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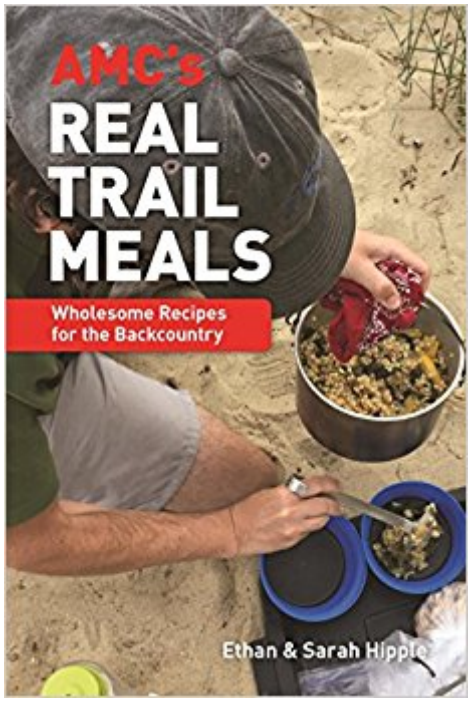
AMC's Real Trail Meals: Wholesome Recipes For The Backcountry



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Synopsis

Tired of ending a day on the trail with packaged backpacking meals? Kick your menu up a notch with AMCÃ¢â ¬â„¢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, AMCÃ¢â ¬â„¢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 youÃ¢â ¬â„¢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:AMCÃ¢â ¬â„¢s Best Backpacking in New England by Matt Heid; ISBN: 9781934028902AMCÃ¢â ¬â„¢s Best Backpacking in the Mid-Atlantic by Michael R. Martin; ISBN: 9781934028865AMC Guide to Winter Hiking and Camping by Yemaya Maurer and Lucas St. Clair; ISBN: 9781934028124

Book Information

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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 croo, 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.

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