

**another fork in the trail vegetarian and vegan recipes** - *another fork in the trail vegetarian and vegan recipes for the backcountry laurie ann march on amazon com free shipping on qualifying offers packed with lightweight mouthwatering recipes for backcountry adventurers another fork in the trail is focused on delicious, **amazon com customer reviews trail food drying and** - i purchased this and lipsmackin backpackin at the same time and found this one to be the best you can control the food you put in your body you can use up garden extras and the ideas for cross use of items are excellent, **trailside breakfast rice backpacking recipe genius kitchen** - directions place 1 cup of rice in a zip lock bag seal and set aside combine the remainder of the dry ingredients in a separate zip lock bag to make one serving bring 1 3 4 cups water to a boil, **top 10 ultralight backpacking foods erik the black s** - the best ultralight backpacking foods are lightweight non perishable high in calories require minimal prep and taste good enough that you want to eat them after a long day on the trail here are ten of my favorite high calorie hiking foods they provide on average more than 100 calories per ounce making them ideal for ultralight backpacking*

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