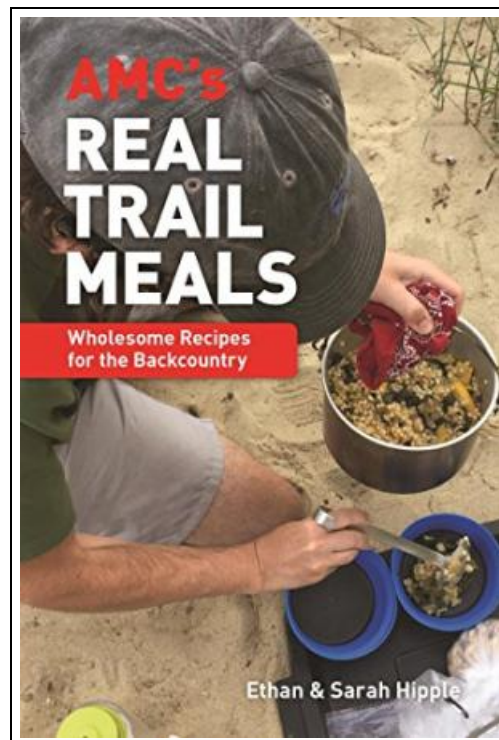


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AMC S REAL TRAIL MEALS: WHOLESOME RECIPES FOR THE BACKCOUNTRY (PAPERBACK)



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Appalachian Mountain Club, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Tired of ending a day on the trail with packaged backpacking meals? Kick your menu up a notch with AMC s Real Trail Meals: Wholesome Recipes for the Backcountry. Drawing on the field experience of Appalachian Mountain Club staff and trip leaders, this compendium of trail-tested backcountry recipes gives readers a wide buffet of lightweight and nutritious meals. Adopting a practical, easy-to-follow approach, the book shares the basic principles of dehydrating your own ingredients to create preservative-free and trail-stable foods. It also features handy icons noting which recipes are vegetarian, vegan, gluten-free, kid-friendly, or require kitchen prep ahead of time. With separate sections on desserts, snacks, and drinks, AMC s Real Trail Meals offers a diverse range of wholesome fare for outdoors adventurers of all levels. Most important for backpackers and others looking to travel light, each recipe comes with a breakdown of nutrition to pack weight, giving you the most nutrient-dense bang for your buck. Whether you re planning a week-long excursion in the wilderness or seeking creative snacks for a day hike, this cookbook gives you the recipes you need. ALSO AVAILABLE: - AMC s Best Backpacking in New England by Matt Heid; ISBN: 9781934028902- AMC s Best Backpacking in the Mid-Atlantic by Michael R. Martin; ISBN: 9781934028865- AMC Guide to Winter Hiking and Camping by Yemaya Maurer and Lucas St. Clair; ISBN: 9781934028124.



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