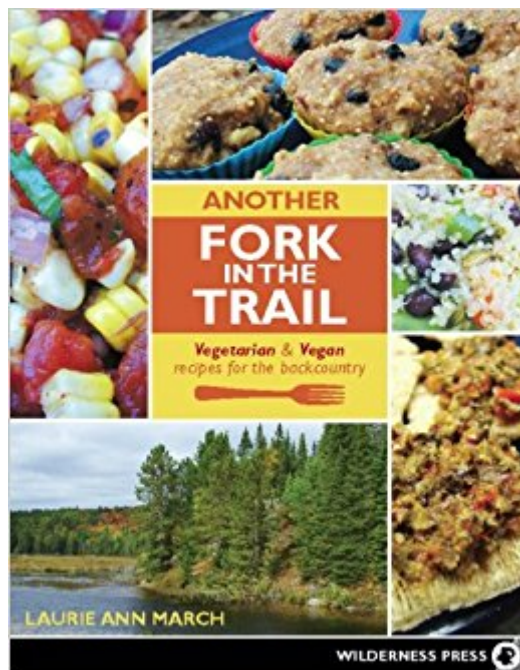




The book was found

Another Fork In The Trail: Vegetarian And Vegan Recipes For The Backcountry



Synopsis

Packed with lightweight, mouthwatering recipes for backcountry adventurers, *Another Fork in the Trail* is focused on delicious, easy-to-prepare recipes for those following vegetarian and vegan diets. It includes more than 120 recipes, all of which survived Laurie Ann March's rigorous testing, both at home and in the backcountry. Many of the recipes are gluten-free as well and thus suitable for the growing number of those suffering from celiac disease. From flavorful lunches, such as roasted tomato dip, to hearty dinners such as vegetable ratatouille, many of the recipes are prepared and dried at home, saving valuable time at camp. With recipes for desserts and baked goods in addition to the staples, the book covers menu planning and recipe creation and discusses other important considerations for the vegetarian and vegan outdoor adventurers.

Book Information

Paperback: 302 pages

Publisher: Wilderness Press (June 7, 2011)

Language: English

ISBN-10: 0899975062

ISBN-13: 978-0899975061

Product Dimensions: 7 x 0.8 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 19 customer reviews

Best Sellers Rank: #369,278 in Books (See Top 100 in Books) #47 in Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs #947 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

"An outdoorswoman with a palate!"--Tamar Fleishman, Examiner, August 2014 "Laurie Ann March is a charming writer and the perfect chef to guide you on your own adventure." --American Hiker Magazine, March 2012 "Forget about eating prepackaged freeze-dried foods in the backcountry. In her new book, seasoned backpacker Laurie Ann March offers more than 160 vegan and vegetarian recipes and easy-to-follow tips for supping in style from a backpack."-- The Vegetarian Times, July 2011 "Those who trek into the backcountry know the challenges of packing food for a few-days or few-weeks. Add special diets to the mix and the planning gets even trickier. Laurie Ann March helps smooth the road with *Another Fork in the Trail*, a collection of recipes designed to be enjoyed in the wilderness."-- The Daily Herald, July 2011 "This book is for anyone who wants to try something

different, but it is especially useful for those with vegan, vegetarian and ingredient-restricted diets such as Celiac disease. But even if you don't have any food restrictions, this cookbook will blow you away."-- Seattle Backpacker Magazine, July 2011

For those of you who do any wilderness camping and worry about trying to maintain healthy eating habits on the trail, check out this book. My wife and I have tried five of the recipes and all were delicious with healthy ingredients. You do need a dehydrator for most of the recipes, but there are some very tasty breakfasts that just require combining ingredients in ziploc bags. I have other vegan cookbooks, but I usually stumble pretty quickly upon some recipe stinkers. Not so with this book! I can't praise it enough. It's very well written and easy to follow. The book offers useful information about dehydrating camp meals and provides lots of resources to check out online. The author obviously has lots of experience wilderness camping and experimenting with what does and doesn't work. As a result we, the readers, are the beneficiaries of her experiences. It's worth its weight in gold!! I love wilderness camping and this book helps me continue to eat healthy even in the back country!!!! I'm off to try some of her other recipes!!

I'm not a vegetarian, but I am allergic to milk. Backpacking recipes tend to be pretty dairy heavy, and not having to adapt everything is great. These recipes are sometimes on the aspirational side for my preference for complicated cooking in camp but there is plenty here that's great for my "boil water and combine" style. I might try some of the more complex ones car camping, or just at home.

More specific menu planning for various lengths of trips that take ingredients (wanting to make the most out of ingredients by using the same ingredient in multiple recipes during a trip) into account would be helpful. Otherwise, it's an excellent book!

This was a gift for my uncle and he loved it! Some really awesome recipes and good tips.

Great layout, easy to follow directions. Be aware dehydrator is necessary. Solid book.

We do at least one 3 week canoeing trip each season and this book has given our meal planning a real shot in the arm. We've tried quite a few of the recipes and so far they're all winners. The quick rise pizza dough was a real eye-opener and with our reflector oven allows us to make outrageously good pizza. This book is especially useful if you already own a dehydrator.

This book makes me want to backpack more so I can try out ALL of the recipes! Everything I've made has been super delicious. Pro-tip: plan meals for your trip early. You can just make a double batch of lots of the recipes and eat half for lunch/dinner and dehydrate the rest.

Great book for dehydrating meals on the trail. My favorites so far are the salads. Thanks.

[Download to continue reading...](#)

Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Another Fork in the Trail: Vegetarian and Vegan Recipes for the Backcountry Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious,Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan Instant

Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook)
Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1)
Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two)
KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Lipsmackin' Vegetarian Backpackin': Lightweight, Trail-Tested Vegetarian Recipes for Backcountry Trips

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)