

Backcountry Foodie

Lemon Blueberry Oatmeal



HOME PREP

**Mix Dry
Ingredients**

HOME PREP TIME

**3
Minutes**

FIELD PREP

Cook

FIELD PREP TIME

**4
Minutes**

TOTAL SERVINGS

**1
Serving**

WT/SERVING

**3.9 oz
(109 g)**

INGREDIENTS

½ cup quick-cooking oats (40 g)
¼ cup whole milk powder (30 g)
2 Tbsp freeze-dried blueberries (6 g)
2 Tbsp almonds, sliced (12 g)
1 Tbsp brown sugar (14 g)
1 packet True Lemon™ powder (0.8 g)
½ Tbsp coconut oil (7 g)

Substitutions: Non-dairy milk powder (i.e. coconut, almond, soy) may replace whole milk powder as a vegan alternative. Dried blueberries may be used in place of freeze-dried blueberries. Homemade lemon powder may replace True Lemon® powder.

Nutrition: For a lower calorie meal, do not add the coconut oil (60 calories).

HOME DIRECTIONS

1. Put all dry ingredients in a bag or container to be used in the backcountry.
2. Pack ½ Tbsp (7 g) coconut oil in a leakproof container to be added to the meal when consumed. We recommend double bagging the oil in the event there is a leak.

FIELD DIRECTIONS

1. Add 8 oz (240 mL) hot water or to desired consistency.
2. Stir and let stand to allow blueberries to rehydrate and oatmeal to thicken.
3. Add ½ Tbsp (7 g) coconut oil.
4. Stir to mix well and enjoy!

NUTRITION INFO per serving

KCAL/OZ
131

CALORIES
510

PROTEIN
16 g

CARBS
62 g

FIBER
7 g

SUGAR
31 g

FAT
23 g

Backcountry Foodie

Garlic Parmesan Ramen



HOME PREP

**Mix Dry
Ingredients**

HOME PREP TIME

**2
Minutes**

FIELD PREP

**Cook
Cold Soak**

FIELD PREP TIME

**7-30
Minutes**

TOTAL SERVINGS

**1
Serving**

WT/SERVING

**5.7 oz
(159 g)**

INGREDIENTS

1 package ramen noodles (85 g)
1 Tbsp parsley, dried (1.5 g)
¼ tsp garlic powder (0.8 g)
¼ tsp black pepper (0.6 g)
⅛ tsp table salt (0.8 g)
¼ cup parmesan cheese, shelf-stable (30 g)
3 Tbsp olive oil (42 g)

Substitutions: Rice ramen noodles may be used as a gluten-free alternative. Home precooked and dehydrated noodles may be used as a healthier alternative to ramen noodles.

Nutrition: For a lower calorie meal, reduce olive oil volume by 1 Tbsp (120 calories).

HOME DIRECTIONS

1. Discard ramen noodle spice packet.
2. Put noodles in a bag or container to be used in the backcountry.
3. Put remaining dry ingredients in a second bag to be stored inside the noodle bag or container. If preparing the meal for long-term storage, we recommend packing the parmesan cheese in a separate container just prior to leaving for the trip. *See meal prep tip below.*
4. Pack 3 Tbsp (42 g) olive oil in a leakproof container to be added to the meal when consumed. We recommend double bagging the oil in the event there is a leak.

FIELD DIRECTIONS

1. Remove the parmesan herb packet.
2. Add 8 oz (240 mL) hot/cold water or enough to cover the noodles.
3. Let stand to allow the noodles to rehydrate. This will take approximately 7 minutes if cooking and 30 minutes if cold soaking. Avoid over-soaking noodles as they will become mushy.
4. Consume or properly discard the noodle broth to practice the Leave No Trail principle.
5. Add parmesan herb packet and 3 Tbsp (42 g) olive oil to the noodles.
6. Stir to mix well and enjoy!

Meal prep tip: To lengthen the shelf life of the meal, add shelf-stable parmesan cheese when the meal is consumed. Single-serving packets, such as those used by pizza restaurants, work well.

NUTRITION INFO
per serving

KCAL/OZ
151

CALORIES
860

PROTEIN
21 g

CARBS
53 g

FIBER
3 g

SUGAR
2 g

FAT
65 g

Backcountry Foodie

Sun-Dried Tomato Couscous



HOME PREP

**Mix Dry
Ingredients**

HOME PREP TIME

**3
Minutes**

FIELD PREP

**Cook,
Cold Soak**

FIELD PREP TIME

**3-15
Minutes**

TOTAL SERVINGS

**1
Serving**

WT/SERVING

**5 oz
(140 g)**

INGREDIENTS

½ cup couscous (86 g)
3 pieces sun-dried tomatoes, oil-free and
chopped (15 g)
2 Tbsp pine nuts (20 g)
½ tsp parsley, dried (0.2 g)
½ tsp oregano, dried (0.5 g)
½ tsp basil, dried (0.3 g)
½ tsp turmeric (1 g)
½ tsp garlic powder (1.5 g)
¼ tsp black pepper, ground (0.6 g)
⅛ tsp salt (0.8 g)
1 Tbsp olive oil (14 g)

Nutrition: For a lower calorie meal, do not
add the 1 Tbsp or 14 g olive oil (120
calories). Although, the meal is more
flavorful with the addition of the oil.

HOME DIRECTIONS

1. Put all dry ingredients in a bag or container to be used in the backcountry. *See meal prep tip below.*
2. Pack 1 Tbsp (14 g) olive oil in a leakproof container to be added when the meal is consumed. We recommend double bagging the oil in the event there is a leak.

FIELD DIRECTIONS

1. Add 6 oz (180 mL) hot/cold water to the bag or container.
2. Stir to mix well and let stand allowing the meal to fully rehydrate.
3. Add 1 Tbsp (14 g) olive oil.
4. Stir to mix well and enjoy!

Meal prep tip: We recommend using kitchen scissors to cut the tough sun-dried tomatoes to save time and effort.

NUTRITION INFO per serving

KCAL/OZ
130

CALORIES
650

PROTEIN
17 g

CARBS
81 g

FIBER
10 g

SUGAR
7 g

FAT
28 g

Backcountry Foodie

Chocolate Peanut Butter Shake



HOME PREP

**Mix Dry
Ingredients**

HOME PREP TIME

**1
Minute**

FIELD PREP

No-Cook

FIELD PREP TIME

**1
Minute**

TOTAL SERVINGS

**1
Serving**

WT/SERVING

**4.6 oz
(128 g)**

INGREDIENTS

½ cup whole milk powder (60 g)

¼ cup peanut powder (32 g)

1 x 1.26 oz packet Carnation Breakfast
Essentials™ powder, chocolate (36 g)

Nutrition: To reduce calories by 200, use
non-fat milk powder in place of whole milk
powder.

HOME DIRECTIONS

1. Put all ingredients in a bag or container to be used in the backcountry. *See meal prep tip below.*

FIELD DIRECTIONS

1. Add 8 oz (240 mL) cold water to the container. More or less water may be added to reach the desired flavor.
2. Stir or shake vigorously to mix well.
3. Massage bag with fingers or use a utensil to break up any lumps as peanut powder may clump.
4. Enjoy!

Meal prep tip: Several brands of peanut powder are available for purchase (i.e. PB Fit®, Anthony's®, Emergency Essentials®) at grocery stores or online. Recommend reading food labels and choosing peanut powder containing only peanuts. Many contain added sugar. For example, PB Fit® has a higher fat content than PB2®.

NUTRITION INFO
per serving

KCAL/OZ
128

CALORIES
590

PROTEIN
37 g

CARBS
63 g

FIBER
7 g

SUGAR
49 g

FAT
21 g