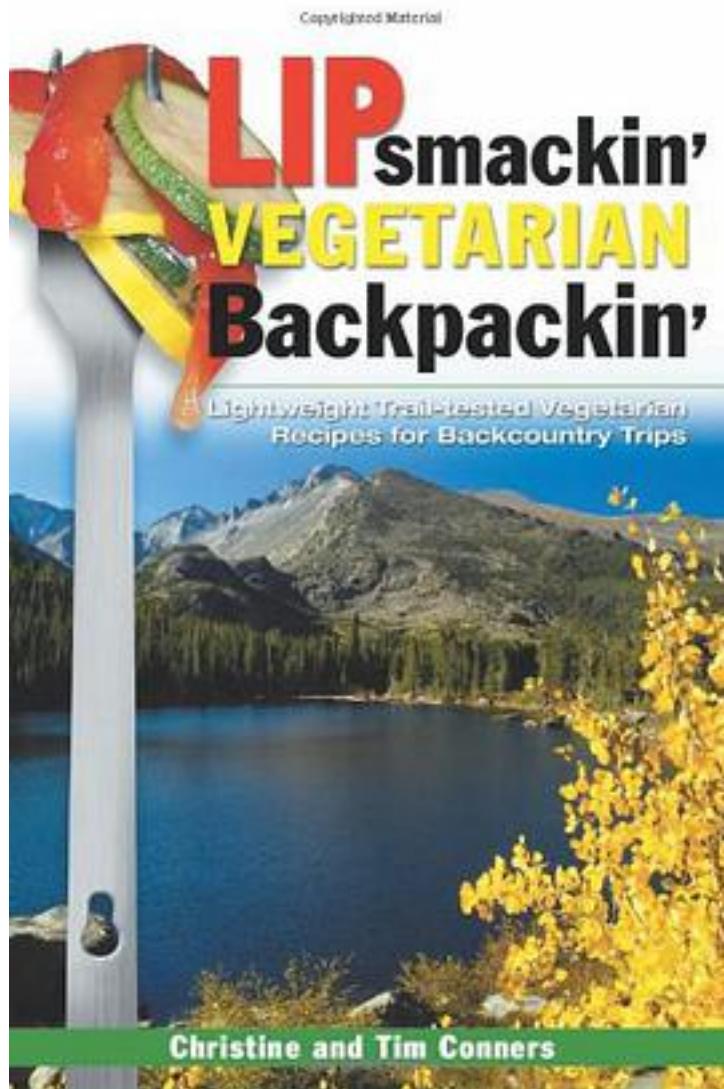


Lipsmackin' Vegetarian Backpackin'



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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 has more than 150 trail-tested, meatless recipes that provide at-home preparation directions, trailside cooking instructions, detailed nutritional information, serving suggestions, the weight of the ingredients, and meal-planning tips from some of the most experienced long-distance hikers in the world. The recipes are organized in six sections: breakfast, lunch, dinner, breads, snacks and desserts, and drinks. There is a separate chapter on food preparation and cooking tips, contact information for sources of ingredients, measurement conversions, and a special section of Packable Trailside Cooking Instructions--short directions for each recipe so readers don't have to pack the whole book. This is the most complete guide ever written to meatless eating on the trail, an indispensable resource for vegetarian backpackers, and a great source for recipes for anyone who wants great-tasting and nutritious meals trailside.

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目录:

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