

Backcountry Foodie



ULTIMATE BACKPACKING FOOD STARTER GUIDE



By Aaron Owens Mayhew, MS, RDN, CD

Table Of Contents

Hello from Aaron

Know Before You Go

Grocery Store Go-To

Mix and Match

Sample Meal Plans

- **Convenient Classic**
- **Foodie Feast**

Things to Remember

My Favorite Resources

Want More?

Ultralight Recipes

Disclaimer

Hi, I'm Aaron...

I'm a registered dietitian, an ultralight backpacker, and founder of backcountryfoodie.com.

If you feel overwhelmed with planning meals for your backpacking trips, you're not alone.

When I set out on my first overnight trip, my head was spinning with all of the logistics. Did I have the right sleeping bag? How much water will I need? Did I pack enough food?

You don't have to worry anymore!

After 20 years of trial and error, thousands of miles, and planning for several thru-hikes, I'm here to share my meal planning secrets that will set you up for success.

This guide is packed with tips & tricks I wish I knew on my first backpacking trip.



Happy Trails,

Aaron

P.S. If you still have questions after reading this guide, please email me at aaron@backcountryfoodie.com. I'd love to hear from you!

Know Before You Go

1 One size doesn't fit all

Because everyone is different, **no one calorie goal works for everyone**. The best way to determine your needs is to spend time hiking. Over time, you'll be able to figure out your calorie needs for day hikes and backpacking trips alike. As a starting point, check out our [YouTube video](#) dedicated to helping you pack the perfect number of calories.



2 Fuel like an athlete



Have you ever considered yourself to be an athlete? **Backpackers are tremendous athletes!** Pat yourself on the back for carrying that heavy pack, climbing thousands of feet of elevation gain, and doing this day after day unsupported. What's important is that you fuel your body like an athlete. Check out our "[Backpackers are Athletes](#)" blog post to learn more about nutrition while backpacking.

Know Before You Go

3 Eat consistently

Some people enjoy three large meals, while others prefer to snack throughout the day. Either way, make sure you're eating at least **250 calories from carbohydrates every 60-90 minutes**. This will be more challenging than you might expect, but it's essential for maintaining consistent energy levels while hiking. Check out our "[Backpacking Nutrition](#)" blog post to learn more.



4 Balance your meals



There are three macronutrients that your body needs, and it's important to make sure you eat all of them while hiking. Eating **carb-heavy snacks** while hiking will help keep your energy levels up, and pairing those carbs with some **protein and fat** will allow your body to recover properly and maintain energy throughout the day. Try to eat some fiber, too!

Grocery Store Go-To

Did you know that you can find a wide variety of backpacking food options at your local grocery store? Grocery store items are a great way to backpack on a budget and can be pretty nutritious.

Basic Shopping List

Fruit

Dried or Freeze-dried Fruit
Fruit Leather
Apples, Oranges, Avocado

Bulk Bins

Oatmeal, Granola
Couscous, Bulgur, Instant Rice
Trail mix, Nut mix
Hummus Mix
Pasta
Milk Powder

Cereal Aisle

Carnation Breakfast Essentials®
Cold Cereal, Granola
Granola Bars, Energy Bars
Oatmeal, Grits, Cream of Wheat

Meat & Fish

Tuna, Chicken, Salmon Packets
Spam Singles
Pepperoni, Summer Sausage, Salami
Jerky

Soup Mixes

Ramen, Instant Soup Mix
Bouillon Powder
Instant Mashed Potatoes

Bakery

Tortillas, Pita Bread, Wraps
Bagels, English Muffins

Drinks

Instant Coffee, Latte Mix
Hot Cocoa Mix
Electrolyte Drink Mix

Other

Nut & Seed Butters
Olive Oil, Coconut Oil
Chips, Crackers, Pretzels
Cookies, Graham Crackers
Milk Powder
Cheese Sticks
Freeze-Dried Yogurt Bites

Mix and Match

Start with a grocery store staple on the left and add in a flavorful extra from the right. Remember to test your recipes at home before bringing them on trail!



Oatmeal +

Dried Fruit + Coconut

Nuts & Seeds

Milk Powder

Nut Butter + Chia Seeds



Tortilla +

Peanut Butter + Honey

Hummus

Instant Refried Beans

Summer Sausage + Cheese

Tuna Packet + Pesto



Ramen +

Peanut Butter + Soy Sauce

Pesto + Parmesan Cheese

Dehydrated vegetables

Dried Fruit & Nuts

Remember that each meal, ideally, should have carbohydrates, protein, and fat. Backpackers need lots of calories and carbohydrates for optimal performance!

Sample Meal Plans

Hikers have different cooking styles in the backcountry. The following sample meal plans are designed with different types of hikers in mind.

Convenient Classic

Prefer to buy quick and easy foods off the grocery store shelves? This plan is for you! It's hard to keep weight low and nutrition value high with convenience foods, but this plan will show you the basics with simple meal ideas.



Foodie Feast

Preparing delicious, ultralight meals at home is likely easier than you think! Measure and mix dry ingredients from the grocery store and package your meals in freezer bags or other airtight containers. Meals rehydrate quickly on the trail with no cooking or simmering required.



Convenient Classic

Breakfast



Granola with
Dried Fruit +
Whole Milk
Powder

AM Snack



Energy Bar

Lunch



Dry Hummus
Mix + Olive Oil,
Pita Chips,
Cheese Stick

PM Snack



Chocolate
Peanut Butter
Shake

Dinner



Couscous Mix +
Olive oil, Tuna,
Cheese Stick

Dessert



Candy Bar

3300 cal

114 g pro.

26.9 oz

Weight: ★★☆☆☆ Taste: ★★★☆☆ Ease of prep: ★★★★★

Foodie Feast

Breakfast



Lemon
Blueberry
Oatmeal

AM Snack



Chocolate
Peanut Butter
Shake

Lunch



Garlic
Parmesan
Ramen

PM Snack



Aloha
Trail Mix

Dinner



Sun-dried
Tomato
Couscous

Dessert



Mixed Berry
Crumble

3200 cal

99 g pro.

22.8 oz

Weight: ★★★★★ Taste: ★★★★★ Ease of prep: ★★★☆☆

Things To Remember



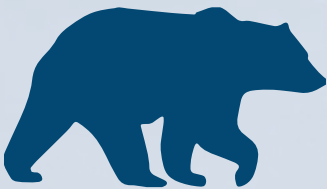
Try before you go!

When I was a beginner hiker, I often made the mistake of packing new meals and not trying them until I was in the backcountry. There's nothing worse than hiking to camp and then realizing you don't like your dinner. Remember to test new foods at home first!



Be aware of local rules & regulations.

Some areas require permits, and others may have fire bans or bans on any flame source (including canister stoves). Make sure you look into the regulations before you plan your trip.



Watch out for wildlife!

In some areas, you are required to carry your food in a bear can and/or hang your food at night. Look into the recommendations for your trail before you head out.



Follow Leave No Trace Guidelines.

Always follow Leave No Trace guidelines and principles when you're in the backcountry. You can find more information at www.Int.org

Favorite Resources



Find us on [Youtube!](#) We have lots of videos about backpacking food, with more to come soon.



Check out our [blog](#), where we publish content about sports nutrition and backpacking food by dietitians and dietetic students.



Join us on our [Facebook](#) page for ideas & support! Here are some of my favorites groups:

- [Healthy Gourmet Backpacking Food](#)
- [Backcountry Meal Planning for Thru-Hikers](#)
- [Dehydrating Divas and Dudes](#)



[The Hungry Spork](#) by Inga Aksamit is a great resource for beginner long-distance hikers



If you're interested in grocery shopping from home, or can't find ingredients in your local store, check out our [Foodie's Pantry](#). We share links for our go-to products.



If you need information for dehydrating foods at home, I recommend following the [USDA guidelines](#). Reliable information can be found through the [Colorado State University Extension](#) website.

YouTube Videos



Cold Weather Nutrition: 3 Quick Tips

<https://youtu.be/zhAYQxOZcHY>



How Many Calories Should You Pack? Skip the 2 lb/day Rule

<https://youtu.be/u39iDdLk9i8>



Ultralight Backpacking Food: 7 Overlooked Features

<https://youtu.be/Kc4iYFWosX4>



My Favorite No-Cook Lunch Idea

<https://youtu.be/iVMqdfXB3ns>



Backpacking Hydration: Ultralight Water Filtration

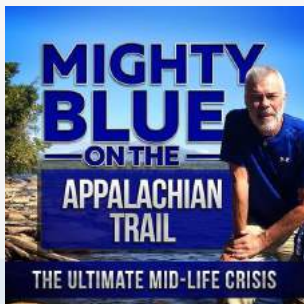
<https://youtu.be/jalth4koRyg>

Podcast Episodes



GAIA Out and Back

<https://blog.gaiagps.com/the-out-and-back-podcast-backcountry-foodie/>



Mighty Blue on the AT

<https://mightyblueontheat.com/episode-207-aaron-owens-mayhew-sling/>



Trust the Trail

<https://trustthetrailpodcast.com/180-interview-with-aaron-owens-mayhew-of-backcountry-foodie/>



Hiking Thru

<https://www.hiking-thru.com/episodes/aaron-owens-mayhew-aka-sling>



Adventure Sports Podcast

<https://www.adventuresportspodcast.com/2020/03/ep-620-backcountry-foodie-aaron-mayhew.html>

Want More?

This guide will help you kickstart your DIY backpacking food journey... but it doesn't have to stop here!

Are you thinking...this is all great Aaron, but I'm vegan (or gluten-free, or dairy-free, etc). What do I do now?

Our website is jam-packed with expert tips for tailoring your meal plan to meet your specific needs. Our members have access to 175+ ultralight recipes plus our drag & drop meal planner.

Be the envy of your hiking friends.

They'll drool while you enjoy your homemade backpacking meals.

Hike on over to backcountryfoodie.com to learn more.

Use coupon code **ULTIMATEGUIDE for 20% off of our memberships!**

Ultralight Recipes

The recipes referenced in the Foodie Feast meal plan can be found at the end of this guide. Printer-friendly field instruction labels are also included.

What makes our recipes unique?

Ultralight & Low Volume

Our recipes maximize the calories and nutrition per gram to help keep your pack light while providing your body with the fuel it needs!

Quick & Easy Meal Prep

You can prepare these meals at home in only a few minutes. It's as simple as measuring dry ingredients and adding them to a bag or container. No precooking or dehydrating is required. Our freezer-bag style meals can be cooked or cold soaked in a short amount of time on trail. No simmering is needed, and minimal clean-up is required.

Optimized for Peak Performance

You'll have a spring in your step with protein optimized for performance and the carbohydrate to protein ratio needed for recovery. You can also expect reduced inflammation and a happier digestive system.

Foodie Feast Recipes

- **Lemon Blueberry Oatmeal**
- **Garlic Parmesan Ramen**
- **Sun-Dried Tomato Couscous**
- **Chocolate Peanut Butter Shake**
- **Aloha Trail Mix**
- **Mixed Berry Crumble**



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)
- ½ 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

Backcountry Foodie

Aloha Trail Mix



HOME PREP

**Mix Dry
Ingredients**

HOME PREP TIME

**2
Minutes**

FIELD PREP

No-Cook

FIELD PREP TIME

Ready to Eat

TOTAL SERVINGS

**1
Serving**

WT/SERVING

**4.9 oz
(138 g)**

INGREDIENTS

- ½ cup macadamia nuts (67 g)
- ¼ cup coconut flakes, unsweetened & large (15 g)
- 1 dried pineapple ring, diced (28 g)
- 2 Tbsp white chocolate chips (28 g)

Nutrition: This is a calorically dense, low-volume recipe.

HOME DIRECTIONS

1. Put all ingredients in a bag or container to be used in the backcountry.

FIELD DIRECTIONS

1. Eat as-is and enjoy!

NUTRITION INFO
per serving

KCAL/OZ
168

CALORIES
822

PROTEIN
8 g

CARBS
57 g

FIBER
8 g

SUGAR
43 g

FAT
69 g

Aloha Trail Mix

Directions: Eat-as is and enjoy!

Ingredients: macadamia nuts, dried pineapple, coconut flakes, white chocolate chips

Nutrition: 822 kcal (168 kcal/oz), 8 g protein, 57 g carbohydrate, 8 g fiber, 43 g total sugar, 69 g fat

Net wt: 4.9 oz | 138 g **Exp. Date:** _____

www.backcountryfoodie.com

Aloha Trail Mix

Directions: Eat-as is and enjoy!

Ingredients: macadamia nuts, dried pineapple, coconut flakes, white chocolate chips

Nutrition: 822 kcal (168 kcal/oz), 8 g protein, 57 g carbohydrate, 8 g fiber, 43 g total sugar, 69 g fat

Net wt: 4.9 oz | 138 g **Exp. Date:** _____

www.backcountryfoodie.com

Aloha Trail Mix

Directions: Eat-as is and enjoy!

Ingredients: macadamia nuts, dried pineapple, coconut flakes, white chocolate chips

Nutrition: 822 kcal (168 kcal/oz), 8 g protein, 57 g carbohydrate, 8 g fiber, 43 g total sugar, 69 g fat

Net wt: 4.9 oz | 138 g **Exp. Date:** _____

www.backcountryfoodie.com

Aloha Trail Mix

Directions: Eat-as is and enjoy!

Ingredients: macadamia nuts, dried pineapple, coconut flakes, white chocolate chips

Nutrition: 822 kcal (168 kcal/oz), 8 g protein, 57 g carbohydrate, 8 g fiber, 43 g total sugar, 69 g fat

Net wt: 4.9 oz | 138 g **Exp. Date:** _____

www.backcountryfoodie.com

Aloha Trail Mix

Directions: Eat-as is and enjoy!

Ingredients: macadamia nuts, dried pineapple, coconut flakes, white chocolate chips

Nutrition: 822 kcal (168 kcal/oz), 8 g protein, 57 g carbohydrate, 8 g fiber, 43 g total sugar, 69 g fat

Net wt: 4.9 oz | 138 g **Exp. Date:** _____

www.backcountryfoodie.com

Aloha Trail Mix

Directions: Eat-as is and enjoy!

Ingredients: macadamia nuts, dried pineapple, coconut flakes, white chocolate chips

Nutrition: 822 kcal (168 kcal/oz), 8 g protein, 57 g carbohydrate, 8 g fiber, 43 g total sugar, 69 g fat

Net wt: 4.9 oz | 138 g **Exp. Date:** _____

www.backcountryfoodie.com

Aloha Trail Mix

Directions: Eat-as is and enjoy!

Ingredients: macadamia nuts, dried pineapple, coconut flakes, white chocolate chips

Nutrition: 822 kcal (168 kcal/oz), 8 g protein, 57 g carbohydrate, 8 g fiber, 43 g total sugar, 69 g fat

Net wt: 4.9 oz | 138 g **Exp. Date:** _____

www.backcountryfoodie.com

Aloha Trail Mix

Directions: Eat-as is and enjoy!

Ingredients: macadamia nuts, dried pineapple, coconut flakes, white chocolate chips

Nutrition: 822 kcal (168 kcal/oz), 8 g protein, 57 g carbohydrate, 8 g fiber, 43 g total sugar, 69 g fat

Net wt: 4.9 oz | 138 g **Exp. Date:** _____

www.backcountryfoodie.com

Aloha Trail Mix

Directions: Eat-as is and enjoy!

Ingredients: macadamia nuts, dried pineapple, coconut flakes, white chocolate chips

Nutrition: 822 kcal (168 kcal/oz), 8 g protein, 57 g carbohydrate, 8 g fiber, 43 g total sugar, 69 g fat

Net wt: 4.9 oz | 138 g **Exp. Date:** _____

www.backcountryfoodie.com

Aloha Trail Mix

Directions: Eat-as is and enjoy!

Ingredients: macadamia nuts, dried pineapple, coconut flakes, white chocolate chips

Nutrition: 822 kcal (168 kcal/oz), 8 g protein, 57 g carbohydrate, 8 g fiber, 43 g total sugar, 69 g fat

Net wt: 4.9 oz | 138 g **Exp. Date:** _____

www.backcountryfoodie.com

Backcountry Foodie

Mixed Berry Crumble



HOME PREP

**Mix Dry
Ingredients**

HOME PREP TIME

**5
Minutes**

FIELD PREP

Cook

FIELD PREP TIME

**5
Minutes**

TOTAL SERVINGS

**1
Serving**

WT/SERVING

**2.5 oz
(71 g)**

INGREDIENTS

- 1 Tbsp freeze-dried blueberries (4 g)
- 2 Tbsp freeze-dried strawberries (4 g)
- 2 Tbsp freeze-dried raspberries (4 g)
- 1 Tbsp cane sugar (13 g)
- 1 tsp cornstarch (3 g)
- ½ tsp cinnamon, ground (1.3 g)
- 1 packet True Lemon™ powder (0.8 g)
- 2 Tbsp butter powder (12 g)
- 2 graham cracker sheets, crumbled (16 g)
- 1 Tbsp coconut oil (14 g)

Substitutions: Homemade lemon powder may replace True Lemon® powder.

Gluten-free graham crackers may be used as a gluten-free alternative.

HOME DIRECTIONS

1. Put all ingredients, except graham cracker crumbs and coconut oil, in a bag or container to be used in the backcountry. *See meal prep tip below.*
2. Put graham cracker crumbs in a separate bag or container to be stored with the berry mix.
3. Pack 1 Tbsp (14 g) coconut oil to be added to when the meal is consumed. We recommend double bagging the oil in the event there is a leak.

FIELD DIRECTIONS

1. Add 1-2 oz (30-60 mL) hot water to the berry mixture.
2. Stir to mix well and let stand to allow the berries to fully rehydrate and sauce to thicken.
3. The mixture should be the consistency of a fruit compote. More or less water may be added to reach the desired consistency.
4. Add 1 Tbsp (14 g) coconut oil to the berry mixture.
5. Stir to mix well.
6. Sprinkle graham cracker crumbs over the berry compote and enjoy!

Meal prep tip: Dehydrated fruit is not recommended as it will not create a compote unless cooked for an extended period of time in a pot.

Nutrition: For a lower calorie meal, do not add the 1 Tbsp (14 g) coconut oil (120 calories). To reduce calories by an additional 40, reduce the volume of butter powder by 1 Tbsp (6 g).

NUTRITION INFO
per serving

KCAL/OZ
152

CALORIES
379

PROTEIN
3 g

CARBS
41 g

FIBER
4 g

SUGAR
23 g

FAT
23 g

Disclaimer

This is a generalized how-to guide and is not a substitute for individual medical or nutrition advice.

Nutrition needs in the backcountry vary greatly from person to person based on a variety of factors, including body size and composition, activity level, terrain, pack weight, and more.

Use this guide as a baseline and adjust as necessary for your individual requirements.

For additional information or individualized advice, visit backcountryfoodie.com.

