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# Trail Eats

## TRAIL EATS



Sarah Kirkconnell



## Synopsis

We developed these 50 recipes, that really stood out to us, for our outdoor food column, Trail Eats, which ran from 2009 to 2013. From raw energy bars, to luxury desserts, hearty carb fests and even pizza on the trail, we hope you enjoy some of our favorites, while you are out on your adventures!

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## Customer Reviews

We love all of Sarah's recipes! We do not like a lot of processed foods or too much salt and Sarah's recipes are perfect. I have also made shelf stable meals to keep on hand at the office for those days I can't get away from my desk at lunch.

A backpackers must for eating on the trail. Perfect nutrition for those long days. Easy to read & make recipes.

I can use this to get more variety in my backpacking meals.

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