



# **NOLS Backcountry Cooking: Creative Menu Planning for Short Trips (NOLS Library)**

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## **NOLS Backcountry Cooking: Creative Menu Planning for Short Trips (NOLS Library)**

#### **NOLS Backcountry Cooking: Creative Menu Planning for Short Trips (NOLS Library)**

Meal planning for short outdoor trips (5 days or less) and small groups (1-4 people). 32 recipes including breakfasts, dinners, beverages, desserts, and snacks. Cut down on expense of freeze-dried plus eat better nutritionally.



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