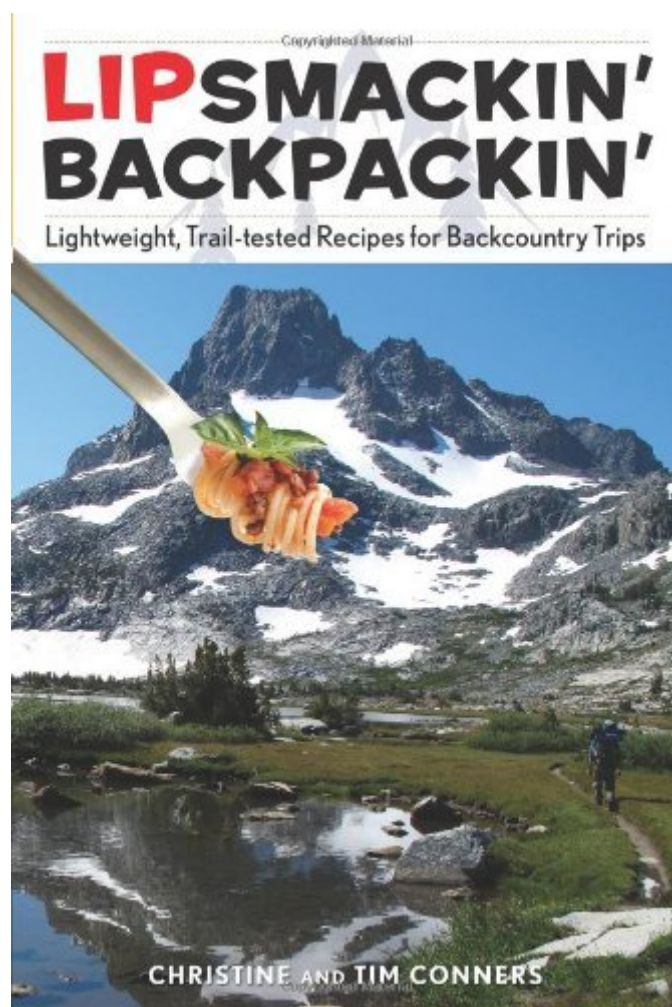


The book was found

Lipsmackin' Backpackin', 2nd



Synopsis

Not a fan of bland, boring, and lifeless meals after a hard day of backpacking? Neither are the Conners, which is why you'll find their new second edition packed full of even more tasty favorites from the trails! Completely revised and updated, this all-in-one food guide builds on the format pioneered by the original, providing clear and thorough at-home and on-trail preparation directions, nutrition and serving information, and the weight of each recipe, while adding a wealth of reference information and instructional material. Pacific Crest Pancakes, Jammin' Jambalaya, and Buried Forest Trail Fudge - it's in here!

Book Information

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Customer Reviews

This book has really been a great source of inspiration and recipes for my longer backpacking trips and an upcoming JMT thru-hike. Probably the most valuable thing in here is the listing of nutritional and weight information for every recipe so that you can adhere to a calorie/oz guideline for long distance backpacking. The recipes are well organized generally starting from simple no-cook meals at the beginning of every major meal chapter and advancing to more complex and time-consuming. The book is also a great resource for finding places to buy dehydrated and freeze-dried ingredients

so can break away from the bland freeze-dried meals in a bag.

Wow, this book is really packed with good stuff! So much information, lots of recipes, resources, and techniques. There's a really nice variety of recipes, and I think the salads are particularly interesting. There's a lot to be learned just by leafing through the recipes; I've already gotten a ton of ideas to incorporate into my trail cooking repertoire.

Great reviews, many stats on the nutrition, weight, serving sizes, prep and such. I have adapted many recipes to my personal tastes, and have found several new ones that are great. A wonderful book if you are tired of paying top dollar for pre-made dehydrated and freeze dried meals, and want meals that taste better too.

The best cookbook I've found for wilderness backpacking, canoeing or bike touring trips. I have 4 or 5 books of this type, but we always seem to end up picking our meals from this one. All the recipes we've tried are tasty. It does presume some knowledge of food dehydration, so don't expect to get that here - buy another book for that. One frustration is the inconsistent number of servings which vary from one recipe to the next. Some recipes are hard to scale because they utilize prepackaged ingredients such as lipton onion soup mix or pasta sides and its difficult to accurately use partial packages. There is good variety however, and anybody should be able to find recipes suited to their tastes and abilities.

I will starting to backpack very soon so I will be using this book to have some new enjoyable meals on the trail. Looking forward to trying the many choices from this book to add a new level of fun on the trail.

It is very helpful for putting together backpacking meals and menus. It is most helpful if you have access to a food dehydrator (which I don't, yet). Buying bulk dehydrated ingredients to make the recipes has worked for some of these recipes.

Haven't had the opportunity to try any of the recipes yet but being a person that cooks often I can't wait to try many of them. I love how each recipe is set up with instructions for home and out on the trail. My only complaint so far is that there is not a recipe index at the beginning of each section.

The book certainly has a lot of interesting recipes but I am a bit disappointed that a lot of them include pre-processed pre-packaged ingredients. That said, I'm sure they can be adapted for a more natural diet.

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