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Recipes for Adventure: Healthy, Hearty and Homemade Backpacking Recipes

Chef Glenn McAllister

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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 to make bark** by drying starchy root vegetables, Chef Glenn's innovative but simple technique for making flavorful and saucy backpacking meals.

The second half of the book presents a wide variety of delicious recipes for breakfasts, lunches, dinners and desserts.

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Bryan Lewis:

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