

Carob Fudge

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

Ingredients:

- 1 cup sesame meal or sunflower meal
- 2 tablespoons carob powder
- 2 tablespoons honey
- 1 tablespoon water

Instructions:

Mix all ingredients well in bowl. Pack in lidded plastic container and pinch off pieces as you want them.

Variations: Add $\frac{1}{4}$ cup coconut; add $\frac{1}{2}$ cup currants or chopped raisins.

Cashew Fudge

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

Ingredients:

- ½ cup cashew butter
- ½ cup chopped cashews
- ¼ cup currants or chopped raisins
- ¼ cup soy milk powder OR ½ cup wheat germ flakes
- 2 tablespoons honey

Instructions:

Combine all ingredients. Carry in lidded plastic container.

Cheese Cookies

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

Ingredients:

- ½ pound medium cheddar cheese, grated
- 1 cup whole wheat flour
- 3 tablespoons oil
- ¼ teaspoon salt
- dash cayenne
- 1/3 cup finely chopped pecans or walnuts, or save whole to put on top
- 3 to 4 tablespoons milk

Instructions:

Mix grated cheese, flour, oil, salt, and cayenne until an even crumbly texture. Add milk and chopped nuts and knead into a large ball. Roll into balls about 1 inch in diameter and mash between palms of hands. If you didn't add nuts to mixture, place one half nut meat into center top of each cookie. Bake at 350 F on oiled cookie sheet for 20 minutes.

Fruit Leather

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

A dried fruit sweet treat. Break off pieces to suck on along the trail; it melts in your mouth, a good replacement for hard candy. When you have an excess of fresh ripe fruit or berries, plan ahead and dry some in thin shallow "peels" in the sun. It happens quickly and easily.

1. Apricots
2. Peaches
3. Plums
4. All berries
5. Apple or pear sauce that has been put through a ricer

Instructions:

Wash and dry ripe fruit as best you can. Place whole fruit in ricer, and mash through into a bowl, leaving just the dry peels or seeds in the ricer. You might like to add almond extract, honey, or lemon juice, depending on the taste of the fruit. Pour fruit sauce in a puddle in the middle of a glass cake or pie pan and spread to within ½ inch of all edges. It should be the consistency of apple butter. Place in the sun for the day, bringing it in as the sun goes down in order to prevent dew. Cover for the evening with an open paper bag or cheesecloth to keep fruit clean. Return to the sun the following day and repeat until dry. If a storm comes up for the day, put pan in oven at the lowest heat possible and leave the door slightly open. Watch carefully. When fruit is dry enough to be lifted off pan, just continue drying on oven racks so both sides dry. In summertime, it should take 3 to 4 days. When finished, peel off and lay fruit leather on a piece of wax paper and roll up. Place in a plastic bag and store in a cool, dry, dark place.

Fruit Pemmican

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

Chewy fruit-nut bars, high in protein and good for eating on the trail or in your tent when it's pocket-food weather.

Ingredients:

- 1 cup raisins
- ½ cup honey
- ½ cup milk powder
- ½ cup wheat germ
- 1/3 cup soy flour
- ¼ cup wheat bran
- ½ cup of each almonds, walnuts, brazils or filberts, whole or chopped
- 2 tablespoons corn oil
- enough grape or apple juice to make thick batter

Instructions:

Mix all ingredients well. Spread into 8 inch square pan. Bake at 300 F for 30 to 40 minutes or until firm. Cut into squares but allow to cool before removing from pan.

Variation: Add dates or chopped apricots.

Granola

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

Serve this granola with stewed fruit, hot or cold milk, water, mint or rose hip tea, or just plain dry as a pocket food.

Ingredients:

- ½ cup oil
- ½ cup honey
- ½ cup sorghum, molasses or maple syrup
- 1 tablespoon vanilla
- ¼ cup milk powder
- 2 tablespoons nutritional yeast
- 1 cup wheat germ
- 5 cups rolled oats
- 2 cups rolled wheat
- 2 cups rolled rye
- 1 cup unsweetened coconut shreds
- 2 cups raisins or currants
- 1 cup each cashews, almonds, pitted dates, sunflower seeds

Instructions:

Heat oil, honey, and syrup in a large pot until thin. Remove from heat. Add remaining ingredients in order given, except fruit, nuts, and seeds. Stir well after each addition. Spread mixture onto a cookie sheet. Bake at 250 F for 1 ½ to 2 hours, stirring occasionally. Cool. Stir in remaining ingredients. Store in airtight container.

Granola Bars

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

Chewy, sweet, filling, satisfying, easy to pack, and good for your low energy.

Instructions:

Follow Granola recipe, using 6 cups rolled grains instead of 9. Press into two 8 inch square pans and bake at 300 F for 30 to 40 minutes or until golden brown. Cut while hot, but cool before removing from pan.

High Protein Almond Cookies

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

Ingredients:

- 2 ¼ cup whole wheat flour
- 1 cup almond meal
- ¾ cup oat flour
- ½ cup chopped pecans
- ¼ cup soy flour
- ¼ to ½ cup currants or raisins
- 2 tablespoons chia seeds
- 1 teaspoon coriander
- ½ teaspoon salt
- ½ cup apple juice or water
- ½ cup honey
- ¼ cup oil
- 1 teaspoon almond extract

Instructions:

Mix all dry ingredients in one bowl and the liquid ingredients in another. Combine the two and blend well. Roll into balls, place on ungreased cookie sheet and press down with a fork. Bake at 350 F for 15 to 20 minutes.

Home-Dried Apples

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

Gravensteins, Pippins or Delicious make the best dried apples, but any kind will do.

Instructions:

Wash apples well. If they have been waxed, use castile soap. Remove core, but leave unpeeled apples whole. Slice in rings 1/8 inch to 1/4 inch thick. Hang slices to dry on a string that goes through the center of each of the slices, being sure they don't touch each other. Allow to hang for several days.

Peanut Butter Fudge

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

Ingredients:

- 1 cup crunchy peanut butter
- ½ cup soy milk powder or regular milk powder
- ½ cup raisins
- ¼ cup sesame seeds
- 1/8 cup wheat germ
- 1/8 to ¼ cup honey

Instructions:

Mix all ingredients together until thoroughly blended. Carry in lidded plastic container and break off pieces as you wish.

Pecan Fudge

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

Ingredients:

- ½ cup honey
- ½ cup peanut butter
- ½ cup rolled oats (may be chopped or blended in blender)
- ½ cup unsweetened coconut
- ½ cup chopped pecans
- 2 tablespoons soy flour
- 1 tablespoon wheat germ flakes
- handful peanuts, sunflower seeds, and sesame seeds (may be chopped or ground)
- 2 tablespoons vanilla
- 1 teaspoon lemon juice

Instructions:

Mix in order: honey, peanut butter, oats, coconut, pecans, soy flour, wheat germ flakes, nuts and seeds, vanilla, and lemon juice. Knead a little. Carry in lidded plastic container.

Raw Granola

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

Serve as is with milk, fruit juice, or hot tea. Or for a hot cereal, mix in boiling water.

Ingredients:

- 1 cup rolled oats, chopped fine
- 1 cup rolled wheat, chopped fine
- ½ cup almonds, chopped small
- ½ cup filberts, chopped small
- ½ cup wheat germ
- ½ cup unsweetened coconut shreds
- ½ cup dry apples, chopped small
- ½ cup raisins
- 2 tablespoons bran flakes
- 2 tablespoons dry grated lemon peel
- 1 tablespoon rose hip powder (optional)

Instructions:

Combine all ingredients. Store in covered jar.

Seed Date Fudge

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

Ingredients:

- ½ cup sesame seeds
- ½ cup sunflower seeds
- 1 tablespoon flax seeds
- 1 cup chopped dates
- ½ cup sesame butter
- 2 tablespoons chia seeds
- ¼ cup maple syrup (optional)

Instructions:

Grind sesame, sunflower, and flax seeds, or blend to a meal in a blender. Combine with remaining ingredients and mix well with hands. Carry in lidded plastic container.

Spicy Seed Snack

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

These quantities may be varied according to taste.

Ingredients:

- 1 cup pumpkin seeds
- 1 cup sunflower seeds
- ¼ cup sesame seeds
- 1 tablespoon sesame oil
- 1 tablespoon tamari soy sauce
- ½ teaspoon cayenne
- ½ teaspoon celery seed
- 1/8 teaspoon garlic granules (optional)

Instructions:

Mix all ingredients together well in bowl. Sprinkle into shallow baking pan. Bake at 350 F for 25 minutes or so, stirring a couple of times. Store airtight when cool.

Toasted Soybeans

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

A crunchy snack, high in protein.

Ingredients:

- 1 cup soybeans
- 4 cups water

Instructions:

Soak soybeans overnight in water. In the morning, strain and reserve the liquid for breads, soups, and so forth. Place drained beans in shallow baking pans and bake, stirring frequently, at 300 F for 75 to 90 minutes or until golden in color and crunchy. When done, and still hot, sprinkle soy sauce over the beans and stir until the sauce coats them and dries up. Cool before storing. A good idea is to grind some up, somewhat coarsely, and save them to sprinkle over soups, stews, or salads.

Variation: Soak in salted water (1 teaspoon salt to one quart water) and omit soy sauce.

Trail Crumbs

(Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell)

Mixtures of dried fruits, nuts, and seeds for munching any time. These are our favorite combinations, but don't feel limited.

1. Almonds, brazils, raisins, soy nuts, dates, carob chips
2. Sunflower seeds and raisins
3. Cashews, raisins, raw peanuts, sunflower seeds, rose hips
4. Almonds and apricots
5. Salted soy nuts and raisins
6. Walnuts, dates, coconut chunks, sunflower seeds, carob chips
7. Pecans and currants
8. Pumpkin seeds and figs
9. Pine nuts