



High Trail Cookery: All-Natural, Home-Dried Palate-Pleasing Meals for the Backpacker

Linda Frederick Yaffe

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High Trail Cookery allows backpackers to cook hassle-free meals on the wilderness trail. Packing light-weight, delicious, home-dehydrated meals--featuring whole grains, beans, fresh vegetables, and fruits--is the nutritious and easy way to make camping fun. Many recipes are meatless or meat-optional.

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