



# Backpacking Foods & Recipes

## Breakfast:

- Cereal (add dried fruits, dehydrated milk, dark chocolate chips, flax seed, nuts, granola, etc.)
- Quaker Instant Oatmeal Packets (pour boiling water right into pouches)
- Logan Bread (see recipe)
- Nutri-Grain Bars or Granola Bars
- Instant Coffee Packets (i.e. Starbucks)
- Hotel pouches of Coffee or Tea
- Fresh Fruit (apples, oranges, pears, kiwi) something that won't spoil quick or bruise too much
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## Lunch:

- GORP
- Bagels
- String Cheese
- Hard Cheeses
- Jerky or hard salami or pepperoni
- Chicken of the Sea Tuna or Chicken Pouches
- Hard Boiled Eggs
- Peanut Butter & Honey on Tortillas
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**Dinner:**

- Instant Soups (Ramen, Lipton's, or Campbell's)
- Freeze-Dried Meals (Mountain House, Alpine Aire) serve 2 usually; can be a 1 person meal in itself
- Freeze-Dried Desserts (Mountain House, Alpine Aire)
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**Snacks:**

- Jerky
- Cliff Bars
- Trail Mix
- Dried Fruit
- String Cheese
- Dark Chocolate
- Logan Bread
- Giant Pretzels
- Raw Fruit or Vegetables
- Nuts
- Fig Newtons
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# Backpacking Breakfast Recipes

Start your morning off right. Below are recipes to make for breakfast while in the backcountry to wake you up for a great day on the trail.

The last thing you want to do while backpacking is dirty a bunch of pots and pans for you to clean after. The majority of recipes provided can be made in just a zip lock freezer bag or in just one pot. In the top corner of each recipe, they may be marked with either a **FB**, recipe can be made in just a zip lock freezer bag, or an **OP**, for recipes that can be made in just one pot. Enjoy!



## Breakfast Scramble

- 1 3/4 cup [mashed potatoes, instant](#)
- 1/2 cup [freeze-dried eggs, with bacon \(optional\)](#)
- 1 1/2 cup water
- 1 Tbsp dry milk
- Cheddar cheese (optional)

**At home:** combine all dry ingredients in a zip lock freezer bag.

**In camp:** heat water in pot (the hotter the better). Add zip lock freezer bag and stir. Let sit for 5 minutes.

*Makes 1 serving*

## Cherry Almond Oatmeal

- 1 packet instant oatmeal
- 2 Tbsp dried cherries
- 1 Tbsp slivered almonds
- 1 Tbsp powdered milk
- 1 tsp brown sugar

**At home:** combine everything in a freezer zip lock bag

**In camp:** add 2/3 cup boiling water to oatmeal (or more like a thinner cereal)

*Makes 1 serving*

[This recipe courtesy of One Pa](#)

## Breakfast Cereal

- 2 cups Quaker Oatmeal Squares cereal
- 1/2 cup Grape Nut cereal
- 1 cup dried cherries
- 1/2 cup dried cranberries
- 1/2 cup dried blueberries
- 1 cup raw almonds
- 1 cup hazelnuts
- 1/2 cup macadamia nuts
- 1/2 cup dehydrated banana slices
- 3 Tbsp milk powder of your choice

**At home:** combine all ingredients into a quart size freezer zip lock bag.

**In camp:** combine the 3 Tbsp of your choice of milk powder e.g. soy, rice, plain, vanilla, and 1 cup cold water into a separate bag. Mix. Pour into other bag with your cereal

*Makes 1 serving*

[This recipe courtesy of Tr](#)

## Strawberry Almond Cream of Wheat

1 single serving package plain cream of wheat  
2 Tbsp freeze dried strawberries  
1/2 tsp ground cinnamon  
1 tsp sugar  
1 Tbsp powdered milk  
1 Tbsp slivered almonds

**At home:** put everything in a freezer zip lock bag.

**In camp:** add enough hot water to cover, stir. Let sit for 5 minutes. Stir again and enjoy.

*Makes 1 serving*

[This recipe courtesy of One Pa](#)

## Strawberry Sensation

1 cup Strawberry Frosted Mini-Wheats  
1/2 cup dried strawberries  
1/4 cup yogurt covered raisins  
1/4 cup chocolate chips, milk or dark

**At home:** combine all ingredients into zip lock bag.

**In camp:** eat as breakfast or a snack.

*Makes 1 serving*

## Hangdog Oatmeal

2 1/2 cups oatmeal  
2 Tbsp brown sugar  
1/2 cup dried bananas, powdered  
3/4 cup chocolate chips

**At home:** mix ingredients into zip lock bag.

**In camp:** boil 4 cups of water into separate pan. Stir in contents of zip lock bag and reboil. Remove from stove and set aside until cool.

*Makes 1 serving*

[This recipe courtesy of Backpacker Magazine; April 1](#)

## Cranberry Orange Rice

1/4 cup instant rice  
1 Tbsp dried cranberries  
1/2 tsp ground cinnamon  
1 packet True Orange ([Packit Gourmet](#))  
1 Tbsp powdered milk  
1 tsp brown sugar

**At home:** combine everything except the honey into a zip lock bag. Carry honey separately.

**In camp:** pour mix into pan and add enough boiling water to cover mix. Let stand until rice is tender. Top with honey.

*Makes 1 serving*

[This recipe courtesy of One Pa](#)

## Chocolate Banana Oatmeal

1/3 cup instant oatmeal  
1 tsp unsweetened cocoa powder  
2 Tbsp powdered milk  
2 tsp brown sugar  
1/4 cup freeze-dried bananas ([Wilderness Dining](#))

**At home:** combine everything except the cookies into a zip lock bag. If you are bringing the cookies, package them separately.

**In camp:** bring 1 cup of water to a boil, add the oatmeal and stir. Simmer until the oatmeal is cooked through. S

Chocolate cookies, crumbled (optional)

topped with the cookies.

*Makes 1 serving*

**Note:** Don't try this with regular dried bananas, they are hard. Look for the freeze-dried ones or in the cereal aisle 'cereal toppers.' You can also try the same thing with freeze-dried strawberries or raspberries.

[This recipe courtesy of One Pa](#)

## Trail Pancakes

1 cup Biscuit mix  
1 Tbsp dry milk  
1 Tbsp sugar  
2/3 cup water  
1 Tbsp squeeze margarine

**At home:** add mix, milk, and sugar into a quart size zip bag. Seal and shake well.

**In camp:** add water and margarine to bag, seal and squish bag with hands to mix and remove air and lumps. Cut off the corner of the bag and squeeze onto a hot pan. Cook until bubbles form, flip, and cook till they are golden brown!  
*Makes approx. 6 pancakes*

**Note:** Instead of squeeze margarine, you may substitute vegetable oil. If you do, keep 1 Tbsp of oil in a separate container and pour onto pan before cooking pancakes.

## Omelette Supreme

2 eggs  
Your choice of ingredients  
Ideas: cheese, ham, sausage, dried peppers, onion flakes, herbs, pepper and salt

**Note:** Eggs can go bad quickly, so only use eggs on the beginning of your trip.

**At home:** crack eggs into quart size freezer zip lock bag with all other ingredients. Mix well and seal.

**In camp:** bring half a pot of water to boil. When it boils down to a simmer. Set the sealed bag inside the pot and simmer in the water, flipping over carefully every once in a while. You will want to take the bag out of the water periodically and carefully squish the contents so that uncooked egg inside gets to the outside. After a few minutes the eggs should be cooked and you are ready to eat!  
*Makes 1 serving*



## Backpacking Lunch Recipes

Below are recipes to make for lunch while in the backcountry that have been reviewed and used by Wild Backpacker.

Many backpackers and hikers prefer to not stop and cook in the middle of the day on the trail. For some alternatives to backcountry food that require cooking, check out our [Backpacking Food Ideas](#) article.



### Peanut Butter & Banana Wraps

- 1 tortilla
- 1 tube squeeze peanut butter
- 1 small banana

**In camp:** onto a tortilla, cut the banana into slices and lay on the peanut butter. Roll, eat, and enjoy!

*Makes 1 serving*

### Latte Bars

- 3 eggs
- 1 1/2 cups sugar
- 2 tsp vanilla
- 1/4 cup butter, melted
- 2 cups all-purpose flour
- 1/2 tsp salt
- 1/4 cup instant coffee crystals
- 1/4 cup milk or heavy cream
- 1 cup pecans, chopped
- 1/2 cup mini chocolate chips

**At home:** preheat oven to 325° F. Lightly grease a 13 x 9 inch pan. Beat the eggs in a mixing bowl until light and fluffy. Add the sugar, vanilla and butter, beating to combine. Stir in the flour and salt. Set aside 1 1/2 cups of batter. Stir the coffee crystals and cream and add to the remaining batter. Spread the coffee batter into the prepared pan. Add chocolate chips to the reserved batter and spoon over the coffee batter. Run a knife through the two batters to marble them. Sprinkle the pecans over the top. Bake 20-25 minutes or until the center is firm and set. Cool before cutting into bars. Wrap tightly in plastic wrap.

**In camp:** unwrap and enjoy!

*Makes 12 dozen*

[This recipe courtesy of One Pan Wonders](#)

### Ford Wraps

- 1 package smoked salmon (the kind in sheets)
- 2 single serving packages cream cheese
- 2 large tortillas

**At home:** wrap the tortillas in foil. Carry the cream cheese and salmon separately.

**In camp:** spread 1 package of cream cheese on each of the tortillas. Put half of the salmon on each. Roll and eat.

*Makes 1-2 servings*

[This recipe courtesy of One Pan Wonders](#)

### Logan Bread

- 2 cups water
- 3/4 cup honey
- 3/4 cup molasses
- 3/4 cup butter, melted
- 7 cups whole wheat flour
- 3/4 cup brown sugar
- 1/2 cups dry milk
- 1/2 cup dry milk powder
- 1/2 tsp salt
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 cup chopped nuts
- Raisins or other dried fruit

**At home:** stir ingredients together in bowl. Then separately mix water, honey, molasses, and melted butter or margarine. Stir the wet mix into the dry mix until you get a stiff dough. Smash into a greased pan. Bake for 1 hour at 300° F. Then turn the oven down to 200° F and open the oven door the least amount you can so it still stays open, and thus let it dry out/bake for 2 more hours. This recipe will fill an 11 x 17 inch pan (1 inch high). Wrap cut pieces individually.

**In camp:** unwrap and enjoy!

*Makes approx. 2 dozen pieces*

**Note:** This energy-packed backpacking recipe, a classic originally used by climbers, is very dense so it resists smashing.

[This recipe courtesy of Backpacking Guide](#)

### Tuna Salad Wraps

- 1 foil pouch tuna (use the small 3 oz size pkg)

1 packet mayo  
1 packet relish  
2 medium tortillas

**In camp:** rip open tuna pouch, add mayo and relish, beat around with spoon, and put on tortillas.  
*Makes 1 serving*

[This recipe courtesy of Trail Cooking](#)

## Backpacking Dinner Recipes



Who says you can't eat gourmet food while on the trail? The following recipes range from gourmet meals that require planning, to quick and easy meals you can make in seconds.

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### Spam-Tastic Fried Rice

- 1 1/2 cup instant rice
- 1/2 cup [freeze-dried mixed vegetables](#)
- 1 Tbsp dried chives
- 2 tsp lower sodium bouillon
- 1/2 tsp granulated garlic
- 1/4 tsp dried powdered ginger
- 1/4 tsp red pepper flakes
- 1/4 tsp sugar
- 2 pkt soy sauce
- 3 oz Spam single packet
- 1 Tbsp vegetable oil (1 packet)
- 2 fresh eggs, in shell
- 2 cups water

**Note:** fresh eggs carry well in the cooler months, just cut off part of a cardboard egg box and carry in your pot, padded with paper towels.

**At home:** pack the rice, vegetables and all the seasonings in a quart size freezer bag. Tuck the soy sauce, oil, and Spam in with it.



**In camp:** bring 2 cups water to a near boil. Add to the rice bag, stir well, seal tightly and let sit for 15 minutes to rehydrate. Heat the oil over a medium flame in a non-stick trail wok or 2 liter pot and add in the Spam. Cube up and stir-fry till turning golden. Add in the cooked rice and stir constantly till smelling great. Splash on the soy sauce to taste and mix in. Make a hole in the center and crack the eggs into it. Start scrambling them and then toss with the rice. Pull off the heat as soon as the eggs are setting up.

*Makes 2 servings*

[This recipe and photo courtesy of Trail Cooking](#)

### Alpine Pasta

- 2 4.4-ounce Knorr Butter & Herb pasta packets
- 4 ounces pepper-coated salami, diced
- 2 ounces sun-dried tomatoes
- 6 green onions, chopped
- 5 ounces Gruyère cheese, grated

**At home:** put tomatoes into a ziplock plastic bag. Store pasta and other ingredients in separate bags.

**In camp:** boil a cup of water and pour it over tomatoes. In separate pot, cook pasta according to package instructions. While pasta simmers, chop softened tomatoes. After pasta cooks for 5 minutes, add all ingredients and stir until noodles are done.

*Makes 2 servings*

[This recipe courtesy of Backpacker Magazine, June 2009](#)

### Sweet and Spicy Tuna Couscous

**FB**

- 1/3 cup couscous
- 2 Tbsp dried mixed vegetables
- 1 5-ounce package sweet & spicy flavored tuna

**At home:** combine the couscous and vegetables in a ziplock plastic bag.

**In camp:** add just enough water to cover. Stir well. Let sit for 5 minutes. Just before serving, stir in the tuna.

*Makes 1-2 servings*

[This recipe courtesy of One Pan Wonders](#)

### Beefy Noodle Bowl

**FB**

- 3 Tbsp beef jerky, shredded
- 1 3-ounce package ramen noodles
- 1 1-ounce package instant onion soup
- 2 Tbsp mixed vegetables
- 1/4 tsp garlic powder
- 1/4 tsp ground ginger
- 1/2 tsp dried cilantro

**At home:** discard the flavor packet from the ramen noodles, and combine all of the dry ingredients in a quart size, freezer ziplock bag.

**In camp:** boil about 2 cups of water. Add water to zip lock bag, then stir well until noodles are soft and vegetables are rehydrated. Season with soy sauce to taste.

*Makes 2 servings*

1-2 packets soy sauce to taste

This recipe courtesy of One Pan Wonders

## Ham and Pea Ramen

OP

1-2 packages ramen noodles  
1/2 cup dried peas  
Parmesan cheese to taste  
Ham to taste  
Red pepper flakes to taste

**At home:** repack oriental noodles and dried peas into one ziplock freezer bag, throwing away the flavor packs. In another ziplock bag combine ham, pepper, and cheese.

**In camp:** add noodles and peas to a pot of boiling water. Once cooking, drain the water. Mix in ham, red pepper, and parmesan cheese.

*Makes 1 serving*

## Tuna Spaghetti

OP

1 8-ounce package angel hair pasta  
1 6-ounce can or packet of tuna in oil  
8 sun dried tomatoes, sliced  
1 tsp dried basil  
1 tsp oregano  
1/4 cup parmesan cheese  
1/2 tsp garlic powder  
4 cups water

**At home:** mix the basil, oregano, parmesan cheese and garlic powder in a ziplock bag. Store other items separately.

**In camp:** soak tomatoes in 4 cups of water for 10 minutes. Remove the tomatoes from water and bring to a boil. Break the angel hair pasta in half and add to the boiling water. Cook pasta until done, usually around 5 minutes. Drain water. Leave noodles in the pot and add tuna, tomatoes, and contents of the cheese and spice bag. Stir well.

*Makes 2 servings*

## Cheesy Bacospuds

FB

2 1/4 cup instant potato flakes  
1/2 cup instant dry milk  
1 packet Butter Buds  
1 1/2 Tbsp dried parsley flakes  
1 1/2 Tbsp dried onions  
Salt and pepper to taste  
3/4 cup crumbled bacon  
1 package powdered cheese spread

**At home:** add all ingredients into quart size freezer ziplock bag.

**In camp:** bring 4 1/2 cups (less if using fresh cheese) to boil. Add water to bag, and stir well. Let stand, and add more water if needed.

*Makes 4 servings*

## Zesty Pasta Salad

FB

4 ounces cooked and dehydrated curly/corkscrew pasta  
1/4 cup golden raisins  
2 Tbsp dehydrated sliced black olives  
1/4 cup chopped walnuts or pine nuts, toasted  
3 Tbsp Parmesan cheese

**At home:** add pasta, raisins, and olives into quart size freezer ziplock bag. In a small snack size ziplock bag, combine the dressing ingredients. Seal and shake well.

**In camp:** cover the pasta, raisins and olives with boiling water. Seal well, and let sit for 10-15 minutes. Drain off any remaining water carefully. Pour dressing over pasta, seal the bag tightly and toss to coat. Add in the nuts, stir in and toss with Parmesan cheese to taste.

*Makes 1 serving*

**Note:** The olives dry well on a tray with the same time as the pasta. For ease, buy canned sliced olives and drain well. This would be considered a "warm" salad. One could cool it down by sealing it tightly and chilling it in a cold stream. It would work well with chicken or cubed cheese added in as well-or any freeze dried vegetable that is liked (add in with water).

Dressing:

2 Tbsp olive oil  
1 packet lemon juice  
1 packet mustard  
1/2 tsp each dried basil, oregano and dill  
1 Tbsp dehydrated shallots or onions  
1/4 tsp pepper  
Salt to taste

This recipe courtesy of Trail Cooking

## Curried Rice

FB

1 cup instant rice  
1/2 Tbsp curry powder  
1 Tbsp dried onion flakes  
1/4 Tbsp sugar  
1/2 Tbsp chicken or vegetable bouillon  
1/2 tsp garlic powder  
1/8 tsp ground turmeric  
Chopped cashews, optional  
Salt to taste

**At home:** combine everything in a quart freezer ziplock bag. If you are bringing a foil pack of chicken, carry that separately.

**In camp:** bring 1 cup of water to a boil. Add to rice mix and steam inside bag for 1-2 minutes or until the rice is tender. Serve topped with chopped cashews.

*Makes 1 serving*

This recipe courtesy of One Pan Wonders

## Cheesy Chicken Rice Soup

FB

1/2 cup instant rice  
3 Tbsp cheese sauce powder  
1 Tbsp dried powdered milk  
1 Tbsp dried veggie mix or freeze dried vegetables  
3-5 oz can of chicken  
Salt to taste

**At home:** combine all ingredients into a quart sized freezer ziplock bag.

**In camp:** add 1 cup boiling water and chicken with liquid. Stir, put in cozy, and let sit for 5-10 minutes.  
*Makes 1 serving*

[This recipe courtesy of Trail Cooking](#)

## Basil Parmesan Orzo

FB

1/2 tsp butter flakes  
1/2 cup orzo pasta  
1 tsp dried basil  
1/2 tsp dried parsley  
2 Tbsp freeze dried corn  
3 single serving Parmesan or Romano cheese packets

**At home:** combine everything but the cheese in a quart size freezer ziplock bag.

**In camp:** bring 1 cup of water to a boil and then add to the ziplock bag. Simmer for 5 minutes or until the pasta is cooked. Add more water if needed. Stir in the cheese just before serving.  
*Makes 1 serving*

[This recipe courtesy of One Pan Wonders](#)

## Backpacking Biscuits

OP

2 cups biscuit mix  
1/4 cup powdered milk  
1/2 cup water  
1/2 tsp dried parsley  
2 Tbsp freeze dried corn  
3 single serving Parmesan or Romano cheese packets

**At home:** combine mix and milk into a quart size freezer ziplock bag.

**In camp:** gently stir water into bag. Make the dough into biscuit shapes. Cook on pan, turning them when light brown.  
*Makes 12 biscuits*

## Chicken Quinoa

OP

1/2 cup quinoa  
1 Tbsp dried chives  
1 packet of True Lemon  
1/4 tsp ground coriander  
1/4 tsp ground cumin  
1/4 tsp paprika  
1 3oz foil packet of chicken

**At home:** combine everything, except chicken, in a quart size freezer ziplock bag. Carry the chicken separately.

**In camp:** bring 1 cup of water to boil. Add the quinoa and spices. Reduce heat and simmer for 10-15 minutes, or until quinoa is tender. Add the chicken, toss and serve.  
*Makes 1 serving*

[This recipe courtesy of One Pan Wonders](#)

## Four Cheese Hamburger Rice

FB

1 cup instant rice  
1/3 cup instant milk  
1 package of Four Cheese sauce blend  
1/2 tsp butter powder  
1/2 cup dehydrated hamburger

**At home:** combine all ingredients into a quart size freezer ziplock bag.

**In camp:** add 1 1/2 cups of boiling water, stir well, and put in a cozy for 10 minutes. Stir and eat.  
*Makes 1 serving*

[This recipe courtesy of: Trail Food Made Simple by Sarah Kirkconnell](#)

## Bacon Polenta

FB

1/2 cup instant polenta  
2 Tbsp shelf-stable bacon  
1/2 Tbsp onion flakes  
2 tsp butter powder  
1 tsp chicken or vegetable broth powder  
2 packets Parmesan Cheese

**At home:** combine everything except the Parmesan in a quart size freezer ziplock bag.

**In camp:** bring 1 1/2 cups of water to a boil. Add the polenta and simmer until cooked and creamy. Top with the Parmesan cheese.  
*Makes 1 serving*

[This recipe courtesy of One Pan Wonders](#)

## Bacon Polenta

FB

1/2 cup instant polenta  
2 Tbsp shelf-stable bacon  
1/2 Tbsp onion flakes  
2 tsp butter powder  
1 tsp chicken or vegetable broth powder  
2 packets Parmesan Cheese

**At home:** combine everything except the Parmesan in a quart size freezer ziplock bag.

**In camp:** bring 1 1/2 cups of water to a boil. Add the polenta and simmer until cooked and creamy. Top with the Parmesan cheese.

*Makes 1 serving*

[This recipe courtesy of One Pan Wonders](#)

FB

## Veggies, Beef & Rice

2 cups instant rice  
1/4 cup freeze dried vegetables, mixed  
1/2 cup dried hamburger  
2 Tsp beef bullion  
1/2 tsp granulated garlic  
1 tsp dried parsley  
1/2 tsp dried thyme  
1 oz Swiss cheese

**At home:** combine all ingredients except cheese into a quart size freezer ziplock bag.

**In camp:** add 2 2/3 cups boiling water, stir well and put in a cozy for 10 minutes. Top with Swiss cheese.

*Makes 2 servings*

[This recipe courtesy of Trail Cooking](#)

## Backpacking Snack Recipes

Below are recipes to make for snacks while in the backcountry that have been reviewed and used by Wild Backpacker.

Many backpackers and hikers prefer to not stop and cook in the middle of the day on the trail. For some alternatives to backcountry food that require cooking, check out our [Backpacking Food Ideas](#) article.

### No-Bake Peanut Butter Energy Bars

1 cup natural-style peanut butter  
3 cups dry uncooked oatmeal  
5/8 cup honey  
Protein powder (optional)

**At home:** combine the peanut butter and honey in a large nonstick pot and warm over low heat until runny and mixed. Mix in the oatmeal and protein powder. Do not bake, but heat enough to mix nicely. Press into a 9x9 inch pan and let cool.  
*Makes 16 bars*

**Note:** because these no-bake energy bars are natural, there is no need to refrigerate them.

### Hummus

2 12-ounce cans of chickpeas  
2 Tbsp olive oil  
6 Tbsp sesame tahini  
4 garlic cloves, minced  
Juice of three lemons

**At home:** mash the chickpeas with a fork. Add the olive oil, tahini, and lemon juice. If the mix is too thick, add two tablespoons of water. Add the garlic. Mix until smooth. Store it in a zip lock bag.

**In camp:** serve with slices of pita bread.  
*Makes 6 servings*

**Note:** This is a great energy food as a snack or for lunch. It is full of protein and calories, and can last more than a week. If you want to carry less weight, you can bring dry hummus, which can be mixed with water on the trail.

### Lemon Ginger Granola

2 cups rolled oats  
1/4 cup wheat germ  
1/2 cup walnuts, chopped  
3 Tbsp brown sugar  
1/4 cup honey  
1 Tbsp vegetable oil  
Juice and zest of 1 lemon  
1 Tbsp grated fresh ginger  
1/4 cup golden raisins  
1/4 cup candied ginger, chopped

**At home:** preheat oven to 250&deg;. In a large bowl, combine the oats, wheat germ, nuts and brown sugar. In a separate bowl, combine the honey, lemon zest and juice and grated ginger. Combine both mixtures, tossing very well to combine. Pour onto a cookie sheet and spread out evenly. Bake, stirring every 15 minutes until the mixture is as dark as you'd like it to be. Allow to cool. Store in a air-tight container.

[This recipe courtesy of One Pan Wonders](#)