or heating element at the back of the unit.
5. After cleaning, the unit must be broken in by running for 30 minutes without any food inside. Any smoke or smells produced during this timeframe are normal. Please ensure sufficient ventilation of the room and at least an inch of clearance on all sides of the food dehydrator. After the breaking in period, rinse and dry all removable parts. This action is only necessary once before using for the first time.
6. Do not operate the dehydrator for more than 20 hours in one single use. After 20 hours, power off and unplug the unit, and let it cool down for at least 2 hours before operating again.



NOTE

- Do not use abrasive cleaners or scouring pads.
- Do not immerse the food dehydrator base, cord or plug in water at any time.



TO DEHYDRATE FOODS

1. Place pre-treated ingredients onto the drying trays. Do not overload the trays and/or have ingredients overlap.



NOTE

- For smaller ingredients, fit the mesh insert onto a drying tray to prevent pieces from falling through the holes.

2. Slide the loaded trays into the food dehydrator. Ensure that the Drip Tray is loaded at the bottom of the unit.
3. Slide on the Front Cover.
4. Ensure at least an inch of clearance on all sides of the food dehydrator for ventilation.
5. Plug the power cord into a wall outlet.
6. Press the Power button. The digital display will show "10:00". This starts the dehydrator.
7. Press the Temp button and then adjust with "+" or "-" to get the desired temperature.



NOTE

- For best results, set a lower temperature for thinner/smaller pieces of food or for smaller loads, and a higher temperature for thicker/larger pieces and larger loads. The temperature knob can also be used to decrease the temperature as the food nears the end of its drying cycle to allow more control over the final moisture level.

8. Press the Timer button and then adjust with "+" or "-" to get the desired cooking time.



NOTE

- Recipes with drying times for various different food items can be found on page 6 of this manual.

9. Your dehydrator is now in operation. Check the status of the food periodically.
10. When the timer has reached "End", the dehydrator will beep several times and shut off. Unplug the power cord.
11. Allow finished food items to cool, and then enjoy!



TEMPERATURE RECCOMENDATIONS

RECOMMENDED TEMPERATURE SETTINGS

FOOD	TEMPERATURE
Jerky	158°F
Fruits	149°F
Vegetables	140°F
Granola	122°F
Yogurt	113°F
Herbs	104°F
Potpourri	95°F



TO CLEAN

1. Wash removable Front Cover, Drying Trays, Mesh Rack, and Drip Tray in warm, soapy water.
2. Use a soft brush to remove food sticking to the trays.
3. Wipe the surface of the body with a wet cloth.
4. Do not wash the fan or heating element at the back of the unit.
5. Dry all parts thoroughly. Reassemble for next use.



NOTE

- Do not wash parts in a dishwasher, as heat may cause the parts to warp or deform.
- Do not use abrasive cleaners or scouring pads.
- Do not immerse the food dehydrator base, cord or plug in water or any other liquids.



TIPS

FOOD LABELING

Labeling each container helps to remind you of the contents, date of drying and original weight. Keeping records of all of this information will be of great help towards improving your drying techniques and obtaining better results.

STORAGE

Proper storage is essential to maintaining the quality of foods. Wait until the food is cool before storing (Note: fruit leather must be stored in plastic bags while still warm). Foods can be kept longer if stored in cool, dry and dark places. Ideally, storage temperatures should be below 60°F (the lower the better).

STORAGE CONTAINERS

Place dried food in plastic freezer bags before storing it in metal or glass containers. Avoid those containers that “breathe” or have weak seals. Fill the container with as much as possible. Remember, air can destroy food. Squeeze air out if using plastic bags or boiling pouches.

MOISTURE CHECK

Check the moisture of your dehydrated food on a regular basis. If you notice moisture inside, dehydrate it for a longer time.

REHYDRATING

Dehydrated food can be rehydrated by soaking in water or by pouring hot water over it. Do not add seasonings, especially salt or sugar during this process because they may change the flavor of the food. Usually one cup of water is appropriate for one cup of dehydrated food. For stewed fruits, add 2 cups of water and simmer until tender. Rehydrated foods can be cooked normally.

Dehydrated fruits and vegetables can be soaked in cold water for 2 to 6 hours in the refrigerator (room temperature may create an environment for harmful bacteria to grow). They can be soaked in hot water or immersed in boiling water for 5 to 10 minutes or until desired consistency. Remember to always use enough water to rehydrate the food.

Consume the food as soon as possible once the container is opened. Always keep the remaining portion in the refrigerator to avoid contamination.



RECIPES

Mango Chili Fruit Leather

Ingredients

32 oz mango chunks
chili powder

Line 4 trays with parchment paper. Add mango to a blender or food processor and blend until smooth.

Spread 1/4 of the puree onto each tray and spread into a thin layer roughly 1/4 inch thick. Sprinkle evenly with chili powder.

Dry at 140 degrees F for 6-8 hours until leather is no longer sticky to the touch. Cut into strips or pieces and enjoy.

Cinnamon Apple Chips

Ingredients

3-4 apples
1/2 tblsp lemon juice
cinnamon

Slice apples 1/8-1/4 inch thick and place in a bowl of water with the lemon juice to prevent browning.

Arrange evenly on each tray, sprinkle with cinnamon and dry at 149 degrees F for 7-8 hours until apples are completely dry to the touch.



WARRANTY

SERVICE AND SUPPORT

In the event of a warranty claim, or if service is required for this product, please contact Aroma® customer service toll-free at:

1-800-276-6286
M-F, 8:30AM-4:30PM, Pacific Time

Or we can be reached online at CustomerService@AromaCo.com.

For your records, we recommend stapling your sales receipt to this page along with a written record of the following:

Date of Purchase: _____

Place of Purchase: _____

LIMITED WARRANTY

Aroma Housewares Company warrants this product free from defects in material and workmanship for five years from provable date of purchase in the United States.

Within this warranty period, Aroma Housewares Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$25.00 for shipping and handling charges payable to Aroma Housewares Company. Before returning an item, please call the toll free number below for a return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights, which may vary from state to state, and does not cover areas outside the United States.

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NOTE

- Proof of purchase is required for all warranty claims.