

The book was found

Lipsmackin' Vegetarian Backpackin': Lightweight, Trail-Tested Vegetarian Recipes For Backcountry Trips



Synopsis

This collection of more than 150 trail-tested recipes, the meat-free sequel to the best-selling *Lipsmackin' Backpackin'*, features instructions for at-home preparation, packable trailside cooking instructions, nutritional information, serving details, and the weight of the ingredients.

Book Information

Paperback: 272 pages

Publisher: Falcon Guides; Second Edition edition (October 1, 2015)

Language: English

ISBN-10: 0762785020

ISBN-13: 978-0762785025

Product Dimensions: 5.9 x 0.7 x 9.1 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #420,446 in Books (See Top 100 in Books) #55 in *Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs* #291 in *Books > Sports & Outdoors > Hiking & Camping > Camping* #515 in *Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian*

Customer Reviews

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 revised and updated sequel to the top-selling *Lipsmackin' Backpackin'*, this all-in-one backpacker's food guide features 180 meatless recipes from some of the most experienced long-distance hikers in the world. Each recipe - whether it's for breakfast, lunch, dinner, snacks, or beverages - gives at-home preparation directions, trailside cooking instructions, detailed nutritional information, and backpack weight of the ingredients. Additional meal preparation and cooking tips, food dehydration how-tos, source lists, and conversion charts make this one of the most complete guides ever written for meatless eating on the trail.

Christine and Tim Conners are experienced campers, backpackers, outdoor chefs, and the authors of *Lipsmackin' Backpackin'*, *Lipsmackin' Car Campin'*, and *The Scout's Outdoor Cookbook*. They live in Statesboro, Georgia.

Got this for my vegetarian girlfriend for Christmas. It's great not only because the recipes are tasty, but there's a lot of detail about what you can prep at home vs. out on the trail, as well as nutritional info and weight per serving. Recommended!

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

Lipsmackin' Vegetarian Backpackin': Lightweight, Trail-Tested Vegetarian Recipes for Backcountry Trips
Lipsmackin' Backpackin': Lightweight Trail-tested Recipes for Backcountry Trips
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)
Lipsmackin' Vegetarian Backpackin' 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)
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)
Ultralight Backpackin' Tips: 153 Amazing & Inexpensive Tips For Extremely Lightweight Camping
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)
Another Fork in the Trail: Vegetarian and Vegan Recipes for the Backcountry
KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan)
50 Dutch Oven Recipes For The Vegetarian
Quick and Easy One Pot Meals (Vegetarian Cookbook and Vegetarian Recipes Collection 8)
Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide Through The Best Vegetarian Recipes Ever (vegetarian, Instant pot slow cooker, ... lunch, dessert, dinner, snacks, SERIES 2)
Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide through the best vegetarian recipes ever (vegetarian, Instant pot slow ... lunch, dessert, dinner, snacks, for two)
The Healthy Ketogenic Vegetarian Cookbook: 100 Easy & Delicious Ketogenic Vegetarian Diet Recipes For Weight Loss and Radiant Health (Vegetarian Keto Diet) (Volume 1)
Kief Preston's Time-Tested Edibles Cookbook:: Medical Marijuana Recipes CANNABUTTER Edition (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 1)
Kief Preston's Time-Tested Edibles Cookbook: Medical Marijuana Recipes Cannabutter Edition

(The Kief Preston's Time-Tested Edibles Cookbook Series 1) Kief Preston's Time-Tested Edibles Cookbook: Medical Marijuana Recipes COCONUT Edition (The Kief Peston's Time-Tested Edibles Cookbook Series) (Volume 3) Kief Preston's Time-Tested FASTEST Edibles Cookbook: Quick Medical Marijuana Recipes - 30 Minutes or Less (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 2) SE great trips: Day trips & vacation trips in the Southeast

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)