



VEGAN NO-BAKE GRANOLA BARS

2 ½ c rolled or quick oats
1 c sliced almonds
½ c dried cranberries (aka Craisins)
2/3 c peanut butter or almond butter
½ to 2/3 c agave nectar or brown rice syrup
(adjust based on how well things stick together)
Salt, to taste

Mix oats, almonds and craisins in a large bowl.

In another bowl, mix together nut butter, sweetener, and sea salt.

Pour into oat mixture, and mix well, until everything is sticky and combined. If it's too dry, add a bit more agave or brown rice syrup.

Press mixture into a shallow baking dish lined with wax paper, parchment paper, plastic wrap or foil.

Cover with wax paper/parchment paper/plastic wrap/foil, press down into the baking dish, and refrigerate for 4 hours.

Cut into bars, wrap, and keep refrigerated until ready to use. They will last two weeks in the fridge.

TROPICAL TRAIL MIX

Dried fruit of choice: Mango, pineapple, banana, cherries, papaya, etc

Nuts of choice: Macadamia, almonds, cashews, etc

Mix together in a bowl and transfer to a snack size bag or small airtight container to pack along.



VEGAN CAMPING

09 July 2013

QUINOA TACO SALAD

1 c quinoa
½ red onion, chopped
1 bell pepper, seeded and chopped
3 cloves garlic, minced
1 15-ounce can black beans, drained
1 tomato, diced
1 cup instant brown rice
1 tablespoon extra virgin olive oil
Salt and pepper, to taste
Optional toppers: Salsa, guacamole

AT HOME

Rinse quinoa well and air dry thoroughly, then pack in a zip-top bag. Combine onion, peppers, and garlic in a second zip-top bag and combine beans and tomatoes in a third.

IN CAMP

Bring 2 ½ cups of water to a boil and stir in quinoa and rice. Return to boil, then reduce heat to medium and simmer for five to 10 minutes, until water is absorbed. Set aside. Sauté the onion, pepper, and garlic in oil until onions are soft. Stir in beans, tomato, and the quinoa and rice mixture. Divide into bowls and season to taste.

SHORTCUTS: Buy flavored and pre-seasoned quinoa (no need to pre-rinse), dehydrated or Ready-To-Eat style veggies and rice, and prepackaged salsa or guacamole. Cook the quinoa in camp and stir in ready to eat veggies & rice. Super fast & super easy!

VEGAN S'MORES

Vegan graham crackers (homemade, see back)
Vegan Marshmallows (Dandies, Sweet & Sara)
Vegan Chocolate bar (Semisweet or dark)

Place a marshmallow on a skewer and roast over an open fire for a few seconds, or until it becomes lightly browned & toasted. Carefully remove and place a piece of chocolate on one graham cracker, followed by a toasted marshmallow, and top with a second graham cracker. Enjoy!

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VEGAN GRAHAM CRACKERS

1 ½ c graham flour or whole wheat pastry flour
1/3 c unbleached sugar
½ tsp baking soda
½ tsp cinnamon scant
½ tsp salt
1/4 c oil
2 TBSP molasses or 1 TBSP brown sugar + 1 TBSP agave
1 tsp pure vanilla extract
1/4 c almond milk

Preheat oven to 350° F. Line a light colored baking sheet with parchment paper.

In a large bowl, mix together flour, sugar, baking soda, cinnamon and salt. Make a well in the middle and pour in oil, molasses and vanilla. Give the liquid ingredients a quick whisk with a fork and then continue mixing until everything is well combined and crumbly.

Drizzle in the milk and combine. Use your hands to knead the dough a few times until it holds together. At this point, a pliable ball of dough should be able to be formed.

Place the dough on a sheet of parchment paper, flatten a bit with the palms of your hand and sprinkle with flour. Use a rolling pin to roll into a rectangle that is roughly 10 x 14 inches. The dough should be about 1/8 inch thick.

Cut the edges off so that you have a relatively even rectangle. Carefully transfer to a baking sheet and cut out crackers (cut in half lengthwise down the center, then in half again on either side; repeat for cutting widthwise, resulting in a bunch of small rectangles.) The amount obtained will be determined by the size of baking sheet used, but typically it will be 8-12 crackers.

Score each cracker with a fork 4 times in 2 columns. You don't need to poke all the way through. Bake for 10 to 14 minutes (ovens vary); 14 minutes yields a crispier cracker and 10 will be more cookie-like.

Let cool completely on the baking sheet. Break apart each cracker and store in an airtight container.

CAMPING CUISINE TIPS

- ◆ Select foods with minimum cooking times so you don't run out of fuel. Measure out only what you need for each meal (including spices) and don't bring "a bunch of everything" and try to figure it out when you get there
- ◆ Consider some no cook meals for bad weather or equipment malfunction or just plain convenience
- ◆ Buy a ½ pound of dry ice, keep it wrapped up in the paper it comes in and place it in the bottom of the cooler. Cover that with about an inch of regular ice. Add food, drinks, etc. and more ice. The dry ice will keep your regular ice from melting as fast.

OAT-DATE BARS

2/3 c chopped pitted dates, divided
1/2 c water
1/4 c Flax Eggs (1 TBSP ground flax + 3 TBSP water)
1-1/4 c quick-cooking oats
1/2 c whole wheat flour
1/2 tsp ground cinnamon
1/4 tsp + 1/8 tsp baking powder
1/8 tsp sea salt

Preheat oven to 375°F and grease an 9x13-inch baking pan.

In a food processor, combine 1/3 cup of the dates and water; mix until very smooth. Add flax egg and blend just until combined.

In a medium bowl, combine oats, flour, cinnamon, baking powder and salt and whisk until combined.

Add date-and-water mixture and remaining 1/3 cup chopped dates; stir until moistened.

Scrape into prepared pan, level the top with a spatula, and bake until firm and lightly browned around the edges, about 17 minutes.

Cool in the pan and cut into bars. Bars keep in an airtight container for about a week. They can also be individually wrapped and frozen until ready to eat; allow about 2 hours for them to thaw.

BEST BACKPACKING FOODS

- WATER! (Both for cooking and for staying hydrated)
- Quick cooking grains such as couscous, minute rice, oatmeal, and instant grits
- Dehydrated instant refried beans, hummus, etc
- Sun-dried tomatoes, dried mushrooms, dehydrated onions, peppers, and other vegetables
- Dry soup and sauce mixes, bouillon, and ramen (all serve as bases for meals)
- Whole grain Pita bread, tortillas, chips & crackers
- Jerky (Tofurky Jerky, Primal Strips, etc)
- Non-dairy vegan powdered milk
- Nuts & seeds, energy bars & trail mix
- Grapes, carrots, cherry tomatoes, apples and celery sticks. Prefer apple slices to whole apple? Keep a cut apple from browning by putting the slices into its original shape and securing with a rubber band.
- Single-serve condiment packets: ketchup, mustard, agave, olive oil, salad dressing, peanut butter, jam, etc
- Dried fruit
- Teas, powdered beverages, and juice mixes
- Shelf-stable meals, Cook-In-The-Bag meals, and dehydrated meals—some brands that have vegan options include Tasty Bite, FIG, St. Dalfour, Westbrae Naturals, and many others. These types of ready made foods are available at most well-stocked grocery stores, outdoor recreation stores, food storage supply outlet stores (such as dailybread.com), and online.