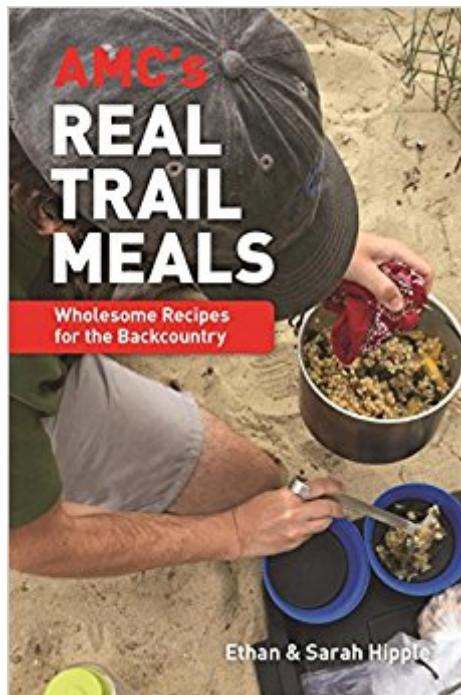




The book was found

AMC's Real Trail Meals: Wholesome Recipes For The Backcountry



Synopsis

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

Book Information

Paperback: 288 pages

Publisher: Appalachian Mountain Club Books; 1 edition (September 5, 2017)

Language: English

ISBN-10: 162842060X

ISBN-13: 978-1628420609

Product Dimensions: 5.9 x 0.6 x 9.1 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #387,814 in Books (See Top 100 in Books) #52 in Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs #618 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #682 in Books > Sports & Outdoors > Hiking & Camping > Instructional

Customer Reviews

Ethan Hipple Ethan Hipple's passion for the outdoors was ignited as a teenager working on a

trail crew for the Student Conservation Association (SCA). He went on to serve on the Appalachian Mountain Club's hut crew, guided wilderness trips for Prescott College, directed the New Hampshire Conservation Corps, and ran the Parks and Recreation Department in Wolfeboro, N.H. He currently lives in Portland, Maine, where he runs the city's parks department. Along with his wife, Sarah, and their two awesome kids, Jackson and Tasha, he loves to find secret swimming holes, fish, surf, and play music on the porch. He is the co-author of AMC's Outdoors with Kids Maine, New Hampshire, and Vermont. Sarah Hipple grew up in the White Mountains of New Hampshire, where she and her family of ten enjoyed home-cooked meals together every night around the big wooden table. While studying at the Rhode Island School of Design, she spent her summers cooking for the Appalachian Mountain Club's High Mountain Huts. Working in a rustic lodge kitchen, Sarah prepared meals from scratch: homemade breads, delicious pastries, hearty soups, and savory meats. Since then, she has parlayed her love of food into running her own business, Welcome Home Personal Chef Service, which operates in Maine and New Hampshire. Sarah cooks for private clients and has catered innumerable staff trainings, weddings, and special events. She and her husband, Ethan, and their two children currently live in Portland, Maine, where they have created a home that is always full of friends and family gathering to enjoy Sarah's cooking.

[Download to continue reading...](#)

AMC's Real Trail Meals: Wholesome Recipes for the Backcountry AMC Discover the White Mountains: AMC's Guide To The Best Hiking, Biking, And Paddling (AMC Discover Series) Crock Pot: Delicious Crock Pot Dump Meals, Freezer Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer Meals, Chicken and Soup Recipes) Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) Southern New Hampshire Trail Guide, 2nd: AMC Guide to Hiking Mt. Monadnock, Mt. Cardigan, and the Lakes Region (AMC Hiking Guide Series) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Cookbook) Casseroles: 365 Days of Casserole Recipes for Quick and Easy Meals (Casserole Cookbook, Party Recipes, Family Meals, One Dish Recipes, Dump Dinner, Make Ahead Meals) AMC White Mountains National Forest Trail Map Set (Appalachian Mountain Club White Mountain Trail Maps) Quiet Water New Jersey and Eastern Pennsylvania: AMC's Canoe And Kayak Guide To The Best Ponds, Lakes, And Easy Rivers (AMC Quiet Water Series) Discover the Adirondacks: AMC's Guide To The Best Hiking, Biking, And Paddling (AMC Discover Series) AMC River Guide New Hampshire/Vermont (AMC River Guide Series) AMC River Guide Maine

(AMC River Guide Series) AMC River Guide Massachusetts/Connecticut/Rhode Island: A Comprehensive Guide To Flatwater, Quickwater And Whitewater (AMC River Guide Series) AMC Discover Cape Cod: AMC's Guide To The Best Hiking, Biking, And Paddling (Appalachian Mountain Club: Discover Cape Cod) AMC Discover Martha's Vineyard: AMC's Guide To The Best Hiking, Biking, And Paddling (Appalachian Mountain Club Discover) Maine Mountain Guide: AMC's Comprehensive Guide To Hiking Trails Of Maine, Featuring Baxter State Park And Acadia National Park (AMC Hiking Guide Series) Discover Acadia National Park, 3rd: AMC's Guide to the Best Hiking, Biking, and Paddling (AMC Discover Series) Quiet Water Massachusetts, Connecticut, and Rhode Island: AMC's Canoe And Kayak Guide To 100 Of The Best Ponds, Lakes, And Easy Rivers (AMC Quiet Water Series) Quiet Water New Jersey & Eastern Pennsylvania: AMC's Canoe and Kayak Guide to the Best Ponds, Lakes, and Easy Rivers (AMC's Quiet Water) Discover Acadia National Park, 2nd: AMC Guide to the Best Hiking, Biking, and Paddling (AMC Discover Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)