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**Lipsmackin' Vegetarian Backpackin':
Lightweight, Trail ...**

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

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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 ...

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Lipsmackin' Vegetarian Backpackin'
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.

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**Lipsmackin' Vegetarian Backpackin':
Lightweight, Trail ...**

Lipsmackin' Backpackin' is your guide to essential eating on the trail. A new kind of outdoor cookbook, this all-in-one food guide is filled with trail-tested recipes providing at-home preparation directions, on-the-trail preparation

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directions (including a special take-along section), nutritional information, the number of servings each recipe will produce, and the weight the ingredients will add to your backpack.

Lipsmackin' Backpackin': Lightweight, Trail-Tested Recipes ...

Tired of power bars, half-cooked quick

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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

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Crown Curry Couscous, Springer
Mountain Pesto, and Time-Traveler's
Tamales instead.

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Conners, Tim] on Amazon.com. *FREE* shipping on qualifying offers.

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Lipsmackin' Backpackin', 2nd: Lightweight, Trail-Tested ...

Their amassed treasure consists of

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"lightweight trail-tested vegetarian recipes for backcountry trips" provided by more than 50 contributors. Lipsmackin' Vegetarian Backpackin' is a sequel to the Conners' successful Lipsmackin' Backpackin' that included a number of vegetarian recipes. Although this volume is totally-meat free, it is not animal-free.

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**Vegetarians in Paradise/Lipsmackin'
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Backpacking Cookbooks

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Lipsmackin' Campin' - Home

Backpack Gourmet: Good Hot Grub You
Can Make at Home, Dehydrate, and Pack
for Quick, Easy, and Healthy Eating on

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the Trail; Lipsmackin' Backpackin' :
Lightweight, Trail-Tested Recipes for
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Vegetarian Backpackin' The Complete
Trail Food Cookbook: Over 300 Recipes
for Campers, Canoeists and Backpackers

BACKPACKING FOOD TIPS

Whether you're a vegetarian or just

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interested in eating well, Lipsmackin' Vegetarian Backpackin' is an indispensable resource for great-tasting and nutritious meals trailside. About the Author Christine and Tim Conners have been hiking together since they began dating.

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Conners, Christine ...
Lipsmackin' Backpackin' book. Read 7 reviews from the world's largest community for readers. Tasty backcountry cookbook filled with trail-tested recipes ...

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Recipes for Backcountry Trips,
Paperback by Conners, Christine;
Conners, Tim, ISBN 0762785020,
ISBN-13 9780762785025, Brand New,
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food for the trail introduces more than
150 trail-tested, meatless recipes that

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include at-home preparation directions
and trailside cooking instructions,
nutritional information, serving
suggestions, ingredient weight, and
other tips for breakfast, lunch ...

Lipsmackin' Vegetarian Backpackin' : Lightweight, Trail ...

This book is the sequel to the top-selling

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Lipsmackin' Backpackin': Lightweight Trail-tested Recipes for Backcountry Trips, which I'll have to get Ian to write a review for as I'm a tree-hugging vegetarian. The book begins with an introduction to using the book, and a primer on dehydrator use.

Book Review: Lip Smackin'

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Backpack Gourmet: Good Hot Grub You Can Make at Home, Dehydrate, and Pack for Quick, Easy, and Healthy Eating on the Trail; Lipsmackin' Backpackin' :

Lightweight, Trail-Tested Recipes for Backcountry Trips; Lipsmackin'

Vegetarian Backpackin' The Complete Trail Food Cookbook: Over 300 Recipes

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**Backpacking Recipes - Cereal Bars -
BACKPACKING LIGHTWEIGHT**

Additional meal preparation and cooking
tips, food dehydration how-tos, source
lists, and conversion charts make this

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the most complete guide ever written for meatless eating on the trail. Whether you're a vegetarian or just interested in eating well, Lipsmackin' Vegetarian Backpackin' is an indispensable resource for great-tasting and nutritious meals trailside.

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by Christine Conners ...

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Trail-Tested Recipes for Backcountry
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Backpackin' The Complete Trail Food
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Backpacking Recipes - Freezer Bag Chili

Whether you're a vegetarian or just interested in eating well, Lipsmackin' Vegetarian Backpackin' is an indispensable resource for great-tasting and nutritious meals trailside. About the Author Christine and Tim Connors have

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been hiking together since they began dating.

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