

Cooking & Meal Planning

Eating Well in the Wild

Foreword prepared by Linda Mushanski

No, I am not referring to delicacies such as grasshopper and grub stew or pine tree needle soup; that is a different course for those of strong mind and industrial strength gastric processes. My focus is a few tips and considerations that will make your dining experience on your expedition feel like you are at home in your kitchen.

First of all and most important, camping food is not something you are forced to buy in a specialty store. There are available commercially prepared meals at camping and outfitters shops, but these tend to be very expensive. Taste and variety have improved by leaps and bounds over the last few years and they do provide a menu that is quick, effortless and require little to no prep time other than a quick drive down the block.

Alternatively, with a little forethought and prep time, you can make yourself tasty selections right in your own kitchen after a trip to your local grocer. For equipment, you require a dehydrator or an oven, ziplock bags and a waterproof marker.

Typically I find that when out on the trail, I eat a good quick breakfast, a light lunch, plenty of snacks and a substantial supper or evening meal with little variation with the season or weather. Before I get into actual food suggestions, I need to touch on nutritional needs. When outdoors, you expend a lot of energy. To complete your journey, you must keep your body well fueled, you cannot expect a car to run without gasoline. "Diets" are out the window and the only time you need to be considerate of special diet needs are for medical reasons such as allergies. Your best reference is the Canada food guide, paying special attention to complex carbohydrates, fat, protein, and calcium.

Your breakfast meal needs to be filling and provide a quick source of energy to get you going. Grains and cereals with milk, and dried fruit or cheese, provide the carbohydrates to give you that get up and go. You have also not had a meal for over 8 hours so you need to make sure breakfast is substantial, a single cereal bar is not enough. Good choices are oatmeal, granola or muesli, or reheated pancakes. Be sure to start your hydration process with milk, juice, or water. Although some of us need that caffeine fix, be sure to not overdo it, caffeine will actually dehydrate you. Try herbal tea instead.

During the day, many small snack-type meals are better than eating just one large meal at lunch. First of all, you probably don't want to stop and prepare a large meal, it takes a lot of time and trying to walk, paddle or cycle while digesting a full stomach is very uncomfortable. Instead, snack on things like gorp (good old raisins and peanuts), veggie bars, fruit leather, or in moderation, chocolate as you travel. Lunch can be beef jerky, wraps or crackers with cheese, peanut butter, dried sausage, tuna and dried fruit. In cool weather, you may want to add a cup of hot soup. Again, ensure that you keep yourself well hydrated. If you feel thirsty, you are already dehydrated. Not only do you need to replace the water you sweat out but also you need water to digest your food properly so your body can benefit from the nutrients.

At the end of the day when you set up camp, this is when you have the time to prepare a full meal. Stews, pasta dishes, rice based dishes, and other one pot meals can simmer while you set up your tent. Treat yourself to dessert such as pudding or cake. This meal should have significant amounts of fat and protein content as your body will use it to repair and rebuild the muscles during your slumber. It also helps to top up your tank for the day when your system has the time to comfortably digest it. You may want to start to taper off your fluid intake so you do not need that midnight visit but a good hot cup of gelatin (Jello) helps to reduce your stiffness and sore muscles the next day.

Society has adopted a quick prepare meal attitude as most do not have the time to cook for hours like our grandparents did. This trend has opened many doors for camping. Many of the things we buy for our household can easily be adapted to life in the wild. Some examples are Hamburger Helper, Soup Works, instant potatoes, fast cooking pasta, instant flavoured rice, pudding in a tube, rice bowls, instant oatmeal, powdered milk - just to name a few. Combining and adding some dehydrated veggies and hamburger makes for a tasty nutritious meal that is light and easy to carry. All you need to do is leave the excess packaging at home and you are set. Cut out the cooking instructions and place in a Ziploc bag and you save weight, space, plus have something for leftovers.

Protein in the form of meat is the hardest to obtain when you do not have proper refrigeration. It also tends to be very heavy. To address that, dehydrate. Take the amount of meat such as extra lean ground beef (more expensive, but less shrinkage) and cook well, seasoning as you cook. When done, drain off fat well and spread on a paper towel lined cookie pan. Take another paper towel and blot to remove the remaining fat/oil. Place in a commercial dehydrator and follow instructions. Or, spread on a clean cookie sheet lined with wax paper and place on the top shelf of the oven. Set at the lowest temperature (~ 150 F) and dry overnight, leaving the door slightly ajar. Try to stir at least once during the process. When it looks like instant coffee, it is ready. Store it in an airtight bag. It can be used for chili, stew, pasta and rice dishes. To re-hydrate, just add water for about four hours before use and let soak. Just a note, keep the time between dehydration and re-hydration as short as possible, no more than a couple of weeks. Other meats such as cubed white chicken breast are good done this way as well. Tuna can be drained from the can and placed in the Ziploc bag. Or use beef jerky as seasoned meat for stews as well.

A little imagination and prep time can make your meals a bonus on your expedition. Remember, you can also buy the commercial freeze-dried meals – but I find it very rewarding to do my own. That way, you can season to taste and have more control over the ingredients. So go ahead, be creative. Just remember to pack an extra meal or two in case you do not make your destination on time and do not be stingy on your portions – being hungry is not a good thing.

Some Good Hiking Foods



Breakfasts

- Instant oatmeal
- Granola cereal
- Pancake mix
- Eggs (fresh or dried)

Lunches

- Heavy bread, pita, bagels, crackers
- Peanut butter or almond butter
- Cheese (cheddar, gouda, etc.), cream cheese, parmesan
- Dry salami sausage, pepperoni sticks
- Jerky or dried shrimp
- Dried soups
- Canned oysters, tuna, salmon

Suppers

- Ham, instant potatoes, dehydrated vegetables
- Spaghetti sauce (dehydrated) and pasta
- Hamburger Helper, dehydrated beef, chicken, or tuna
- Dehydrated pork and beans
- Dehydrated chili
- Kraft dinner
- Rice-a-Roni
- Freeze-dried meals

- Instant pudding



Snacks

- Trail mix (a.k.a. “gorp”)
- Granola bars
- Chocolate bars
- Fruit leathers
- Fruit – dried or fresh (fresh oranges are great)
- High energy bars

Drinks

- Tea (regular and herbal)
- Coffee
- Hot chocolate
- Drink mixes (ie: Crystal Light)

Staples

- Margarine (butter will go bad)
- Jam, honey

- Powdered milk
- Rice, lentils
- Condiments (ie: soy sauce, ketchup, mustard)
- Onions, garlic (in a paper bag to breathe)
- Cooking oil
- Salt, pepper, spices
- Anything else you will need to cook your meal

Planning a Menu

How much food is enough?

Packing the right amount of food for a backpacking trip can be a real challenge – especially for beginners.

Here are some factors to keep in mind:

- Backpacking can be hard work. Portions should be large enough to keep your energy level high, especially on long trips and trips with rough terrain. Hunger can slow you down and lead to clumsiness, headaches, and grouchiness.
- Food can be a reward. A tasty meal can be the best possible reward at the end of a long day of exploring.
- You'll have to carry what you need. The more food you bring, the heavier your pack is going to be. *Keep in mind you also have to carry your leftovers out along with your garbage.*

Most people bring too much. Beginner backpackers usually carry much more food than they need on their first several trips.

What kinds of foods do I have to choose from?

You can carry just about any kind of food you want with you into the wilderness. However, the longer and more difficult your trip is, the more you should concentrate on packing light, compact, non-perishable foods.

Here is a look at the types of food you have to choose from:

Fresh foods

- *Pros* – Fresh foods tend to be affordable, easy to prepare and tasty. The selection is endless.
- *Cons* – Any food that requires refrigeration will only be good for short trips or for the first few meals of a longer trip. Weight and bulk can be a problem if you have limited space. Fresh foods are often easily damaged.
- *Examples* – fruits, vegetables, breads, cheeses, meats, eggs.

Canned foods

- *Pros* – Canned goods give you access to fresh-tasting foods that will last more than a few days in the wilderness. They taste good and they are easy to prepare.
- *Cons* – Canned goods tend to weigh a lot, take up a lot of space, and generate a lot of trash. The trash may have strong odours that can attract animals and taint your pack.
- *Examples* – canned fruits, vegetables, seafood, meats, soups, pastas, sauces.

Dry or Dehydrated foods

- *Pros* – dried and dehydrated foods save space and weight. Some can be eaten “as is,” others must be reconstituted with water or cooked before eating. Most are simple to prepare, and some (ie: pastas, rice) are excellent sources of complex carbohydrates. Many dry and dehydrated foods can be bought in bulk to save money. Dehydrated foods can be made at home easily and at very little cost. Just about any meal prepared at home can be dehydrated.
- *Cons* – Dehydrated foods (powdered soups, sauces) tend to cost more than fresh foods, and often don’t taste as good. Some dehydrated foods take awhile to reconstitute, therefore a little planning must go into this to ensure that they are ready when you are.
- *Examples* – pasta, rice, fruit chips/leathers, powdered milk, powdered soups, sauces (dried and powdered), jerky, stews, chili.

Freeze-Dried Foods

- *Pros* – Freeze-dried meals are perhaps the easiest of all backpacking foods to prepare. In most cases, an entire meal can be prepared simply by adding some boiling water and waiting. Freeze-dried foods are quick, easy and many are surprisingly tasty (especially with a little extra seasoning).
- *Cons* – The big drawback of freeze-dried foods is cost. They tend to be more expensive than other options.
- *Examples* – The selection of available freeze-dried meals is constantly expanding. Almost any basic meal enjoyed at home can now be found on the freeze-dried shelf.

Mixing and matching

Most backpackers include foods from all or most of the categories listed above in their menus. On shorter trips (when space and weight constraints are less important), people tend to focus on less expensive fresh and dry foods. On longer trips, backpackers often lean towards lighter dried or dehydrated foods to save weight and space in their packs.

Hint: No matter what kind of trip you have planned, it’s always a good idea to supplement your menu with a few easy to prepare freeze-dried meals, for nights when the weather is bad or when you’re just too tired to prepare a big meal.

Factors to consider when choosing foods:

Taste – This is important no matter where you plan on eating. Delicious food can be a great reward at the end of a long, hard day.

Calories – Backpackers can burn 2,500-5,000 calories a day while hiking. You’ll need to keep your caloric intake high to keep up with your body’s needs. The amount of calories you need will depend on your age, weight, type of terrain, time of the year, and degree of difficulty (time and distance).

Nutritional value – Marshmallows and graham crackers are great for the occasional campfire. However, you can’t eat junk food day after day and stay healthy. Your trip menu should include a well-balanced variety of foods, with plenty of complex carbohydrates for energy and stamina.

Weight and bulk – Don’t forget you’ll be carrying everything on your back! Stick to lightweight and low-bulk foods as much as possible. This is especially important on long journeys.

Ease of preparation – In general, the easier a meal is to prepare in the wilderness, the better. Not every meal has to be straight out of a pouch or can. But simple, no-cook meals can be real trip-savers, especially if your stove breaks or you run out of fuel.

Cost – When it comes to backpacking foods, convenience does have its price. Freeze-dried meals, dehydrated foods and energy snacks/drinks can add up quickly if you don't shop carefully.

Menu Plan

Day/Activity	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Notes:
1.							
2.							
3.							
4.							
5.							

Individual plan *or* Group plan – How many? _____

Remember to list all items required (ie: main course, beverage, dessert, etc)

You may want to indicate quantities of items needed, especially for larger groups

Effort and detail in your planning will make things easier during your Adventurous Journey. You'll thank yourself later!

Dehydrating – Fruits, Vegetables, and Meats

Preparing foods for dehydration

- Fruits and vegetables should be cut to a 1/8 to 1/4 inch thickness so that they will dry evenly.
- Fresh vegetables should be blanched prior to drying to kill surface germs, and skins should be pierced so they dry out faster. You can blanch your produce with steam, or by immersing it in boiling water.
- You can also use frozen vegetables – there is no prep, you just place the frozen vegetables on your dehydrator.
- Fruits should be pre-treated by soaking in a solution of 1 cup lemon juice and 4 cups water for 10 minutes. Drain the fruit before drying.
- When drying meats for jerky, use low-fat cuts and trim off all visible fat. Fatty meats will go rancid and harbour bacteria that will make you sick.
- Hamburger needs to be browned until all the red is out. Drain it well and then place the hamburger on paper towel to absorb all moisture.

Dehydrating methods

- Drying foods in the oven at 140 degrees F
- Using a dehydrator
- Sun or solar-dry your food

Where to start

- Fruit is one of the easiest to dry. Start with apples. Lay out your thinly sliced apples on your trays (don't forget to pre-soak them or they will brown). Don't bunch the fruit together, but allow some spacing between slices. If you want, try sprinkling a little sugar and cinnamon on some slices.
- The recommended timing for apples is in the 7 – 15 hour range.
- When they are done, they will be pliable, but not mushy.
- Fill a large glass or plastic container half full of the dried fruit and cover the container tightly. Check once a day for the next 4 days. If there is condensation on the container's sides, you need to dry the fruit more.
- Be creative and try different fruits, vegetables, and jerky. There are some fruits and vegetables that take a long time to dehydrate (ie: bananas, grapes, potatoes).

Re-hydrating Dried Food

- Re-hydrate by placing dried foods in a container with enough water to cover food. Soak for 30 minutes to 2 hours.
- Fruits or vegetables may also be re-hydrated in liquids other than water. Try something different and use fruit juices, cider, vegetable juices, broth, etc.
- Do not add seasonings, especially salt or sugar, during re-hydration because they slow down the re-hydration process. You may add seasoning during the cooking process if desired.

Cooking with dried food

- After re-hydrating food, cook it as you would normally.
- Most fruits and vegetables will re-hydrate to about 80% the size of their fresh state.
- Dried food used in cooking will absorb additional liquid, so adjust the recipe accordingly by adding more water.
- Vegetables – add 1 additional cup of water for 1 cup of dried food.
- Stewed fruits – add 2 additional cups of water for each cup of fruit, allow to stand for 1 hour and simmer until tender.
- Pies or fillings – use 1 additional cup of water per 1 cup of fruit – less, if you desire a thicker consistency.

Packing and Organizing Your Food

Well-packed, well-organized food supplies make meal preparation and clean-up much easier. They also cut down on the amount of trash and leftovers you have to carry with you during your trip. Here's a step-by-step look at how to get organized:

STEP 1 – Plan your menu

Begin by constructing a day-by-day trip menu, complete with plans for each meal as well as snacks, drinks, and condiments/spices. Keep personal preferences and any relevant allergies or medical conditions in mind as you choose your foods.

STEP 2 – Purchase your food

Visit your local grocery store, your local health food store, and/or an outdoor outfitting store (ie: Mountain Equipment Co-op, REI) to find all the foods you need for your trip. Be sure to shop around for the best prices.

STEP 3 – Pack your meal bags

There are lots of ways to organize your food. Some people pack foods into general breakfast, lunch, and dinner bags. Others pack individual meals into their own separate, re-sealable plastic bags. No matter how you choose to organize, make sure you eliminate as much packaging as possible to save space and weight in your pack. Pre-measuring portions will make cooking easier, while pre-mixing ingredients that can be stored together like granola and milk powder can save space and time.

Write down whatever cooking instructions you need for each meal on a piece of paper, then slip the paper into the right meal bag. Durable freezer bags make great meal containers, and they can be reused trip after trip.

If you're planning a long trip, you may want to group individual meal bags together (either as breakfasts, lunches, and dinners, or as Day 1, Day 2, Day 3, etc). It's a good idea to spread the food supplies out among group members so that if anyone gets separated from the group, they'll have a food supply with them.

Whenever possible, use plastic containers for your food storage. Plastic is lighter than metal, it's more impact resistant than glass, and it can be washed out and reused time after time. REI sells a wide variety of plastic tubes, bottles and other containers for just about any kind of solid, liquid, and powdered food.

Other Tips:

- Keep the menu in your pack – meal by meal, day by day. Include who's cooking and cleaning up.
- Re-pack food into double layered plastic bags
- Include instructions for meal with package
- Mark on the plastic bag – what meal and what day
- Pack individual snack packs – into a group spot and individual spot
- Include whole group in planning menu, food selections, packing, cooking, and cleaning
- Plan for emergency food
- Pack food, pots, scrubbies, etc. and personal gear separately. Avoid food smells.

- Always know who is carrying what
- Pack food on top of pack
- Pack leakables carefully
- Pack heavy gear near the bottom of your pack, close to the frame

Recipes Worth Trying

Lightweight Ground Beef

Brown extra lean ground beef (125g to 165g per person) and drain off excess fat. Place on several layers of paper toweling on cookie sheet and put in 125-150 °F oven over night. Leave oven door propped open a bit. Cool completely and pack in airtight plastic bags. If frozen spread on cookie sheets, cover with paper towel and put in oven for an hour to remove condensation before packing. One cup of dried beef equals 500g fresh. Just add water and simmer until soft.

Use in stews, sauces, or chili. For optimum freshness, store in freezer until your trip.

- 1 pkg. dried vegetable soup mix
 - 1 pkg. beef stew seasoning mix
 - salt and pepper
1. Re-hydrate dehydrated vegetables and hamburger. To do this, half fill a large pot with water, add your dried veggies and meat. Let them soak for about 15 minutes.
 2. Add bouillon cubes, vegetable soup mix, beef stew seasoning mix, salt and pepper.
 3. Cook on a low heat for about 20 minutes.
 4. You can also add a package of dried scalloped potatoes or any type of noodle. **Yield: 4 servings**

Basic Spaghetti Sauce

- 2 chopped onions
- ½ cup grated carrots
- ¼ cup finely chopped celery
- 3 Tbsp chopped garlic
- ½ tsp oregano
- ½ tsp sugar
- 1 – 6 oz can tomato paste
- 3 – 28 oz cans canned tomatoes, well drained
- 1 Tbsp dried basil
- 4 Tbsp chopped fresh parsley
- salt and pepper

1. Sauté onions until they are translucent. Add carrot, celery, garlic and sauté for another 2 to 3 minutes. Add oregano and sugar, stir, then add the tomatoes (do not add the liquid).
2. Cook at simmer for at least 2 hours. Don't let it boil. When the sauce is thick and rich add basil, parsley, salt and pepper. Simmer for 30 more minutes.
3. *To dehydrate:* Spread sauce on trays. Put in dehydrator until dry. The dehydrated sauce will be pliable, like fruit leather; remove from plastic tray while still warm. Store in refrigerator until you leave for your trip.

Yield: 4 servings

Tin Foil Dinner

- 1 boneless pork loin chop (4 oz) • ¼ cup frozen peas
 - 1 medium potato, sliced • 1 Tbsp onion soup mix
 - 1 large carrot, sliced
1. Place the pork chop on a double thickness of heavy-duty tin foil (approx. 18"x14"). Top with potato, carrot and peas. Sprinkle with soup mix. Seal foil tightly.
 2. Cook covered over medium heat for 30 minutes or until the meat juices run clear, turning occasionally. **Yield: 1 serving**

Beef Stew

- Dehydrated mixed vegetables
- Dehydrated ground beef
- Beef bouillon (cubes or powder)

1. Re-hydrated the beef and tomato paste in water.
2. Add onion soup mix, oregano, salt and pepper. Bring to a boil, stir in your noodles. Cook until your pasta is tender (20-30 minutes).
3. Stir in cheese. Serve. **Yield: 4 servings**

Chicken and Rice

- 2 lbs chicken breasts – cooked, • 1 chicken bouillon cube cubed, and dehydrated
- 2 cups minute rice
- 1 cup dehydrated mixed vegetables • soy sauce
- 1/3 cup dehydrated pineapple chunks

1. Re-hydrate your chicken, vegetables, and pineapple. Add enough water to cover. Add bouillon cube and simmer for about 15 minutes.
2. Cook your rice separately. When cooked, mix together.

Lasagna Casserole

- 1 lb ground beef – dehydrated
- 1 tsp oregano
- 2 cups uncooked noodles
- 1 can dehydrated tomato paste
- 3/4 cup sour cream
- 1 package onion soup mix
- 1/2 cup grated cheese
- salt and pepper
- 3 cups of water
- 1 – 15 oz can chili
- 3 cups shredded cheddar cheese

1. Cut the top off each bag of chips; set aside.
2. Place chili in a saucepan; cook on a grill over medium heat for 10 min. or until heated through, stirring occasionally.
3. Spoon approx. 2 Tbsp of chili into each bag of chips.
4. Top with cheese, sour cream, salsa and lettuce. **Yield: 6 servings**

Campfire Taco Salad

- 6 snack-size bags corn chips
- 1 – 8 oz jar mild salsa
- 1/2 medium head iceberg lettuce, shredded

Camper's Breakfast Hash

- 1/4 cup margarine, cubed
- 2 – 20 oz packages shredded hash brown potatoes
- 1 package pre-cooked sausage links, cut into 1/2" pieces
- 1/4 cup onion, chopped
- 1/4 cup green pepper, chopped
- 12 eggs, lightly beaten
- salt and pepper to taste

1. Boil water in very large pot. While water boils, lay out the buffet area with eggs, Ziploc bags, and buffet ingredients. Have each person write his or her name on a bag.
2. Crack 2 eggs and pour into a Ziploc bag. Add ingredients as desired. If using salsa, try to drain before adding. Zip bag closed. Squish to mix well.
3. When water is boiling, add bags to boiling water to cook. Remove with tongs when eggs are cooked.
4. This is a great recipe for last morning of campout. Prep work can be done ahead. No dishes will be needed other than serving utensils and silverware. If there are leftovers from earlier in the campout, they can go out to eat also. Once the eggs are cooked, the
 1. In a large skillet, melt butter. Add potatoes, sausage, onion, and green pepper. Cook uncovered, over medium heat for 10-15 minutes or until potatoes are lightly browned, turning once.
 2. Push potato mixture to the sides of pan. Pour eggs into centre of pan. Cook and still over medium heat until eggs are completely set. Season with salt and pepper.
 3. Reduce heat; stir eggs into potato mixture. Top with cheese; cover and cook for 1-2 minutes until the cheese is melted. **Yield: 8 servings**

- 1 cup shredded cheddar cheese **Ziploc Bag Egg Buffet**
 - 1 large Ziploc freezer bag per person
 - 2 eggs per person
 - Grated cheese
 - Chopped ham
 - Pre-cooked bacon
 - Salsa
 - Tabasco sauce
 - Sliced mushrooms
 - Anything else you would like with your eggs
 - ½ cup golden syrup
 - ½ raisins
- boiling water can even be used as dishwasher.

Granola

- ¼ cup sesame seeds
 - 5 cups rolled oats
 - ½ cup powdered milk
 - ¾ cup sunflower seeds
 - 1 cup peanuts
 - ½ cup oil
 - 1 cup wheat germ
1. Mix together sesame seeds, sunflower seeds, rolled oats, peanuts, and powdered milk.
 2. In a separate pan heat oil and syrup. Add the oil and syrup to the dry ingredients.
 3. Mix well and toast in 350 °F oven for 20 minutes. Stir. Then add wheat germ and raisins. Toast for another 10 minutes.

Stewed Fruit

- 6 oz dried fruit (cut up small)
 - 2 Tbsp brown sugar
 - ¼ cup shredded coconut
 - ¼ cup raisins
 - ½ tsp cinnamon
1. *Prepare at home:* dried fruit, raisins, sugar, cinnamon, coconut.
 2. *At camp:* place the combined ingredients in a pot. Cover with water and let soak for 15 minutes. Let it simmer over a low heat for about 15 minutes.
 3. Can be eaten on its own or spooned over granola

Survival Bread

- 3 Tbsp wheat germ
 - 1 ½ cups apricot or orange juice
1. Heat your juice. Pour hot juice over dates and raisins. Add sugar and butter, let cool. Stir in egg, cherries, melted chocolate.
 2. In a separate bowl mix flour, soda, salt, wheat germ. Add this to the date mixture. Mix until just blended. Pour into greased wax paper-lined loaf pans.
 3. Let stand 15 minutes, then bake at 350 °F for an hour
 4. *Before you go:* Cut bread into slices and wrap each slice in saran wrap.
- 1 – 6 oz package of dates, chopped
 - 1 ½ cups brown sugar
 - 2 ¼ cups flour
 - 1 square semi-sweet chocolate
 - 1 tsp salt
 - 6 Tbsp butter
 - 1 egg, beaten
 - 2 ½ tsp baking soda
 - 1 ½ cups seedless raisins

Canoe Bars

- ⅓ cup corn syrup
- ¼ cup chunky peanut butter
- ⅓ cup raisins
- ⅓ cup finely chopped pitted dates

- ¼ cup brown sugar
- 2 ½ cups Just Right Cereal

- 1/3 cup sunflower seeds
1. Cook syrup and brown sugar, stirring constantly, until the sugar is dissolved and mixture comes to a full bubble boil. Simmer one minute and remove from heat.
 2. Stir in peanut butter. Add cereal, dates, raisins and seeds, stirring until well coated.
 3. Press mixture evenly and firmly into a greased 8" pan. Cool and cut into bars once at room temperature.
 4. Wrap the bars individually in waxed paper. **Yield: 12 bars**

Apricot-Almond Energy Bars

- 1 1/2 cups quick-cooking oats (not instant) • 1/4 cup wheat germ, toasted
 - 1/2 cup flour • 1 egg
 - 1/2 cup brown sugar • 1/4 cup corn syrup
 - 1/2 cup dried apricots, chopped • 1/4 cup vegetable oil
 - 1/3 cup slivered almonds, toasted
1. Beat together last 3 ingredients and mix with the rest of the ingredients.
 2. Press into a 9 x 9" pan. Bake at 350 °F for 18-20 minutes. Cool on rack.
 3. Cut into squares and store in air-tight container. **Yield: 12 bars**

1. Mix dry ingredients together.
2. Heat margarine, brown sugar, and syrup. Pour over dry ingredients. Pack into a cookie sheet with sides.
3. Bake at 350 °F for 12-15 minutes (12 for chewy bars, 15 for crispier ones). Cool slightly

Gorp Squares

- 3 cups Fruit & Fiber cereal
- ¾ cup flour
- 1 cup flaked coconut
- ½ cup dried apricots, chopped then cut.

Yield: 24-30 squares

- ¾ cup margarine
- 1 cup rolled oats
- 1 tsp baking soda
- ½ cup raisins
- ¾ cup brown sugar
- 2 Tbsp corn syrup

(~40)

- 1 tsp vanilla

Snack Bars

- ¼ cup margarine
- 1 – 250 g bag of marshmallows

1. Heat margarine and marshmallows in microwave for 2 minutes

2. Stir in vanilla. Add last 3 ingredients and press into 9 x 13” pan

3. Cool completely and cut into rectangles.

- 5 cups crisp rice cereal
- 1 cup dried cranberries or raisins
- ½ cup raw green pumpkin seeds or pine nuts

Walking Salad

- 1 apple • ¼ cup granola cereal
- 10-12 raisins • 2 Tbsp peanut butter
- 1 Tbsp nuts

1. Mix raisins, nuts and granola cereal together. This can be done at home before you leave for your trip.
2. Cut the tip of the apple. Remove and discard the core from the apple. Using a spoon, scoop out the apple, putting the scraps into a bowl. Make sure to leave the outside and bottom of your apple intact – this is your salad bowl.
3. Add the peanut butter, raisins, nuts and cereal to the apple pieces. Mix well.
4. Fill the apple shell with the mixture and put the top of the apple back on.
5. Place the apple in a Ziploc bag (you can reuse the bag used for the raisin, nut, and granola mix).

Fruit Rolls

- 1 - 425g package frozen strawberries in light syrup
 - 2 cups apple sauce
 - 1 packet unflavoured gelatin
1. Puree the strawberries in a blender until it is very smooth. Add the rest of the ingredients and continue blending.
 2. *Dehydrate:* Pour fruit puree onto fruit roll sheets which have been lightly sprayed with no-stick spray. Puree should be about ¼" thick and evenly spread.
 3. Dry until fruit feels leather-like and is pliable. There should be no sticky spots on the top or underneath.
 4. Remove the fruit roll while it is still warm. Roll and cut into small pieces. Wrap in plastic wrap for storage. Store individually wrapped pieces in an air tight, moisture proof container.
 5. *Note:* Fresh fruit can also be used, but you will need to add a little water or fruit juice to start the blending process. This can also be done in the oven set at a low temperature (120-150 °F) with door slightly ajar.

Instant Rice Pudding

- 1 cup of instant rice
 - ½ cup nonfat dry milk
 - 2 Tbsp sugar
 - ¼ tsp cinnamon
 - ¼ cup raisins
1. Fill a Ziploc bag with all the ingredients. This can be done before your trip.
 2. *At camp:* In a pot add 1 ½ cups of water to the dry mixture and bring it to a rolling boil, stirring constantly. Then remove it from the fire, cover and let it stand.

Pineapple Doughnut Dessert

- 5 cake doughnuts
 - 3 Tbsp margarine, softened
 - 2/3 cup packed brown sugar
 - 1 – 20 oz can sliced pineapple, drained
 - 10 maraschino cherries
1. Cut doughnuts in half horizontally; spread with margarine. Place two doughnut halves cut side up on a 12" square of heavy duty foil.
 2. Sprinkle each with ~ 1 Tbsp of brown sugar. Top each with a pineapple slice and place a cherry in the centre.
 3. Seal foil tightly. Grill over indirect medium heat for 2 minutes or until heated through.
- Yield: 10 pieces**

Fried Cake

- 1 box chocolate cake mix
 - ½ cup water
 - 1 Tbsp margarine
1. Place the cake mix into a Ziploc bag. Add your water and close the bag, then mix until the mixture is well mixed. The batter should look like a thick paste.
 2. Melt margarine over medium heat in a frying pan. Add the cake mix mixture.
 3. Fry it on each side like you're making an omelet. When it is done it will look like fudge. Eat it while it's still warm.

- 1 Tbsp sugar
- ¼ tsp flavouring (ie: vanilla, mint, chocolate, root beer, etc)
- 6 Tbsp salt (rock or regular)

Ice Cream in a Bag

- ½ cup milk (homogenized, 2%, chocolate, etc)
1. Add ingredients to a pint size (~2 cups) zipper freezer bag and zip shut.
 2. Place that bag into a large (4 cups or larger) zipper bag and add ice to outside bag until bag is half way full.
 3. Add salt to the outer bag. Zip outer bag shut. Shake, turn, toss, and mix the bag.
 4. After 5-10 minutes you will have cold hands and yummy ice cream.
- *Variation:* Can be made with fruit juice instead of milk to make a fruit ice.
 - *Warnings:* Don't double this recipe, it doesn't work. Have ice cream makers wear mittens or gloves. Be sure to wipe or rinse all the salt off the small bag before opening (unless you like salty ice cream!).

