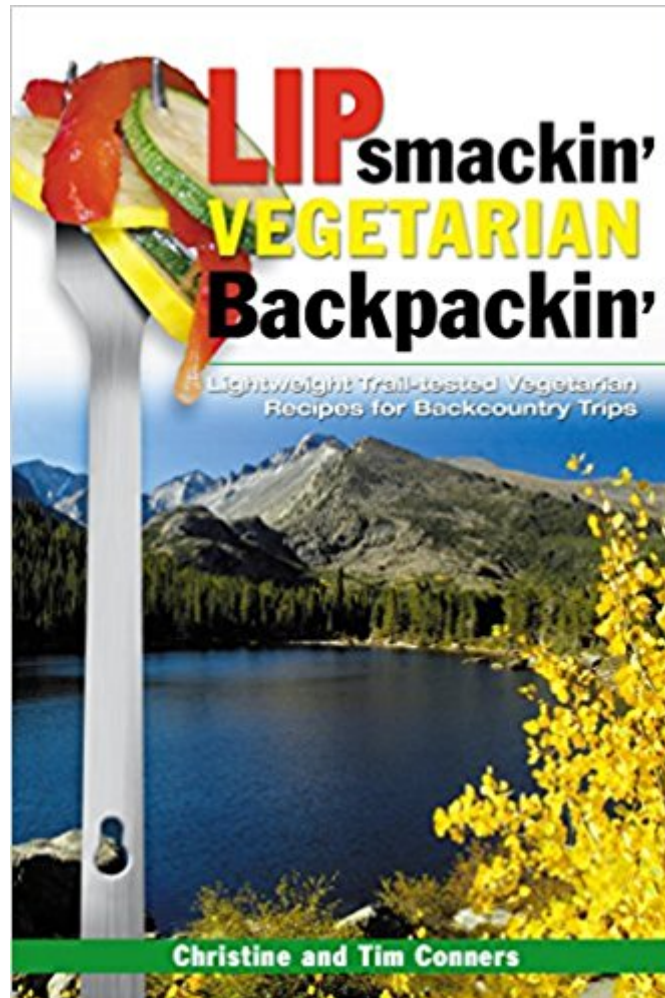




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# Lipsmackin' Vegetarian Backpackin'



## 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-Traveler's Tamales* instead. The sequel to the top-selling *Lipsmackin' Backpackin'* this all-in-one backpacker's food guide features more than 150 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 the most complete guide ever written for meatless eating on the trail. Whether you're a vegetarian or just interested in eating well, *Lipsmackin' Vegetarian Backpackin'* is an indispensable resource for great-tasting and nutritious meals trailside.

Christine and Tim Conners have been hiking together since they began dating. Marriage and four children later, they're still chasing each other down the trail. Chris, a graduate of Outward Bound, is

a children's mental health therapist and psychology instructor. She is currently working on an advanced degree in illustration. Tim is a propulsion engineer specializing in advanced aircraft design.

I kept checking this book out from the library (as well as its omnivorous counterpart *Lipsmackin' Backpackin': Lightweight Trail-tested Recipes for Backcountry Trips*) and finally bought it. So many good recipes that both my husband and I enjoy making at home and eating on the trail. It's got a good enough mix that when we want to use meals that only need boiling water and not simmering, we still find what we're looking for. I like being able to find hearty trail meals that don't always involve meat - this is a great resource for building a trail meal rotation.

My S/O and I took our first serious back-country trip in more than 15 years last week. We relied completely on this book for meal planning and food preparation. We were not disappointed. The recipes are all written in clear language, and are easy to follow. Packable trail instructions are available on-line, which helps with cooking in remote campsites. Of course, we could not try every single recipe -- but here are some of the best ones we tried. We had Olympus Oatmeal for breakfast every day. The Brunswick Stew was excellent, although it took a long time and lots of fuel to rehydrate the dried beans. The Vegan Super Hero Burritos were our favorite. The Whole-Food Granola Bars and Horse Thief GORP (we used unsweetened chocolate chips instead of carob chips) saw us through some long days of paddling and hiking. Our favorite snacks were the Energy Balls. We fought over the last one of those! I would warn others that many of the recipes call for prepackaged foods, such as Zatarain's Red Beans and Rice. People with specific health concerns should check the contents of these items before they use them. Fortunately, Zatarain's makes a low-sodium version of Red Beans and Rice, which we used. Otherwise, this is an excellent book. You can truly trust the recipes. I recommend it highly.

I have been a vegetarian for 40 years...a backpacker not as long. The recipes taste very good and just the info on how to prepare different foods has been very helpful for putting my own recipes into backpacking form.

Great book. Tons of recipes. Really recommend for a beginner dehydrated cook as it gives you a lot of ideas in addition to fixed recipes.

don't bother with this book if you don't have a dehydrator. The description leads you to believe that there are more dehydrator-free recipes than there are.

This was my first back packing cook book. Love it. I try a new recipe everytime i go out. Most are easy enough and dont require special dryers or anything.

Our Boy Scout troop recently had a vegetarian join, and it saved the day on our hike. We'll be checking it often.

Useful recipes for backpacking. Make it a part of your cookbook collection and a great go-to info for backpacking as well.

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