

SUPERMARKET BACKPACKER

by Harriett Barker

A do-it-yourself guide to brand-name foods revitalized for the trail—with double the flavor at half the cost

Includes innovative and nutritious recipes and hints for:
sun, oven and electric-dried foods
supermarket ingredients repackaged and remixed
protein-rich cheese snacks
fruit leathers and dried fruit
jerky and gorp
fortifying crackers and breads

Plus: *How to pep up plain water*



Supermarket Backpacker

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