



## Recipes for Adventure: Healthy, Hearty and Homemade Backpacking Recipes

By Chef Glenn McAllister

Createspace, United States, 2013. Paperback. Book Condition: New. 277 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Ultimate Guide to Dehydrating Food for the Trail. Over 75 trail-proven backpacking recipes will have you cooking like an accomplished chef with step-by-step instructions and full-color photos on every page. Discover a scrumptious variety of light-weight options for meals, snacks and desserts. Whether you hit the trail with a backpack, kayak, bicycle, sailboat, RV or motorcycle, Chef Glenn s backpacking cookbook is guaranteed to make meal time as deeply satisfying as your adventures. Cook healthy and hearty trail meals as easily as freeze-dried meals - without the artificial ingredients. While absolutely delicious, the pre-assembled meals are easy to cook in camp with nothing more than a small pot, stove and spoon. Ensure your food stays safe and secure with Chef Glenn s dependable and well-organized food packing techniques. Comfortably carry a week s worth of dehydrated meals without stopping to resupply. Save money, too. Three or four homemade trail meals cost about the same as one freeze-dried meal. The first half of the book covers how to dehydrate fruits, vegetables, meats, scrambled eggs and more. Learn how...



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