

# Ice Age Trail Alliance Backpacking Track

## BREAKFAST

### Oatmeal: Basic Recipe for a Single Serving Packet

1/3 cup rolled oats (instant or quick) (For gluten-free, use Bob's Red Mill gluten-free oats)

1 teaspoon chia seeds or ground flaxseed (optional)

2 teaspoons oat bran (or wheat germ/bran) (or GF oat bran)

2 teaspoons powdered milk (omit for non-dairy, vegan)

1 to 3 teaspoons brown sugar, pure maple sugar, coconut sugar, or other preferred sweetener

1/8 teaspoon cinnamon

pinch of salt

#### AT HOME:

Combine basic recipe ingredients in individual zip top bags. Add additional flavor and optional ingredients, see below.

12 FLAVOR VARIATIONS (use the basic recipe ingredients, plus these additions):

1. Plain -- Use basic recipe ingredients.
2. Apple Cinnamon Maple -- 2 tablespoons dried or 1/4 cup freeze-dried chopped apples; additional 1/4 teaspoon cinnamon; use maple sugar for sweetener
3. Blueberry -- 2 tablespoons dried or 1/4 cup freeze-dried blueberries.
4. Cherry Almond -- 2 tablespoons dried or 1/4 tablespoons freeze-dried cherries; 1 tablespoon sliced or slivered almonds.
5. Apricot Ginger -- 2 tablespoons chopped dried apricots; 1 teaspoon minced crystallized ginger.
6. Cranberry Orange Pecan -- 2 tablespoons dried cranberries, 1 teaspoon dried orange peel bits, 1 tablespoon chopped pecans.
7. Pineapple Coconut -- 2 tablespoons dried or 1/4 cup freeze-dried chopped dried pineapple, 1 tablespoon freeze-dried coconut
8. Raspberry Vanilla Bean-- 2 tablespoons dried or 1/4 cup freeze-dried raspberries, 1/4 teaspoon ground vanilla powder
9. Peach (or Mango) Macademia Nut -- 2 tablespoons chopped dried peaches (or mangos), 1 tablespoon chopped macademia nuts

10. Cocoa Banana -- 1/4 cup chopped freeze-dried bananas (dried banana chips not recommended), 2 teaspoons cocoa powder

11. Peanut Butter Banana -- 1/4 cup chopped freeze-dried bananas (dried banana chips not recommended), 1 tablespoon PB2 peanut butter powder

12. Mocha -- 1 teaspoon cocoa powder, 1/2 teaspoon instant espresso powder

**ON THE TRAIL:**

BOILING WATER METHOD: Add 1 oatmeal packet to mug or bowl. Pour in 2/3 cups boiling water and stir. Let instant oats stand for 3-4 minutes to soften and thicken; stir, and they are ready to eat. Quick oats may need to soften an additional minute or two.

Courtesy of [www.theyummylife.com/Instant Oatmeal Packets](http://www.theyummylife.com/Instant_Oatmeal_Packets)

## **Coconut Millet Porridge With Forest Berries**

This Coconut Millet Porridge is a perfect idea for a vegan, gluten-free and lactose-free breakfast on the trail, for the adventurous palate.

Servings: 1, cooking time: 5 min, weight: 70 g / 2.47 oz, cooking gear: one-pot

1/4 cup millet instant flakes

2 tablespoons coconut milk powder

1 tablespoon freeze-dried wild berry mix (blueberries, raspberries)

1 teaspoon organic blueberry powder

1 teaspoon sugar or stevia powder

**AT HOME:**

Mix all the ingredients in a medium-sized zip lock freezer bag.

**ON THE TRAIL:**

Bring 1/2 cup water to a boil.

Carefully pour hot water into the bag with the coconut millet porridge mixture.

Stir well, close the bag and let sit in a cozy (warm place) for about 3-4 minutes.

Courtesy of [www.trail.recipes/recipes/coconut-millet-porridge-with-forest-berries/](http://www.trail.recipes/recipes/coconut-millet-porridge-with-forest-berries/)

## DINNER

### Curried Ramen Bowl

This yellow curry bowl is the ultimate feel-good backpacking dinner.

Servings: 1, cooking time: 10 min, weight: 126 g / 4.44 oz, cooking gear: one-pot

#### AT HOME:

4 tablespoons coconut milk powder (separate small bag)

1 teaspoon yellow curry paste

1 block (about 60g/2oz) ramen noodles (remove flavor packet)

Add an array of freeze-dried veggies

**TO ASSEMBLE:** Place all ingredients (except curry paste) in a freezer bag.

#### ON THE TRAIL:

Pour coconut milk powder into a pot; add 1 cup water and stir well.

Place the pot over medium heat and bring to a boil.

Stir in curry paste and ramen noodles and veggies.

Cook for 3 minutes, until noodles are cooked through.

Note: for gluten-free version use buckwheat soba noodles instead of ramen.

Courtesy of <https://www.trail.recipes/recipes/curried-ramen-bowl/>

## **Fiesta Rice with Corn and Chicken**

This hearty meal is homey and satisfying.

### **AT HOME:**

2/3 cup instant brown rice

1 teaspoon chia seeds or ground flaxseed (optional)

1/3 cup freeze dried chopped chicken

1/2 cup freeze dried corn

¼ cup freeze dried chopped tomatoes

1/4 teaspoon dried minced jalapeno

1 tablespoon freeze dried onions (or 1 teaspoon dried onion flakes)

1-1/2 teaspoons powdered chicken flavor base (or boullion granules)

1-1/2 teaspoons chili powder

¼ teaspoon cumin

1/4 teaspoon dried oregano (Mexican preferred)

1/2 teaspoon freeze dried cilantro (or 1/8 teaspoon dried)

¼ teaspoon garlic powder

1/8 teaspoon ground black pepper

¼ teaspoon salt (or more to taste)

**TO ASSEMBLE:** Add all ingredients except the water to a quart freezer Ziploc bag. Seal bag and store until ready to use.

### **ON THE TRAIL:**

Bring 1-1/2 cups water to a boil. With opened bag resting on plate or bowl, pour in boiling water. Seal bag and let soak for 9 minutes, turning bag upside down after 3-4 minutes to redistribute & mix ingredients. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.

Courtesy of [www.theyummylife.com/recipes/371](http://www.theyummylife.com/recipes/371)

## Chicken Satay Rice

Serves: 1, Prep time: 20 mins, Total time: 20 mins

Description: Spicy, creamy coconut rice with lots of peanut butter.

### AT HOME:

1 c instant rice

2 T dried natural coconut

1 T coconut cream powder

1 t dry satay mix

1/4 t red pepper flakes

1 packet soy sauce

1 can/packet 3 ounce chicken

1 packet peanut butter (1 to 2 tablespoons)

**TO ASSEMBLE:** Pack the dry ingredients in a quart freezer or sandwich bag. Pack the soy sauce, peanut butter and chicken along with the bag.

### ON THE TRAIL:

Add to the bag the soy sauce, chicken with broth, peanut butter and 1 cup near boiling water. Stir well, seal tightly and put in a cozy for 15 minutes. Stir again.

### Notes:

Find the soy sauce and peanut butter packets on [www.minimus.biz](http://www.minimus.biz) or [www.packitgourmet.com](http://www.packitgourmet.com) – Packitgourmet also carries the coconut cream powder, as does [www.importfood.com](http://www.importfood.com).

Dry satay mix can be found in Asian grocery stores and many large grocery stores or online from [www.importfood.com](http://www.importfood.com). 3-ounce cans of chicken are sold in 3 packs in most grocery stores, 5 ounce cans can be substituted.

Courtesy of <http://www.trailcooking.com/trail-cooking-101/planning-menus/>

## Loaded Mashed Potatoes

Yield 2 servings; Prep Time 2-3 minutes / Cook Time 10-20 minutes

### AT HOME:

1 cup dry instant mashed potatoes

1 cup freeze dried broccoli

1 cup broccoli cheese soup mix

1/2 cup bacon bits

**TO ASSEMBLE:** Pack the dry ingredients in a quart freezer or sandwich bag.

### ON THE TRAIL:

Boil 2 cups water. Add broccoli to rehydrate for one minute before removing pot from heat.

Add soup mix and potatoes either to the pot of water, or add them plus water and broccoli to the Mylar pouch/freezer bag. Stir and cover or zip and let rehydrate for 5-10 minutes.

Finish with bacon bits and crushed crackers.

Courtesy of <https://www.dirtygourmet.com/loaded-mashed-potatoes/>

### ADDITIONAL RESOURCES:

<https://blog.nols.edu/2016/04/20/how-to-make-your-own-instant-backpacking-meals>

[https://www.theyummylife.com/Backpacking\\_Food](https://www.theyummylife.com/Backpacking_Food)

<http://www.wildernesscooking.com/camping-recipes.htm>

<https://backpackers.com/how-to-prepare-homemade-backpacking-meals/>

<https://www.trail.recipes/recipe-collection/freezer-bag-cooking-recipes/>

<https://www.trail.recipes/app/>

<https://www.trail.recipes/meal-planner/>

<https://www.dirtygourmet.com/>

<http://www.trailcooking.com/trail-cooking-101/planning-menus/>