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# Lipsmackin' Vegetarian Backpackin': Lightweight, Trail-Tested Vegetarian Recipes For Backcountry Trips



## Synopsis

This collection of more than 150 trail-tested recipes, the meat-free sequel to the best-selling Lipsmackin' Backpackin', features instructions for at-home preparation, packable trailside cooking instructions, nutritional information, serving details, and the weight of the ingredients.

## Book Information

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## Customer Reviews

Tired of power bars, half-cooked quick rice, and endless trail recipes featuring dehydrated chicken by-products? Try meat-free dishes like Flyin'; Brian's Triple Crown Curry Couscous, Springer Mountain Pesto, and Time-Traveller's Tamales instead! The revised and updated sequel to the top-selling Lipsmackin'; Backpackin', this all-in-one backpacker's food guide features 180 meatless recipes from some of the most experienced long-distance hikers in the world. Each recipe - whether it's for breakfast, lunch, dinner, snacks, or beverages - gives at-home preparation directions, trailside cooking instructions, detailed nutritional information, and backpack weight of the ingredients. Additional meal preparation and cooking tips, food dehydration how-tos, source lists, and conversion charts make this one of the most complete guides ever written for meatless eating on the trail.

Christine and Tim Conners are experienced campers, backpackers, outdoor chefs, and the authors of Lipsmackin'; Backpackin', Lipsmackin'; Car Campin', and The Scout's Outdoor Cookbook. They live in Statesboro, Georgia.

Got this for my vegetarian girlfriend for Christmas. It's great not only because the recipes are tasty, but there's a lot of detail about what you can prep at home vs. out on the trail, as well as nutritional info and weight per serving. Recommended!

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