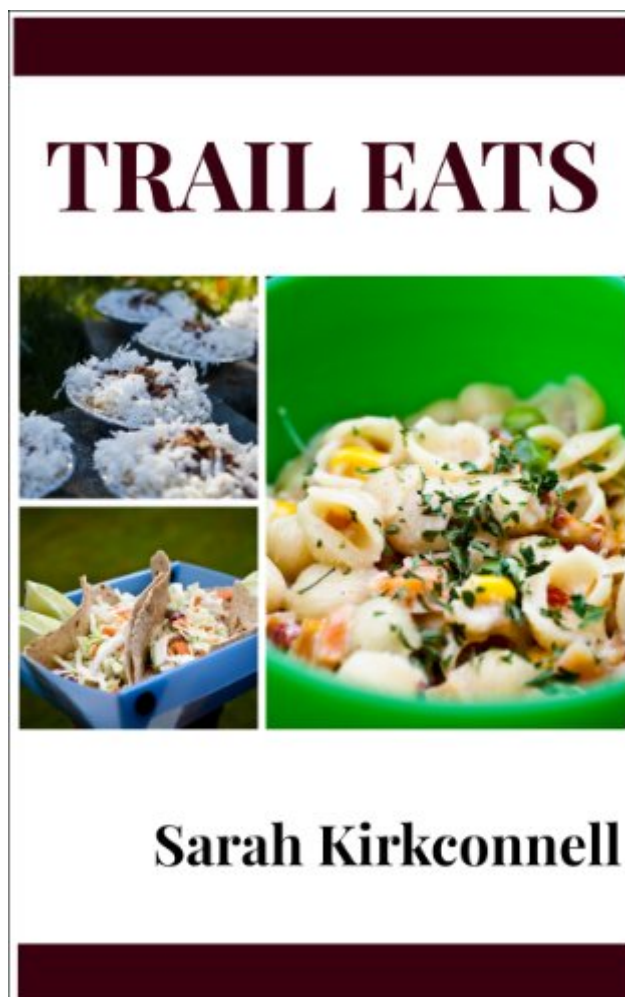


The book was found

# Trail Eats



## Synopsis

We developed these 50 recipes, that really stood out to us, for our outdoor food column, Trail Eats, which ran from 2009 to 2013. From raw energy bars, to luxury desserts, hearty carb feasts and even pizza on the trail, we hope you enjoy some of our favorites, while you are out on your adventures!

## Book Information

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## Customer Reviews

We love all of Sarah's recipes! We do not like a lot of processed foods or too much salt and Sarah's recipes are perfect. I have also made shelf stable meals to keep on hand at the office for those days I can't get away from my desk at lunch.

A backpackers must for eating on the trail. Perfect nutrition for those long days. Easy to read & make recipes.

I can use this to get more variety in my backpacking meals.

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Pacific Crest Trail Data Book: Mileages, Landmarks, Facilities, Resupply Data, and Essential Trail Information for the Entire Pacific Crest Trail, from Mexico to Canada  
Electric Eats (Electric Eats: Putting your Cooking Tools to Work! Book 1)  
Trail Eats Trail Cooking: Trail Food Made Gourmet  
A Walk in the Woods: Rediscovering America on the Appalachian Trail (Official Guides to the Appalachian Trail)  
John Muir Trail: The Essential Guide to Hiking America's Most Famous Trail  
Nashville Eats: Hot Chicken, Buttermilk Biscuits, and 100 More Southern Recipes from Music City  
Who Eats What? Food Chains and Food Webs (Let's-Read-and-Find-Out Science, Stage 2)  
Good Eats: Volume 1, The Early Years  
Vitamix Recipes (Clean Eats)  
Louisiana Eats!: The People, the Food, and Their Stories  
Clean Eats: Over 200 Delicious Recipes to Reset Your Body's Natural Balance and Discover What It Means to Be Truly Healthy  
Best Green Eats Ever: Delicious Recipes for Nutrient-Rich Leafy Greens, High in Antioxidants and More (Best Ever)  
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Twinkie, Deconstructed: My Journey to Discover How the Ingredients Found in Processed Foods Are Grown, Mined (Yes, Mined), and Manipulated into What America Eats  
When a Crocodile Eats the Sun: A Memoir of Africa  
When A Crocodile Eats the Sun  
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Eats America Eats!: On the Road with the WPA - the Fish Fries, Box Supper Socials, and Chitlin Feasts That Define Real American Food  
Good Eats 3: The Later Years

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