THE BIKEPACKER'S COOKBOOK

written by

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Bikepacking has emerged as an adventurous and fun, in a type 2 kind of way, means to exploring the great outdoors. Think of it as a scrappier and trendier variation on cycle touring that involves more dirt and less tarmac and something that allows greater freedom of exploration and distance relative to backpacking on foot. And a sport that works up a serious appetite.

Eating is an essential part of bikepacking, and it should be enjoyable instead of being viewed as a chore or simply thinking of it as getting some energy into our system and then cracking on. However, getting the fuel you need for sustenance doesn't always come easy. Most camping recipes aren't viable options for light-packing bikepackers and many people struggle with knowing what foods are best for sustaining daily big efforts. Wolfing down nothing but gas station meat sticks, ultra-processed chocolate bars and freeze-dried meals is no way to help you power through long miles. And relying on packets of instant oats and ramen for days on end is a recipe for burn-out.

Well, bikepacking foodies rejoice.

The Bikepacking Cookbook shares a new breed of dirt-touring meals and snacks, such as simple yet tasty one-pot camp recipes, easy homemade snacks, and new ideas for fluids. All designed to fill your stomach and spruce up how you eat when out on a route, while also helping you feel a bit more primal. You are now riding for Team Good Food. The recipes are also light enough to take away an excuse to leave the cooker at home. Food is a big part of my bikepacking life, and I've learned it doesn't have to be overly complicated to taste great when you're in the wild. It just requires a bit of planning. And why not use an impending bikepacking trip as a way to hone your culinary skills. Rest easy knowing that no dehydrator is required to make use of this cookbook. And you need not haul around a frying pan. But don't forget the spork.

Much of the ingredients used in this cookbook can be sourced in any reasonably sized grocery store or bulk food store. Failing that, online sources are available.

The book is partitioned into three sections:

Morning: Breakfast meals that can set you up for success on the bike
Day: High-energy fuel you can bring along to power you on the trail
Night: Camp meals to help your body and mind recover

Eat, Ride, Repeat…and Don't Forget to Drink!

MORNING

No big day on the saddle should start with an empty stomach. But you need not rely on lacklustre instant oatmeal packs or a sad handful of nuts for your morning fuel when you pack these boredom-busting breakfast meals. None of these require much in the way of time commitment after you roll out of your tent or bivvy. Heck, I'll even bring along some instant oatmeal or cold-soaked muesli when I am not planning on camping on a bikepacking trip if I know the available breakfast options are going to be suspect or feel like saving a few bucks.

With a little nutritional heft, these slay morning hunger and help you crush any riding goal.

Instant Oats, Many Ways

Mix and match an extensive list of options to create tasty, energy-packed instant oatmeal packets. Perfect for mornings when you want to hit the trail fast but need some calories in your belly. Taking the time to toast the oats adds a layer of flavour, but this step can be skipped. For a creamier porridge, you can add 2 tablespoons dry milk powder to each oatmeal packet. These can make 3 to 4 servings depending on how many calories you want for your mornings.

Ingredient tip: *Instead of quick-cook oats you can substitute "Rolled Oats" or "Old-Fashioned Oats" that have been pulsed in a blender or food processor until they are roughly half of their original size.*

INGREDIENTS

2 cups quick-cook oats

3-4 servings

DIRECTIONS

Home: Preheat oven to 325°F. Spread oats on a rimmed baking sheet and bake until they begin to darken and smell toasted, about 12 minutes, stirring once halfway through cooking time. The oats can go from toasted to burnt quickly, so mind the oven. Let cool and then combine with one of the flavour mixes on the following page. Divide among 3-4 sandwich sized zip-top bags for transport.

Camp: To make a bowl of oatmeal, bring 3/4 cup water to a boil in a pot. Add contents of 1 oatmeal pack, stir, cover and let soak for 2 to 3 minutes.

NOTES

On bikepacking trips, I'll also bring along individual nut butter packets and use these to add creamy calories to prepared oatmeal. For a gluten-free option, use oats labeled "gluten-free" or replace the oats with quinoa flakes. Other flakes such as spelt, barley or kamut would work, too.

Cinnamon Raisin
1/2 cup raisins
1/2 cup shelled sunflower seeds
1/4 cup ground flaxseed
1 1/2 teaspoons cinnamon
1/4 teaspoon salt

PB&J
1 oz freeze-dried strawberries or raspberries, finely ground or crushed
1/2 cup peanut butter powder
1/2 cup shelled peanuts
1 tsp cinnamon
1/4 teaspoon salt

Cherry Cocoa
2/3 cup dried tart cherries
2/3 cup chopped almonds
1/4 cup cocoa powder
2-3 tablespoons brown sugar or coconut sugar
1/2 teaspoon cardamom
1/4 teaspoon salt

Peanut Protein
3/4 cup roasted peanuts
1/2 cup protein powder of choice
1/2 cup dried cranberries
1 teaspoon cinnamon
1/4 teaspoon salt

Apple Bacon
1 cup chopped dried apple
3/4 cup sliced pecans or walnuts
1/3 cup bacon bits
2 - 3 tablespoons coconut sugar, brown sugar, or maple sugar
1 teaspoon cinnamon
1/2 teaspoon salt

Curry Cashew
3/4 cup unsalted roasted cashews, roughly chopped
1/2 cup sliced dried apricots or dried mango
1/4 cup shredded dried coconut
3 tablespoons coconut sugar or brown sugar
2 teaspoons yellow curry powder
1/2 teaspoon ginger powder
1/4 teaspoon salt

Mocha
1/2 cup hazelnuts, halved
1/2 cup chopped dried banana
3 tablespoons coconut sugar or brown sugar
2 tablespoons cocoa powder
2 teaspoons instant espresso powder
1 teaspoon allspice
1/4 teaspoon salt

Cold Soaked Protein Muesli

Cold soaking is the process of rehydrating food using nothing but, you guessed it, cold water. This muesli gives you a bundle of morning nutrition minus the need to fire up the camp stove. A great mix of carbs, healthy fats and protein. I bring it along on all my bickpacking trips where I leave the stove at home.

4 servings

INGREDIENTS

1 tablespoon oil
2 cups rolled oats
1/2 cup protein powder of choice
1/2 cup chopped nuts of choice
1/4 cup hemp seeds (hemp hearts)
1/4 cup pumpkin seeds
3 tablespoons chia seeds or ground flax
1/3 cup raisins
1/3 cup dried cranberries
1/2 teaspoon cinnamon
1/4 teaspoon salt

DIRECTIONS

Home: Heat oil in a skillet over medium. Add oats and heat until oats smell toasty and are golden, stirring a few times. Toss together all of the ingredients in a bowl and then divide among 4 zip-top bags.

Camp: Place contents of 1 bag in a bowl or desired cold soak container. Add 1 cup water, stir to combine, cover and let soak at least 20 minutes.

NOTES

If you don't have any of the nuts or seeds I used in this recipe, you can simply replace them with the kind you do have. It's possible to cold soak the muesli in a sturdy zip-top storage bag like those made from silicon.

Black Forest Granola

This chocolate-infused crunchy granola lets you go the distance on better camp morning meals. You can adjust your granola to taste, diet, and ingredient availability. Gluten-free? Use appropriate oats. Lactose intolerant or plant-based? Use soy or coconut milk powder. Not a pecan fan? Choose almonds.

INGREDIENTS

2 cups rolled oats
3/4 cup pecan halves
1/4 cup hemp hearts (optional)
1/2 cup dried coconut flakes
1/4 cup cocoa powder
3 tablespoons brown sugar or coconut sugar
1 teaspoon cinnamon
1/4 teaspoon salt
1/4 cup melted coconut oil or mild-flavored oil like canola
1/4 cup maple syrup, date syrup or brown rice syrup
1 teaspoon vanilla
1 cup dried cherries
1/2 cup milk powder

4 servings

DIRECTIONS

Home: Preheat the oven to 250°F. Toss together the oats, pecans, hemp seeds, coconut, cocoa, sugar, and salt in a large bowl.

In a small bowl, whisk together oil, syrup and vanilla. Pour over oat mixture and mix well until everything is moist. Spread the granola on a rimmed baking sheet in an even layer.

Bake for 40 minutes, stirring granola every 10 minutes. Stir in dried cherries and let cool to room temperature.

Divide granola among 4 zip-top bags. Place milk powder in a separate bag or container.

Camp: Wisk together 2 tablespoons milk powder and 1 cup water in a bowl, mug, or camp pot. Add contents of 1 granola bag.

NOTES

For chilly mornings, you can make the liquid milk with hot water.

Golden Milk Granola

Tasty, nutty, fruity granola never fails to make an energy-packed start to the day. Turmeric, apricots and sunflower seeds offer a nice change from the normal mix.

4 servings

INGREDIENTS

2 1/4 cups rolled oats
3/4 cup sliced almonds
1/3 cup shelled sunflower seeds
1/2 cup dried coconut flakes
1/4 cup brown sugar or coconut sugar
1 teaspoon turmeric powder
3/4 teaspoon ginger powder
1/2 teaspoon cinnamon
1/4 teaspoon cardamom
1/4 teaspoon salt
1/4 cup melted coconut oil or mild-flavored oil like canola
1/4 cup maple syrup or date syrup or brown rice syrup
2 teaspoons vanilla
1 cup sliced dried apricots
1/2 cup milk powder

DIRECTIONS

Home: Preheat the oven to 250°F. Toss together the oats, almonds, sunflower seeds, coconut, sugar, and spices in a large bowl.

In a small bowl, whisk together oil, maple syrup and vanilla. Pour over oat mixture and mix well until everything is moist. Spread the granola on a rimmed baking sheet in an even layer.

Bake for 40 minutes, stirring granola every 10 minutes. Remove from oven, stir in dried apricots and let cool.

Divide granola among 4 zip-top bags. Place milk powder in a separate bag or container.

Camp: Wisk together 2 tablespoons milk powder and 1 cup water in a bowl, mug or camp pot. Add contents of 1 granola bag.

NOTES

For chilly mornings, you can make the liquid milk with hot water.

Morning Glory Couscous

When you are feeling burnt out on camp oats, this hearty couscous offers a delicious respite for a big dose of morning carbs. Couscous works well with both savory and sweet ingredients.

2 servings

INGREDIENTS

1 cup couscous
1/3 cup powdered milk
1/4 cup raisins
1/4 cup sliced almonds
1/4 cup ground flaxseed
2 tablespoons brown sugar
1 teaspoon cinnamon
1/4 teaspoon salt

DIRECTIONS

Home: Divide couscous, milk powder, raisins, almonds, flax, cinnamon and salt among 2 zip-top bags.

Camp: For each serving, bring 1 cup water to a boil in a camp pot. Add contents of 1 couscous bag, cover pot and let sit 10 minutes. Stir up everything before eating.

NOTES

You can also use other nuts and dried fruit. Powdered soy milk is a dairy-free alternative.

PB&J Pancake Wraps

Making a sack of flapjacks from scratch isn't likely going to happen for most bikepackers. (Who is carrying a frying pan?) But these make-ahead wraps deliciously stuffed with nut butter and jam give you a little bit of breakfast pancake love and some serious morning fuel. Of course, you can also fuel up with these during your ride. Cream cheese and jam is another delicious filling combo.

7 wraps

INGREDIENTS

1 cup milk of choice
1 large ripe banana
1 egg
1/2 cup oat flour or whole wheat pastry flour
1/2 cup peanut butter powder (not peanut butter)
1 teaspoon baking powder
1/2 teaspoon baking soda
1/8 teaspoon salt
Nut butter of choice
Jam of choice
Cacao nibs (optional)

DIRECTIONS

Place milk, banana, egg, flour, peanut butter powder, baking powder, baking soda and salt in a blender container and blend until smooth. The batter should be runny.

Heat an 8-inch greased skillet over medium. Add 1/3 cup batter to pan and swirl the pan to spread the batter into a large thin circle. Cook until the top is filled with bubbles and the edges have curled in, about 2 minutes. Flip pancake and heat for 30 seconds more. Remove pancake from skillet and let cool on a metal rack. Repeat with remaining batter.

To assemble, spread some nut butter and jam on one pancake. Sprinkle on cacao nibs if using. Roll up tightly and stuff into a zip-top bag. Repeat with remaining ingredients.

NOTES

You can also assemble these on-site by packing the unfilled pancakes and bringing along some nut butter packets and jam or honey packets.

Chick-a-Porridge

A creamy porridge minus the oats. Made by grinding up finely ground chickpeas, chickpea flour (aka garbanzo flour) is higher in protein than oats without tasting too beany. If you have them on hand, fresh berries are a great topping.

2 servings

INGREDIENTS

1 cup chickpea flour
1/4 cup sliced almonds, pistachios or walnuts
1/4 cup dried currants or raisins
3 tablespoons brown sugar or coconut sugar
1 teaspoon cinnamon
1/2 teaspoon cardamom
1/4 teaspoon salt

DIRECTIONS

Home: Divide all of the ingredients among two zip-top bags.

Camp: For each serving, bring 1 cup water to a boil in a camp pot. Add 1 packet chickpea mixture, stir well, and turn off the heat. Cover pot and let set 10 minutes.

NOTES

If you want to go bigger on calories to fuel an impending big effort you can include more nuts and dried fruit to the mix. If going nut-free, use sunflower seeds.

Calorie Bomb Muesli

Consider this the breakfast of bikepacking champions.It goes huge on calories and nutrition for those times when you need to fuel up for a big day on the bike.

2 servings

INGREDIENTS

1 cup muesli of choice
1/2 cup meal replacement powder or two packets of Carnation Breakfast Essentials
1/2 cup almond flour
1/3 cup dried fruit of choice
1/3 cup chopped nuts of choice
2 tablespoons chia seeds
1/2 teaspoon cinnamon
1/8 teaspoon salt

DIRECTIONS

Home: Place all of the ingredients in a bowl and combine well. Divide among 2 zip-top bags for transport.

Camp: For each serving, bring 1 cup water to a boil in a camp pot. Add 1 packet of muesli mix, stir well, turn off the heat, and let sit covered for 10 minutes. Grab a spoon and dig in.

NOTES

Meal replacement powders usually contain some sort of mix of carbs, protein, and fat. They can add valuable calories to a warm camp cereal and also provide some creamy texture. Those packets of Carnation Breakfast Essentials powder are a good substitution.

Cream of Wheat, 3 Ways

Cream of wheat is made from farina, a type of hot cereal derived from wheat that has been milled to form a fine consistency. With its smooth, thick texture, it is a great alternative to camp oatmeal. It's basically a wheat porridge and the perfect blank slate for adding a variety of flavours.

2 servings

INGREDIENTS

1 cup cream of wheat

White Cherry
1/4 cup white chocolate chips
1/2 cup dried cherries
1/3 cup sliced almonds
Zest of 1 orange
1/4 teaspoon salt

Pumpkin Spice
1/3 cup chopped walnuts
1/2 cup raisins
2 tablespoons brown sugar or coconut sugar
1/2 teaspoon cinnamon
1/2 teaspoon ginger powder
1/2 teaspoon cardamom
1/4 teaspoon ground cloves
1/4 teaspoon nutmeg
1/4 teaspoon salt

Lemony Blueberry
1/3 cup sliced pecans
1/2 cup dried blueberries
Zest of 1 large lemon or 1 teaspoon lemon powder
1/4 teaspoon salt

DIRECTIONS

Home: In a bowl, combine cream of wheat and 1 of the flavour mixtures. Divide among 2 small zip-top bags or other container of choice.

Camp: For each serving, bring 2 cups water to a boil in a camp pot. Add 1 of the cream of wheat packets and simmer, stirring very often, for 30 seconds. Turn off the heat and let sit covered for 10 minutes.

NOTES

For a more porridge-like consistency, use more water for cooking the cream of wheat. You can add milk powder to mix for a creamier warm cereal. The flavour mixtures for the oatmeals will work here, too.

Berry Grits Breakfast Bowl

Instant grits are very finely textured grits that have been precooked and dried so all you need to do is add hot water to reconstitute them. They aren't just for savory preparations and can serve as a delicious stand-in for breakfast oats. A dish to fill you up and start your day right.

2 servings

INGREDIENTS

4 packets of instant grits, such as the Quaker brand
4 tablespoons milk powder
1/4 cup dried blueberries
¼ cup sliced pecans or walnuts
2 tablespoons brown sugar
1 tsp lemon powder (optional)
1/2 teaspoon cinnamon
1/4 teaspoon salt

DIRECTIONS

Home: Divide ingredients among 2 zip-top bags.

Camp: For each serving, bring 1 cup of water to a boil in a camp pot. Stir in contents of one grits package, turn off heat, and let rest covered for 5 minutes.

NOTES

Dried cherries or cranberries are a good stand-in for blueberries. For a nut-free option, use shelled sunflower seeds.

Mellow Yellow Coffee Late

Here's a way to gussy up your morning brew. Instant coffee never tasted so good and healthy.

1 serving

INGREDIENTS

1 teaspoon instant coffee
1/4 teaspoon turmeric powder
1/4 teaspoon cinnamon
1/4 teaspoon ginger powder
2 teaspoons coconut sugar, maple sugar or brown sugar
1 tablespoon milk powder

DIRECTIONS

Home: In a small bowl, mix the ingredients well. Place in a small zip-top bag or other appropriate container for transport.

Camp: Place coffee mixture in a mug or insulated container, add about 1/4 cup hot water, stir well, and then add another 3/4 cup hot water.

NOTES

Milk powder adds a creamy texture to the drink. You can use cow, soy or coconut milk powder.

DAY

Left unchecked, hunger on the bike can cause your energy levels to flag leading to a ride that sputters along. Suffice it to say that it's best not to overlook the importance of adequately fueling your efforts at regular intervals. Yes, you have all permission to truly gormandize. When you stick to a well-planned nutrition strategy you're more apt to keep moving along with plenty of gusto and being less prone to stuffing in heaps of junk food in response to lion-sized hunger.

But life's too short to settle for nothing but packaged energy bars and gas station grub when on a bikepacking sojourn. You can do better. Some homemade fuel is sacrosanct to my bikepacking trips, no matter if just a weekend jaunt or a much longer adventure.

Here, you'll find a smorgasbord of make-ahead recipes for fuel that you can pack up and bring along with you on the trail. Day or night riding, consider these your tasty bonk breakers. A few creative ingredients give regulars like bars and trail mix lashings of decadence There are also a few ideas for ways to gas up with provisions from the supermarket on your route.

Consider this chapter your answer to tasty and nutritious *rocket fuel*.

Minty Power Balls

I seemingly never depart on a trip without a feedbag full of these balls. Low-volume, high-energy honk-crushing fuel. Fresh mint adds a splash of bright flavour. I've kept these stashed in my luggage for up to 5 days with no issues.

16 Balls

INGREDIENTS

1 cup pitted dates
1 1/2 cups rolled oats
3/4 cups almonds
1/3 cup shelled sunflower seeds
1/3 cup pumpkin seeds (pepitas)
3 tablespoons ground flaxseed
3 tablespoons cocoa powder
1/2 teaspoon cinnamon
1/4 teaspoon salt
1/4 cup honey
1/4 cup peanut butter or almond butter
1/3 cup chopped fresh mint
2 teaspoons vanilla extract

DIRECTIONS

Place dates in a bowl, cover with hot water and let soak at least 30 minutes.

Place oats and almonds in a food processor container and blend until pulverized but not into a powder. Add seeds, flaxseed powder, cocoa, cinnamon, and salt to container and blend until well mixed. Drain dates, pat dry with a paper towel and add to the container along with honey, nut butter, mint and vanilla. Blend until mixture sticks together. If too dry, blend in additional honey.

Roll mixture into 1-inch sized balls. You should get about 16 balls. Store in refrigerator until ready to transport.

NOTES

For more portable energy ball recipes you can find my Energy Bombs cookbook at matthewkadey.com or bt700.ca

Trail Mix Cups

When trail mix meets granola bar magic happens. Portable energy food never tasted so good. These will keep in your bags for about 4 days, for up to a week in the fridge, or 2 months in the freezer.

10 servings

INGREDIENTS

3/4 cup chopped almonds
3/4 cup chopped cashews
1/3 cup dried cranberries, cherries or blueberries
1/3 cup raisins
1/4 cup pumpkin seeds (pepitas)
1/3 cup shelled sunflower seeds
1/4 cup dried coconut flakes
1/4 teaspoon salt
2 egg whites
1/3 cup honey
Zest of 1 orange

DIRECTIONS

Preheat oven to 325°F.

In a large bowl, combine almonds, cashews, cranberries, raisins, pumpkin seeds, coconut flakes, and salt. Stir in egg whites, honey and orange zest.

Divide mixture among 10 standard-sized paper-lined or silicon muffin cups, pressing down firmly to compact. Bake for 30 minutes, and then let the pucks cool completely before unmolding. Makes 10 pucks.

NOTES

For a vegan option, replace the egg whites with a flax binder. Place 2 tablespoons ground flax in a small bowl, whisk into 4 tablespoons of water and let sit until thickened. The cups might have a little less structural integrity when using flax as a binder compared to egg whites.

Meaty Trail Mix

I've never been one to settle for sub-standard trail mix. This version takes ye-old GORP to the next level with chunks of crispy salami. If beef jerky and a potato chip hooked up, salami chips would be their awesome love child. Amazingly the meat stays crispy in your feedbag for a few days.

4-6 servings

INGREDIENTS

3 ounces thinly sliced salami
1/2 cup unsalted roasted almonds
1/2 cup unsalted roasted cashews
1/2 cup dried cranberries
1/4 pumpkin seeds (pepitas)
1/4 cup cacao nibs (optional)

DIRECTIONS

Preheat oven to 300°F. Line two baking sheet pans with parchment paper or silicon baking mats and set metal baking racks in them. (You can also prepare salami in batches if you only have one pan and metal rack, or an extra small oven.) Place salami on metal racks, being careful not to overlap.

Bake in the center of the oven for 15 minutes, or until the rounds of salami start to brown on the edges. Remove from oven and let cool completely. At this point they should become crispy.

Crumble crispy salami into 1-inch pieces into a bowl. Add almonds, cashews, dried cranberries, pumpkin seeds and cacao nibs to bowl and toss to combine. Place in a zip-top bag and store in fridge until ready for travels.

NOTES

You can also press the easy button and replace the oven crisp salami with chopped meat sticks.

PB Cookie Dough

This cookie dough-like mixture was perceived as a tasty and fun way to get some big calories into your system to keep you moving along. Simply grab your spoon and dig in when you need a crush of calories to power your legs. And even if the chocolate melts it will just meld into the mixture (yum!). Even more arduous than a rocky incline is trying to keep yourself from devouring it all at once – please don't or say hello to gut issues. Being dairy-free, there's nothing that will quickly turn it funky.

8 servings

INGREDIENTS

1 cup creamy peanut butter
1/4 cup maple syrup
1/4 cup oat flour
1 teaspoon vanilla
1 teaspoon cinnamon
1/4 teaspoon salt
1/3 cup chopped peanuts
1/4 cup chocolate chips or chunks

DIRECTIONS

Place peanut butter, maple syrup, oat flour, vanilla, cinnamon and salt in a large bowl and stir to combine. The mixture should now be less creamy that straigh-up peanut butter. Fold in peanuts and chocolate chunks.

Place mixture in an appropriate sized plastic jar and seal shut. Chill until ready to take on the road. Don't forget the spoon.

NOTES

For a peanut free option, you can make this with sunflower seed butter. It's possible to also pack this in a reusable silicon bag like Stasher.

Mediterranean Mini Muffins

Close your eyes, inhale one of these bite-sized muffins, and imagine you're bikepacking in the sunny Mediterranean. These mini-muffins offer a welcome respite from sweet, sugary calories. They also deliver a shot of salt for those times when you're sweating buckets and it's a good idea to replace some lost sodium. You can also mix in some chopped prosciutto.

24 muffins

INGREDIENTS

1 1/2 cups all-purpose flour
1/2 cup fine ground cornmeal
3 tablespoons sugar
1½ teaspoons baking powder
1 teaspoon dried thyme
½ teaspoon salt
2 large eggs
¾ cup + 2 tablespoons milk
⅓ cup olive oil
Zest of 1 lemon or 1 teaspoon lemon powder
1/2 cup chopped feta cheese
1/3 cup chopped roasted red peppers
1/3 cup chopped Kalamata olives

DIRECTIONS

Preheat oven to 350°F. In a large bowl, mix together flour, cornmeal, sugar, baking powder, thyme, and salt. In a separate bowl, whisk together eggs, milk, oil, and lemon zest. Add wet ingredients to dry ingredients and mix gently until flour is incorporated.

Fold in feta, red peppers, and olives. Divide among 24 greased or paper-lined mini-muffin cups and bake for 15 minutes, or until a toothpick inserted into the center of a muffin comes out mostly clean. Let cool for a few minutes before unmolding and cooling completely on metal racks.

Keep chilled for up to 5 days and transport in small zip-top bags.

NOTES

The muffins are somewhat perishable, so aim to eat them all within a couple of days on the bike. For gluten-free muffins, use a 1-to-1 gluten-free flour blend.

Pizza Potato Patties

A favourite among backcountry campers, dehydrated potato flakes can be transformed into pancake-like patties that deliver the easily digested carbs needed to power through tough terrain.

INGREDIENTS

1 1/2 cups instant potato flakes
2 large eggs
2 tablespoons prepared pesto
1/3 cup finely chopped pepperoni or summer sausage
1/3 cup finely chopped sun-dried tomatoes
1 tablespoon butter or oil

10 patties

DIRECTIONS

Place potato flakes in a large bowl. Add 1 ½ cups hot water. Add eggs and stir quickly until batter becomes smooth and somewhat thick. Stir in pesto, chopped meat and sun-dried tomatoes. Let mixture rest for 15 minutes.

Heat butter or oil in a skillet over medium heat. Place ¼ cup batter for each patty in skillet and press down gently to flatten. Cook until darkened on both sides and patties are set, about 3 minutes per side. Let cool on a metal rack and repeat with the remaining potato batter. You should end up with about 10 patties. Chill for up to 5 days and transport in a small zip-top bag or reusable wraps.

NOTES

For dairy-free cakes, use pesto made without cheese. There are now plant-based jerky on the market that can be chopped up and used in the patties.

Mocha Jolt Bites

When you need a pick-me-up to keep you feeling energized on the bike, these make-ahead, carb-rich wee-sized bites will get the job done. For some of us, just the taste of coffee is enough to help make big efforts seem more manageable. The orange zest adds a bright flavour.

INGREDIENTS

1/2 cup rolled oats
1 cup pitted dates
2/3 cup chocolate chips or chunks
1 tablespoon instant coffee or very finely ground coffee
Zest of 1 orange
1/2 teaspoon cardamom
1/4 teaspoon salt

12 Bites

DIRECTIONS

Place oats into a food processor container and blend into small pieces. Add dates and blend until dates are broken down and the mixture starts to stick together.

Place chocolate chips in a small microwave-safe bowl and heat for 20-second intervals, stirring between each interval, until chocolate is melted. Stir in coffee, orange zest, cardamom, and salt. Add chocolate mixture to food processor container and blend with date mixture until everything is sticking together.

For each bite, scoop out a tablespoon of the mixture and press firmly and evenly to create cubes. You should get 12 bites. Repeat with the remaining mixture. Cool in fridge to chill through, about an hour.

NOTES

Dried plums (aka prunes) can be used instead of dates and lemon zest is a good flavour booster in lieu of orange. Overly sensitive to caffeine? Go with finely ground decaf.

Fruitopia Squares

For when you need a blast of carb energy, this fruity mash will serve you well. A great option if you are aiming to get more of your quick-working energy from more nutritious sources than heaps of processed sugar. Other dried fruits, such as prunes, cranberries, and mango, also work well in this recipe.

INGREDIENTS

3/4 cup pitted dates
1 cup rolled oats
3/4 cup dried cherries or dried blueberries
3/4 cup dried apricots
1/3 cup dried currants or raisins
2 tablespoons honey
3 tablespoons chia seeds
1/4 teaspoon salt

9 servings

DIRECTIONS

Place dates in a bowl, cover with hot water and let soak at least 30 minutes.

Place oats in a food processor container and blend into pebble-sized pieces.

Drain dates, pat dry with a paper towel and add to food processor container along with remaining ingredients. Blend until mixture sticks together.

Line a standard sized square baking pan with parchment paper. Transfer mixture into the pan and press down firmly into an even layer. Transfer to freezer for at least 1 hour to firm up and then slice into equal-sized squares.

NOTES

You could also form the fruit mixture into individual balls.

Hawaiian Pizza Wraps

For a quick and satisfying daytime meal from the supermarket, why not procure all the ingredients needed to assemble wraps that smack of classic pizza flavour. I'll make more than I can eat at once and take extras for a meal further along the trail or a no-cook camp meal. You can go upscale with prosciutto.

INGREDIENTS

1 pkg 8-inch tortillas
1 small can pizza sauce or two packets pizza sauce
1/2 pound sliced deli ham
1 can pineapple rings or 1 container fresh sliced pineapple
1 bag shredded mozzarella

5-6 Wraps

DIRECTIONS

Spread some tomato sauce on a tortilla and top with 2 slices ham, 1 piece of pineapple and a handful of mozzarella. Roll wrap tightly. Repeat with remaining ingredients.

NOTES

Pro tip: if you end up with a can of food like pizza sauce or meat without a pull tab and aren't lugging around a can opener you can take the purchased item to the deli counter of a supermarket and they can likely open it for you.

Hummus Wraps

Here is another tasty idea for an assembled on-site supermarket meal where you won't have to leave a tip. Nothing at the gas station is going to come close to providing this much fresh flavour. At the end of the day, these wraps are also a no-cook dinner option.

INGREDIENTS

1 pkg 8-inch tortillas
1 small tub hummus
1 small jar roasted red pepper
2 plum (roma) tomatoes, sliced
1 small pkg soft goat cheese
1 container microgreens/sprouts or arugula

5-6 Wraps

DIRECTIONS

To assemble a wrap, spread some hummus on a tortilla and top with slices of roasted red pepper, tomato slices, crumbled goat cheese and a handful of microgreens or arugula. Roll wrap tightly. Repeat with remaining ingredients.

NOTES

For wraps, I will often make more than I can eat at once and take extras for a meal further along the trail. Large reusable beeswax wraps like Abeego are great for wrapping these up nice and tight.

Banana Bread Bars

Here's a way to take your banana bread with you if you're not likely to roll up to a bakery on your adventure. And these high-energy bars are moist enough that they won't suck all the moisture out of your mouth like most packaged bars.

12 Bars

INGREDIENTS

2 large ripe bananas
1 egg
1/2 cup creamy peanut butter
1/4 cup honey or date syrup
2 teaspoons vanilla extract
1 teaspoon cinnamon
1 teaspoon baking powder
1/4 teaspoon salt
2 cups rolled oats
1/4 cup wheat germ
1/2 cup chopped walnuts or pecans
1/3 cup dark chocolate chunks or chocolate chips (optional)
Flaky salt (optional)

DIRECTIONS

Heat oven to 350°F. In a large bowl, mash the bananas. Add the egg and whisk to combine. Mix in the peanut butter, honey, vanilla, cinnamon, salt and baking powder. Fold in the oats, wheat germ, nuts and chocolate. Let the mixture rest for about 30 minutes to allow the oats to soak up some of the moisture.

Line an 8"x8" baking pan with parchment paper so there is about a 1-inch overhang. Transfer batter to the pan and spread into an even layer. Sprinkle on flaky salt if desired. Bake for 30 minutes, until golden on top and set in the center. Let cool for several minutes before slicing into 12 bars.

NOTES

It's possible to replace the nuts with dried cranberries. And if needed you can use a egg replacement method such as a 'flax egg.'

Road Roaches

For the creamy filling, for the sweet energy, for the portability on a ride, bikepackers should pledge their allegiance to these stuffed dates. You may have some extra filling that can be used to stuff more dates.

8 servings

INGREDIENTS

1/3 cup peanut butter
2 tablespoons cocoa
2 tablespoons honey or maple syrup
1/8 teaspoon salt

1/3 cup tahini
Zest of 1 lemon
2 tablespoons honey
1/8 teaspoon salt

16 pitted dates

DIRECTIONS

In a small bowl, stir together peanut butter, cocoa, honey and salt. Or stir together tahini, lemon zest, honey and salt.

Spilt open each date, being careful not to slice all the way through. You want the dates halves to stay joined together. Stuff each date with one of the filling mixes.

Transport in a zip-top bag or other container of choice.

NOTES

Medjool dates provide a bigger blast of carb energy and are easier to stuff, but less expensive Deglet noor dates are a perfectly good option here. Abeego is my go-to brand for reusable beeswax wraps for bundling up my fuel.

Curry Roasted Peanut Snack MiX

Working your butt off on a bikepacking route means you deserve better-tasting and more nutritious energy snacks. This gussied-up peanut mix with a taste of the tropics will have you reaching often into your feedbag for another handful.

6 servings

INGREDIENTS

1 tablespoon maple syrup
2 teaspoons canola oil or other oil of choice
1 teaspoon curry powder
1/2 teaspoon salt
1/4 teaspoon cayenne
1 cup unsalted peanuts
Zest of 1 lime
1/2 cup chopped dried mango
1/4 cup dried coconut flakes

DIRECTIONS

Heat oven to 350°F and line a rimmed baking sheet with parchment paper or a silicon baking mat. In a large bowl, whisk together maple syrup, oil, 1/2 teaspoon curry powder, salt and cayenne. Add peanuts and toss to combine. Arrange in a single layer on baking sheet and bake for 15 minutes, stirring once halfway through cooking. Toss with lime zest and remaining 1/2 teaspoon curry powder. Let cool, then toss with dried mango and dried coconut.

Transfer to a zip-top bag for transport.

NOTES

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Switch-ups include cashews for peanuts and dried pineapple for the mango.

Fruitcake Bars

Crunchy and sweet, these bars contain just enough flour to hold together the bounty of fruits and nuts – all the energy you need to keep going at a hard clip. Worthy of holiday cheer anytime of year. The nut combination I've used is almonds, hazelnuts, pecans and walnuts. As for the fruit, I like prunes, apricots, cranberries and golden raisins. But you certainly can use any combination that suits your fancy.

12 servings

INGREDIENTS

3/4 cup all-purpose flour
1 teaspoon ground allspice
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
2 large eggs
1 cup shredded carrot
1/4 cup melted butter or oil
1/4 cup honey
2 teaspoons orange zest
2 cups mixed chopped nuts
2 cups mixed chopped dried fruit

DIRECTIONS

Preheat oven to 325°F. Line a 8x8 square baking pan with parchment paper leaving a 1-inch overhang.

In a large bowl, combine flour, allspice, baking powder and salt. In a separate bowl, lightly beat eggs. Stir in carrot, butter or oil, honey, and orange zest. Add wet ingredients to dry and mix gently. Fold in nuts and dried fruit. Spread mixture in prepared pan.

Bake for 25 minutes, or until golden on top. Let cool several minutes before slicing into 12 bars.

NOTES

The bars also work with spelt flour, oat flour or grain-free cassava flour. They can also be flavoured with cinnamon and lemon zest. The bars freeze well for future two-wheel sojourns.

Halvah Bombs

Halvah—the Arabic word for "sweet"— is a delicious treat typically made with tahini, sugar or honey, spices, and most times added nuts or extracts. These energy balls take inspiration from this miracle food.

INGREDIENTS

3/4 cup pitted dates
3/4 cup rolled oats
3/4 cup shelled pistachios
2 tablespoons honey
2 tablespoons tahini
1 teaspoon lemon zest
1 teaspoon vanilla extract
1/8 teaspoon salt

12 balls

DIRECTIONS

Place dates in a bowl, cover with hot water, and let soak for at least 30 minutes.

Place oats and pistachios in a food processor container and blend until pulverized but not into a powder. Add drained dates, honey, tahini, lemon zest, vanilla, and salt to the container and blend until the mixture sticks together.

Roll the mixture into 1-inch sized balls. You should get about 12 balls. Store in refrigerator until ready to transport.

NOTES

If using softer medjool dates you don't need to soak them first. And remember to always use oats labeled 'gluten-free' if you need to follow a diet minus the gluten.

Cheesy Cookies

When it comes to bringing along some savory fuel for the road, these cookies are a winner. A perfect snack to help your mind and body recharge after an arduous hike-a-bike.

16 cookies

INGREDIENTS

5 ounces extra old cheddar cheese, shredded
1/3 cup butter, softened at room temperature
1 cup all-purpose flour
1 tsp. baking powder
1 teaspoon dried thyme
1/4 teaspoon cayenne
3 tablespoons cold water
1 cup puffed rice
1/2 cup chopped pecans

DIRECTIONS

Heat oven to 400F.

In a large bowl, mash together cheese and butter. Add flour, baking powder, dried thyme, cayenne, and water to the bowl. Using your hands, mix until everything is combined and sticks together. Add puffed rice and pecans, hand mix again until dry pieces are incorporated into the dough.

Place 1-inch balls on two greased or parchment paper or silicon mat lined baking sheets. Flatten balls with the back of a fork. Bake for 12 minutes, until edges of cookies are darkened. The centres of cookies should still be slightly soft to the touch. Remove from oven and let cookies cool, preferably on a metal rack.

NOTES

'Because the cookies contain butter and cheese, it's best not to leave them in your bike luggage for several days. You can make pieces of puffed rice by breaking up a rice cake, which can end up being cheaper than buying a big bag of puffed rice that you may not use up.

Full of Bean Bars

Just because it's an energy bar, doesn't mean it has to be sweet by default. This unique mash-up delivers a hit of umami savoriness when you need it most and that's typically when your palate can't take more saccharine fuel.

INGREDIENTS

2 cups rolled oats
1 cup walnuts
1 (19 oz) can chickpeas, rinsed and drained well
2 large eggs
1/4 cup ground flaxseed
3 tablespoons tahini
2 tablespoons honey
1 tablespoon yellow or white miso paste
1 tablespoon chopped fresh rosemary
1 1/2 teaspoon smoked paprika
1/4 teaspoon salt
1/3 cup shelled unsalted sunflower seeds

9 or 12 bars

DIRECTIONS

Preheat oven to 350°F. Line an 8-inch-square baking pan with parchment paper, allowing paper to spill over sides by 1-inch.

Blend oats and walnuts in a food processor until partially ground. Add chickpeas, eggs, flax, tahini, honey, miso, rosemary, smoked paprika, and salt; blend until a dough texture forms. Pulse in sunflower seeds until just incorporated.

Spread mixture in the prepared pan, and press into a smooth, compact layer. Bake 25 minutes, or until the top looks dry and golden and the edges have darkened. Let cool in pan, lift out using parchment flaps and cut into 9 or 12 bars.

NOTES

'It's possible to make these with other ingredients including almonds, navy beans and thyme. They should stay "fresh" in your bike bags for 3-4 days.

Spiced Chocolate Energy Bites

These deeply flavored fudgy energy bites will be one of the gastronomic highlights of your day. Chockablock with healthy fats and quality carbs to keep you going strong. These are also a great size to let you access small hits of energy on a frequent basis.

16 Bites

INGREDIENTS

1 cup walnuts
2 cups pitted dried plums (prunes)
2 cups quick cook oats
1/2 cup cocoa powder
1/3 cup peanut butter or almond butter
2 tablespoons melted coconut oil
1/2 teaspoon cinnamon
1/2 teaspoon ginger powder
1/2 teaspoon cardamom
1/4 teaspoon gloves
1/4 teaspoon salt
1/2 cup almond flour

DIRECTIONS

Place walnuts in a food processor container and blend until pulverized into small pieces. Add dried plums, oats, cocoa powder, nut butter, coconut oil and spices to container and blend until mixture begins to stick together. Add almond flour and 1/3 cup water to container and blend until mixture is moist and is sticking together with a fudgy consistency.

Press mixture into a square baking pan and place in freezer for about 2 hours. Slice into 1-inch squares. Place in a zip-top bag or bundle squares in a beeswax wrap for transport.

NOTES

Pecans would be a good substitute for walnuts, you can use raisins instead of dried plums, and barley flakes may stand in for oat flakes.

Say Cheese Snack Mix

Hit the road with the best snack mix there is. Creamy, crunchy, salty, sweet....pure mid-ride snacking satisfaction. And you won't be able to resist digging into this mix after your ride as well. You'll find that the pretzels will lose their crunch after about a day because of the moisture of the cheese.

6 Servings

INGREDIENTS

1 cup cheese curds
1/2 cup pretzel pieces
1/3 cup chopped roasted almonds
1/3 cup dried cranberries

DIRECTIONS

Place all of the ingredients in a bowl and toss to combine. Place in a zip-top bag for transport.

NOTES

If desired, the pretzels can be replaced with corn nuts. For added protein savouriness, you can also include sliced jerky in the mix, which I often do.

PB&J Mini Sandwiches

Besides ameliorating hunger on the bike, these mini pancake sandwiches are fun to eat. Experiment with different fillings. Cream cheese and strawberry jam is another delicious filling option. You can also bring along unassembled mini sandwiches and add fillings from the supermarket while on the road like slices of cheese and slices of deli meat.

INGREDIENTS

1/2 cup all-purpose flour
1/2 cup peanut butter powder (not peanut butter)
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
1 large egg
3/4 cup milk or unflavored non-dairy milk
1 tablespoon butter or oil
Peanut butter or other nut butter
Jam of choice

10 Servings

DIRECTIONS

Combine flour, peanut butter powder, baking powder, baking soda, and salt in a large bowl. In a separate bowl, gently beat together egg and milk. Add wet ingredients to dry ingredients and stir until smooth. Let batter rest 10 minutes. The mixture should be the consistency of pancake batter, so add additional milk, 1 tablespoon at a time, if it's too thick.

Heat butter or oil in a skillet over medium heat. By the tablespoonful, drop batter into pan and heat mini-pancakes until edges begin to brown and bubbles form on the surface, about 2 minutes. Flip over and cook for 1 minute more, or until golden brown on the bottom and pancakes are set. Repeat with the remaining batter, adding more butter or oil to pan as needed. Let prepared pancakes cool, preferably on a metal rack. You should get at least 22 mini-pancakes.

To assemble, spread some nut butter and jam on a min-pancake and top with a second pancake. Repeat with remaining ingredients. To transport, wrap tightly in a piece of foil or other wrapping of choice.

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NOTES

It's possible to make these using an all-purpose gluten-free flour blend. And for plant-only, try using an egg replacement like a 'flax egg'.

These French toast roll-ups are a fun and portable spin on the classic diner plate of syrupy French toast. At mile 50 you'll be so happy you made up a batch of them before your two-wheel trip. And you can get creative with various sweet and savory fillings. You want to use the doughy sliced supermarket bread here. Hearty pieces of artisan sourdough won't work well.

French Toast Cigars

6 Servings

INGREDIENTS

6 slices bread
1/3 cup peanut butter
1/3 cup jam of choice
1 egg
1 tablespoon brown sugar (optional)
1/2 teaspoon cinnamon (optional)

DIRECTIONS

Slice off the crusts from the bread slices, then flatten the slices using a rolling pin until about ¼ inch thick. Add the peanut butter and jam to the lower half of each slice side of the slice, then carefully roll up tightly.

Whisk egg in a shallow container. Heat butter or oil in a frying pan over medium heat. If using, combine brown sugar and cinnamon on a small plate. Using tongs or two forks, dip the roll-ups into the egg until coated and then transfer to the hot pan. Fry on all sides until golden brown and a bit crispy, about 5 to 7 minutes in total.

Roll the heated bread rolls in the sugar-cinnamon mixture immediately after frying (optional).

If taking these on the road, make sure to let them cool completely before placing them in an air-tight bag or container and storing them in the fridge for up to 1 to 2 days before your trip.

NOTES

Other filling combos options:

'Mustard + Ham + Cheese
Cream Cheese + Strawberry Jam
Fig Jam + Brie Cheese
Almond Butter + Apple Butter
Nutella + Raspberry Jam
Peanut Butter + Banana + Chocolate Chips

Arepas

Arepas, a corn-based cross between a tortilla and a pancake, were a staple during a bikepacking trip in the Colombia mountains. You can wrap a few up and stuff them in your feedbag for a hit of savoury on-the-go rocket fuel. In Bogota, we even had slices of avocado and chorizo sandwiched between two arepas – ridiculous! I'll also add them to a camp dinner spread.

INGREDIENTS

1 cup masarepa flour
1/2 cup grated mozzarella cheese
1/4 teaspoon salt
1 cup warm water
2 tablespoons oil

8 Servings

DIRECTIONS

Combine the flour, cheese and salt in a bowl, then stir in water with a wooden spoon until incorporated and a loose dough forms. Let stand covered until enough water is absorbed for a soft dough to form, about 5 minutes.

Form 1/4 cup of the dough into 1 ball and flatten between your damp palms, gently pressing to form a 1/4-inch-thick disk. Alternatively, place each ball in between 2 sheets of plastic wrap or parchment paper and flatten gently with the bottom of a pot. Add a small amount more water if needed—the dough should be just moist enough so that when the arepas are formed there are very few cracks around the edges. If cracks form, gently press around the edge to seal. Form more disks with the remaining dough. You should get about 8 arepas.

Heat 1 tablespoon oil in a large skillet over medium heat, then fry half of the arepas, turning over once, until browned in spots and a crust has formed on surface, 8 to 10 minutes total. Add remaining oil to pan before cooking the second batch.

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NOTES

Masarepa, precooked cornmeal, can be found in stores specializing in Latin foods and online. Don't swap in masa harina (used to make tortillas) or regular cornmeal. They won't give the same light texture.

Rice Cake Stacks, 5 Ways

Rice cakes can be a crunchy base for all sorts of toppings. A great way to build up satisfying fuel from the supermarket. Of course, extra ingredients can be bundled up and taken on the trail with you.

INGREDIENTS

1 package plain flavoured rice cakes

1 small container cream cheese
1 small package sliced smoked salmon
1 small cucumber, sliced

1 500g container Greek yogurt
3 bananas, sliced
1 package peanut butter chips

1 can refried bean
1 jar roasted red pepper
1 ripe avocado, sliced
1 lime (juice squeezed over assembled rice cake)

1 small (250g) container cottage cheese
1 pint blackberries or blueberries
1 package M&Ms

1 small jar pesto
1/4 lb. sliced chicken deli meat
2 plum (roma) tomatoes, sliced
1 package shredded mozzarella cheese

8 Servings

DIRECTIONS

For each rice cake stack, pile on one of the ingredient combinations in the order listed.

NOTES

You can also use the topping combos used in the warp recipes.

Granola Cookies

Soft and chewy with a chunky texture, these are a cookie lover's dream. And they don't skimp on calories so certainly can help keep a bikepacker adequately gassed up.

10 cookies

INGREDIENTS

1/2 cup nut butter of choice
1/3 cup maple syrup
2 teaspoons vanilla
1/2 teaspoon baking soda
1/2 teaspoon salt
2 tablespoons coconut sugar or brown sugar
1 cup rolled oats
2 tablespoons chia seeds
1/2 cup chopped nuts of choice
1/2 cup dried cranberries, raisins or cherries

DIRECTIONS

Preheat the oven to 350F and line a baking sheet with parchment paper or silicon baking mat.

In a medium bowl, combine nut butter, maple syrup and vanilla and mix until smooth and thoroughly combined. Add baking soda, salt, and coconut sugar; mix well. Next add rolled oats, chia seeds, chopped nuts, and dried fruit to the bowl. Stir well to evenly distribute ingredients.

Using a 1/4 cup measuring cup scoop out dough and place on a baking sheet. Use bottom of the measuring cup to slightly flatten cookies. Bake for 13 minutes, or until the edges begin to turn golden brown and the tops of the cookies only give slightly to the touch. Let cool slightly before cooking fully on a metal rack. They will firm up further during cooling. Transport in a zip-top bag or other container of choice.

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NOTES

Almond butter, cashew butter, or even sunflower butter are good options for these cookies.

Tropical Twister Trail Mix

My bikepacking amigos, this ain't your standard trailside gorp. A big pile of calories with plenty of flavour surprises. And the wasabi peas will wake up your taste buds and clear the sinuses all at once.

6 servings

INGREDIENTS

1 cup sesame sticks
1/2 cup chopped dried mango
1/2 cup chopped dried pineapple
1/2 cup shelled pistachios
1/2 cup unsalted cashews
1/3 cup dried coconut flakes or coconut chips
1/4 cup wasabi peas
2-3 nori sheets, torn into small pieces

DIRECTIONS

In a large bowl, toss together all of the ingredients. Transfer to a zip-top container for transport.

NOTES

When making snack mixes for the trail, it can be easiest to gather your ingredients from stores that have well-stocked bulk bins. This also helps you get just what you need.

Fruit Roll-Ups

If there was ever some ride fuel that would make you feel like a kid again this is it.

6 servings

INGREDIENTS

6 fruit leather or other similar fruit-flavoured roll-ups

1/3 cup peanut butter or other nut/seed butter of choice
2 tablespoons cocoa powder
1 tablespoon honey or maple syrup
1/2 teaspoon cinnamon
1/8 teaspoon salt (can omit if using salted nut butter)

DIRECTIONS

In a small bowl, stir together nut butter, cocoa powder, honey or maple syrup, cinnamon and salt.

To assemble a fruit roll-up, lie a fruit leather on a flat surface, spread on some of the nut butter mixture and roll up tightly. Repeat with remaining ingredients. Stash in a small zip-top bag or bundle up in a beeswax wrap.

NOTES

Nutella or a similar chocolate spread would also be a great filling for these fruity rolls.

Abeego is my go-to brand for reusable beeswax wraps for bundling up my fuel.

Citrus Sports Drink Mix

This bare-bones and much less costly sports drink gives you the necessary fast-digesting carbs to help you keep up the pace and enough sodium to prevent too drastic of a drop in levels when working up a sweat. This makes enough to fill 4 standard-sized water bottles. Scale up the ingredients if you want to bring along enough mix for several days on a route.

INGREDIENTS

12 tablespoons superfine sugar
2 teaspoons lemon, lime, or orange powder
3/4 teaspoon fine sea salt

4 servings

DIRECTIONS

Combine all of the ingredients in a small zip-top bag.

To make a drink, combine 1/4 of the sugar mixture with 2 cups water in a standard sized water bottle and shake well. You may need to shake the bottle each time you want to take a swig to redistribute the ingredients.

NOTES

Somewhere between granulated and powdered is superfine sugar (sometimes called caster sugar). It has smaller granules than regular white sugar so better dissolves in water. You can also try making your own superfine sugar by running 1 cup of regular sugar in a food processor until the granules are finer. You can use the citrus powder described in the Night chapter or from a brand like TrueLemon.

NIGHT

Going to bed with a growling tummy after a herculean day on the saddle is never a good thing. Eating enough at the end of the day is vital to setting your body up for better recovery so you are ready for another big ride.

After a long, hard day on a bikepacking circuit, however, my body doesn't just crave leftover gas station fuel or a few handfuls of trail mix. I want a warm, delicious, and nourishing feast. Eating a hearty prepared camp meal in the backcountry makes such a world of difference to body and spirit.

But too often, the camp meal recipes that are out there are not viable options for bikepackers. When a recipe calls for using a cast iron Dutch oven or assembling the ingredients to cook a backcountry lasagne, it's just not going to work. We bikepackers require things that are quick to prepare using minimal equipment and are light to transport. And not all of us want to rely solely on expensive freeze-dried meals of sometimes dubious quality.

This is where the fast and realistic recipes in this chapter come to the rescue. The majority are one-pot meals that cook incredibly quickly and can be prepared using Jetboil or similar camp stove set-ups. No need to waste precious camp fuel by simmering meals for way too long. Plus, cooking while camping should be fun and creative.

When you are sitting back and enjoying a satisfying warm dinner that isn't an unidentifiable glob in a bag or a limp cold slice of pizza you'll be thankful you put in a little prep work at home before departing on your adventure.

Oh, and if you are passing by a grocer or market on your way to camp it's a good idea to gussy up these meals with a little vegetable love. After all, the more nutrients you can flood your body with the more you'll be able to handle the physical and mental challenges that define bikepacking. *Buen provecho!*

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Pro Tip: For long sojourns, I often make seasoning packets for various recipes and then just buy the other necessary ingredients while on the route. For instance, I'll bring along the seasoning mix for the Salmon Ramen Curry in a small zip-top bag and then grab the salmon and ramen at a resupply point. Or, I'll mix up everything I need for the Moroccan Chicken Couscous save for the chicken and couscous which I know I can find on the road.

INGREDIENT SPOTLIGHT

Here are a few of the ingredients that can make camp meals easier to prepare and give you the nutrition needed to meet the demands of big efforts on the bike.

Couscous: This is made from tiny steamed balls of semolina flour. Though we think of it as a grain, it's actually a type of pasta. The beauty of couscous is that it cooks by simply soaking it in boiled water, which helps save on camp fuel and greatly lowers the risk of flow-overs. You can now find gluten-free versions made from corn.

Textured vegetable protein (TVP): This is produced from defatted and dried soybeans. TVP is a boon to bikepackers as it provides a shelf-stable and rather flavourless source of protein with a meaty texture. A quarter-cup serving has about 13 grams of protein. This is a versatile ingredient to keep in your camp food arsenal, even if you lean towards carnivorism.

Instant rice: Instant rice is a white rice that is partly precooked (parboiled) and then dehydrated and packed in a dried form similar in appearance to that of regular white rice. Minute Rice is the most popular brand. Despite the cooking instructions on the box that say to simmer the rice for a few minutes, it cooks (softens) adequately by adding the grains to boiled water and then simply letting them soak for a few minutes.

Sun-dried tomatoes: Sun-dried tomatoes are just what the name suggests: tomatoes that have been dried out under the sun, giving them a firm texture and unique flavor. Though, I'd imagine many packaged tomatoes in supermarkets are now dried by other means. These add a wonderful deep tomato and umami flavor to camp meals. You want to use dry-packed tomatoes and not the oil-packed ones in a jar.

Potato flakes: Flaky, powdery, and reminiscent of panko breadcrumbs, potato flakes are made when fresh spuds are dried and processed into flakes. These instantly dissolve into a soft, chunk-less mashed potato that are work great for adding creamy carbs to camp meals.

Pouched fish: Many stores sell shelf-stable tuna and salmon in packets which offers a less heavy alternative to the canned version. But don't forget that canned oysters and mussels are a great way to add briny protein to meals.

Canned meat: It's not gourmet, but canned chicken and turkey offer a viable protein source for bikepackers who are preparing some of their meals.

Power Powders

These powders are designed to infuse your camp meals with extra layers of flavor. I'll make batches of them and then add the flavourful powders to seasoning mixes of camp meals. You can also make lime or orange powder the same way.

INGREDIENTS

4 Lemons

2 ounces dried mushrooms

DIRECTIONS

1. **Lemon Powder**

Heat oven to 200F. Using a vegetable peeler, remove the rind from lemons. Try to leave behind as much of the white pith as possible. Spread lemon rinds out on a metal baking rack and place on a baking sheet. Place in an oven and heat at your oven's lowest temperature setting until the rinds have dried completely and have curled, about 1 1/2 hours. They should crumble to the touch. Turn off the oven and let the rinds cool in the oven. Pulverize lemon rinds into a fine powder using a spice grinder, mini food processor, or mortar and pestle.

2. **Mushroom Powder**

Place mushrooms in a food processor container or the container of a high-powered blender that can handle dry ingredients. Process into a fine powder. You can also process the mushrooms in a spice grinder or coffee grinder in smaller batches, which may end up working better to get the mushrooms to turn into a fine powder. Store in a sealed container at room temperature for several weeks.

NOTES

It's also possible to use the citrus powders available from True Lemon. Asian grocers are your best bet for finding reasonably priced dried mushrooms.

Hemp Bacon Bits

Taste like bacon bits but not bacon and certainly a healthier seasoning. You can add these to the seasoning mix for several of the recipes in this section including the Med Porridge, Tuna Alfredo, Chicken Potato Soup and Savoury Oats.

INGREDIENTS

2/3 cup hemp seeds (hemp hearts)
1 tablespoon liquid smoke
1 tablespoon soy sauce or tamari
1 tablespoon maple syrup

DIRECTIONS

Preheat oven to 250°C.

In a bowl, stir together hemp seeds, liguid smoke, soy sauce and maple syrup.

Spread seasoned hemp seeds out on a baking sheet and bake for 14 minutes, stirring once halfway through, until darkened. Be careful not to burn the seeds. Turn off the oven and let seeds cool down in warm oven. They will become crispy during this time.

NOTES

Liquid smoke is hardwood smoke that has been captured in condensation and collected. This liquid is further processed to remove any impurities and then bottled. You'll find it the specialty jarred food section of most supermarkets.

Moroccan Chicken Couscous

This Moroccan-inspired spice mix is a way to coax more flavour out of camp meals. The meal has a great mix of carbohydrates and protein to help your body bounce back from a big day of riding the dirt. Chickpeas would be a plant-based alternative to the chicken. You can also dollop on some Greek yogurt if you were able to pick some up from the store before setting up camp.

2 servings

INGREDIENTS

1 cup couscous
1/2 cup sliced dried apricots
1/3 cup sliced almonds
1 bouillon cube, crushed
1 teaspoon lemon powder (optional)
1/2 teaspoon turmeric
1/2 teaspoon paprika
1/2 teaspoon cumin powder
1/2 teaspoon ginger powder
1/2 teaspoon coriander powder
1/4 teaspoon black pepper
1/4 teaspoon cinnamon
2 cans chicken

DIRECTIONS

Home: In a large bowl, toss together all the ingredients except for the canned chicken. Divide all among 2 zip-top bags.

Camp: To make one serving, bring 3/4 cup water to a boil in a camp pot. Add contents of one bag to pot, stir, and let sit covered for 5 minutes. Stir in canned chicken.

NOTES

You can replace the spice mixture used in the recipe with Ras el hanout. Golden raisins and pistachios are good alternatives to the apricots and almonds, respectively.

Taco Rice Bowl

Here's how to turn an evening of camping into taco night. You'll find white cheddar cheese powder in most supermarkets near the mac and cheese boxes. You can spruce things up with sliced avocado, chopped tomato, or diced bell pepper. If you want to go plant-only you can try replacing the cheese powder with nutritional yeast.

2 servings

INGREDIENTS

1 cup instant white rice
1 cup textured vegetable protein (TVP)
1/3 cup cheddar cheese powder
1/2 cup chopped dry-packed sun-dried tomatoes
2 teaspoons taco seasoning mix

DIRECTIONS

Home: In a large bowl, toss together all the ingredients. Divide all among 2 zip-top bags.

Camp: To make one serving, bring 1 cup water to a boil in a camp pot. Add 1 rice packet, stir, and simmer for about 30 seconds. Remove from heat, cover and let sit for 10 minutes. Fluff the contents of pot with a fork and dig in.

NOTES

For camp burritos, stuff the mixture into large tortillas. Top with salsa and/or sliced avocado. You can also make your own taco seasoning mix by combining 1 teaspoon dried oregano, 1/2 teaspoon onion powder, 1/2 teaspoon garlic powder, 1 teaspoon chili powder, 1/2 teaspoon cumin powder, and 1/2 teaspoon salt.

Falafel Mash

Like spooning up a falafel without the deep-fry. My favourite add-in is briny canned mussels or oysters that you can find at nearly any grocer. Go ahead and scale up the ingredients to make more servings.

2 servings

INGREDIENTS

1 cup chickpea flour
1/4 cup shelled pistachios
1 teaspoon dried parsley, Italian seasoning or za'atar
1/2 teaspoon lemon powder (optional)
1/2 teaspoon cumin powder
1/2 teaspoon coriander powder
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon paprika
1/2 teaspoon salt
2 cans mussels or oysters (optional)

DIRECTIONS

Home: Mix all the ingredients except for the canned seafood in a bowl. Divide mixture among 2 zip-top bags.

Camp: For each serving, bring 1 cup water to a boil in a camp pot. Add 1 packet chickpea mixture, stir well and turn off heat. Cover pot and let set 10 minutes. Top with canned mussels or oysters if using.

NOTES

Canned lentils could serve as a plant-based protein topping. Srasher bags are a great re-usable zip-top silicone bag option for storing camp meals. They are also impervious to boiling water.

Tuna Alfredo

This creamy pasta will bid adieu to mundane camp meals. After a quick boil, small-shaped pasta will cook to al dente while being soaked in hot water. To add nutrition, consider including sliced cherry tomatoes, sliced bell pepper, and/or any leafy greens including foraged ones to this dish.

2 servings

INGREDIENTS

1/4 cup powdered milk
1/2 cup Parmesan powder
1 tablespoons mushroom powder (optional)
1 tablespoon cornstarch
1 teaspoon lemon powder (optional)
1 teaspoon Italian seasoning
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon black pepper
1/2 teaspoon red chili flakes
2 cups macaroni (elbow) pasta
2 cans or pouches of tuna

DIRECTIONS

Home: In a bowl, stir together milk powder, Parmesan, mushroom powder if using, cornstarch, lemon powder if using, Italian seasoning, garlic powder, onion powder, salt, black pepper and chili flakes. Divide among 2 small zip-top bags or other containers of choice. Divide macaroni pasta among 2 separate zip-top bags or other containers.

Camp: For each serving, heat 2 cups water in a camp pot to a boil. Add 1 cup pasta, reduce heat level, and simmer for 2 minutes, stirring a couple of times. Turn off heat, cover pot and let pasta sit for 8-10 minutes. Stir in 1 package of alfredo sauce, cover pot again and let sit for 1 minute. Stir in a can or pouch of tuna.

NOTES

You can also use canned salmon or chicken.
For a meat-free option, use textured vegetable protein (TVP), which you would soak with the pasta in the hot water. You could also use broken-up angel hair pasta in this recipe.

Mexican Quinoa Sausage Stew

This satisfying stew proves that delicious camp meals with minimal effort are possible – without the help of an expensive bag of freeze-dried food. Embelish the stew with diced avocado, crushed tortilla chips, shredded cheddar cheese, cilantro, or squirts of fresh lime juice. For a vegan option, stir in canned black beans or pinto beans, or even vegan jerky.

2 servings

INGREDIENTS

1 cup quinoa flakes
2 tablespoons tomato-based dry seasoning mix or 1 tablespoon tomato powder
1 teaspoon dried oregano
1/2 teaspoon cumin powder
1/2 teaspoon chipotle chilli powder
1/2 teaspoon garlic powder
1/2 teaspoon onion power
1/4 teaspoon salt
1/2 lb cured sausage or salami, chopped

DIRECTIONS

At Home: In a mixing bowl, combine quinoa flakes, tomato seasoning, oregano, cumin, chipotle powder, garlic, onion, and salt. Divide among 2 zip-top bags. Pack sausage or salami separate.

At Camp: For each serving, bring 1 1/2 cups water to a boil. Stir in 1 bag of quinoa mixture. Simmer for 30 seconds, then turn off heat, stir in half of the sausage and let sit, covered, for 5 minutes. Serve with any desired toppings.

NOTES

Similar to rolled oats, quinoa flakes are simply mechanically flattened grains of quinoa. That makes them much quicker to cook and an excellent gluten-free carb option.

Pizza Rice Bowl

For some reason, I always seem to crave pizza after a big day in the saddle. Especially, if my dinner option is another sorry packet of ramen. This recipe helps satisfy a hunger for a slice of pie if I can't convince a delivery guy to come to my camping spot.

2 servings

INGREDIENTS

1 cup instant white rice
1 1/2 teaspoons dried oregano or dried Italian seasoning
1/2 teaspoon red pepper flakes
1/2 -3/4 cup chopped meat sticks (pepperettes), summer sausage or pepperoni
1/4 cup parmesan powder
1/3 cup finely chopped dry-packed sun-dried tomatoes

DIRECTIONS

Home: In a bowl, toss together all of the ingredients. Divide among 2 zip-top bags.

Camp: For each serving, bring 1 cup water to a boil. Add 1 rice packet, stir, cover, and remove from heat. Let sit for 5 minutes and then fluff the mixture with a fork.

NOTES

Couscous could serve as a stand-in for the rice.

Plant Only Pizza Rice Bowl

No meat or cheese in your diet? No problem. Stealthy use of TVP and nutritional yeast lets you still spoon up a big taste of pizza even when you are miles away from the nearest Dominos.

2 servings

INGREDIENTS

1 cup instant white rice
1 cup textured vegetable protein
1 teaspoon dried oregano or dried Italian seasoning
1/2 teaspoon red pepper flakes
3 tablespoons nutritional yeast
1/3 cup finely chopped dry-packed sun-dried tomatoes

DIRECTIONS

Home: In a bowl, toss together all of the ingredients. Divide among 2 zip-top bags.

Camp: For each serving, bring 1 cup water to a boil. Add 1 rice packet, stir, cover, and remove from heat. Let sit for 5 minutes and then fluff the mixture with a fork.

NOTES

Couscous could serve as a replacement for the rice.

Thanksgiving Dinner in a Pot

With a taste reminiscent of a T-day feast, this is camp comfort food. You can find powdered gravy mix at most grocery stores located alongside the other dry sauce and seasoning mixes. For this recipe, you can also try the cold soak preparation method.

2 servings

INGREDIENTS

1 1/2 cups instant potato flakes
1/3 cup dried cranberries
2 tablespoons powdered gravy mix
2 tablespoons milk powder (cow or soy)
1 tablespoon mushroom powder (optional)
1 teaspoon dried sage or dried thyme
1/4 teaspoon salt
2 cans turkey

DIRECTIONS

Home: Place all of the contents in a bowl and mix well. Divide among 2 zip-top bags or other containers of choice.

Camp: Bring 1 1/2 cups water to a boil in a camp pot, stir in the contents of one container, and mix well until no clumps remain. Cover and let soak for about 10 minutes. Stir in 1 can of turkey.

NOTES

For a plant-based option, add 1 cup textured vegetable protein to the dry mix and leave out the canned turkey.

Salmon Ramen Curry

This noodle and liquidy dinner will replenish your energy stores, and serve to help rehydrate you too. Salmon offers healthy omega fats and much needed protein for muscle recovery. If you're passing by a farm stand or supermarket, you can pick up some fresh vegetables to add to this dish. These can include bell pepper, spinach, slaw mix, diced carrot, and radish. And go ahead and grab a lime as a few squirts of lime juice is a lively way to finish off the dish.

2 servings

INGREDIENTS

1 bouillon cube
1 tablespoon sesame seeds
1 1/2 teaspoons curry powder
1/2 garlic powder
1/2 teaspoon ginger powder
1/4 teaspoon cayenne powder
2 packets ramen or udon noodles
2 pouches or cans of salmon

DIRECTIONS

Home: In a bowl, crush the bullion cube. Mix in sesame seeds, curry powder, garlic powder, ginger powder, and cayenne powder. Place the mixture in a small zip-top bag or other small portable food container.

Camp: For each serving, bring 2 cups of water to a boil in a camp pot. Add half of the spice mixture, stir to dissolve and then add 1 packet of ramen noodles (discard seasoning packet). Heat noodles until tender. Stir in 1 salmon pouch or can.

NOTES

Easy-to-pack pouches of salmon are available in many supermarkets and natural grocers, otherwise use the canned variety. For a plant-based dish replace salmon with cubes of smoked tofu.

Savoury Oats

Who says oats have to be sweet and only for breakfast? Here they serve as a carb-dense base for a meal teeming with umami goodness. If desired, it's possible to swap out the TVP for canned chicken.

2 servings

INGREDIENTS

1 cup rolled oats
1 cup textured vegetable protein (TVP)
1/3 cup sliced dry-packed sun-dried tomato
4 tablespoons hemp seeds (hemp hearts)
1/4 cup Parmesan powder or 3 tablespoons nutritional yeast
2 teaspoons mushroom powder (optional)
1 teaspoon Italian seasoning
¼ teaspoon black pepper
1/4 teaspoon red chili flakes

DIRECTIONS

Home: Combine all of the ingredients in a bowl and toss to mix well. Divide among 2 zip-top bags or other appropriate container.

Camp: For each serving, bring 1 1/2 cups water to a boil. Add contents of 1 bag, stir, and let soak covered for 10 minutes.

NOTES

Nutty-tasting hemp seeds are rich in a bunch of nutrients including omega fats, protein, and iron that can benefit the bikepacking crowd. They are easy to toss into all sorts of camp meals for added nutrition.

Pad Thai Rice

A hearty camp meal that brings back fond memories of cycling around Thailand. Rice is easier to pack than pad Thai noodles. You can leave out TVP and use canned salmon as a protein source. The dish is even better if you can add in some fresh veggies like red bell pepper, carrot or green onion.

2 servings

INGREDIENTS

1/4 cup peanut butter powder
1 tablespoon coconut sugar or brown sugar
1/2 teaspoon coriander powder
1/2 teaspoon garlic powder
1/2 teaspoon ginger powder
1/4 teaspoon cayenne powder
1 cup instant white rice
1 cup textured vegetable protein (TVP)
1/4 cup roasted peanuts
2 packets soy sauce
1 lime

DIRECTIONS

Home: In a bowl, stir together peanut butter powder, sugar, coriander powder, garlic powder, ginger powder, and cayenne powder. Divide among 2 small zip-top bags or other small container. Divide rice, TVP and peanuts among two other zip-top bags. Pack soy sauce packets and lime separately.

Camp: Stir the contents of one peanut butter packet with 1 soy sauce packet and 1 tablespoon water until smooth. Bring 1 cup water to a boil. Add 1 rice packet, stir, cover, and remove from heat. Let sit for 5 minutes and then fluff the mixture with a fork. Stir in peanut sauce. Squirt on lime juice before serving.

NOTES

Made from peanuts that have had their oil pressed out and then ground into a powder, peanut butter powder is a great addition to Asian-inspired sauce mixes. Pick up small soy sauce packets at Asian grocers and restaurants.

Cheesy Chicken Potato Soup

Consider this comfort food for a chilly camp evening. Potato flakes help thicken up the soup making it more satiating.

2 servings

INGREDIENTS

1 bouillon cube
1 cup instant potato flakes
1/4 cup white cheddar powder
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon Italian seasoning
1/2 teaspoon black pepper
2 cans chicken

DIRECTIONS

Home: In a bowl, crumble the bouillon cube into a fine powder. Mix with potato flakes, cheese powder, garlic powder, onion powder, Italian seasoning and black pepper. Divide among 2 small zip-top bags or other container.

Camp: Bring 2 cups water to a boil. Stir in 1 packet of the potato mixture. Remove from heat and let sit covered for 10 minutes. Stir the mixture again and then stir in chicken, breaking the meat into smaller chunks.

NOTES

For cheesy flavor, you can also try replacing the cheddar powder with nutritional yeast. Use vegetable or chicken bouillon cube.

Five Spice Salmon Ramen

Full of quick-cooking carbs, ramen are a perennial favorite among bikepackers and backpackers. Here's how to turn them up a notch and why you should never settle for the lacklustre seasonings they come with. The shredded veggies are a healthy addition but can be left out if you're not able to resupply at a proper grocer.

2 servings

INGREDIENTS

2 teaspoons Chinese 5-spice
2 teaspoons sesame seeds
1 teaspoon mushroom powder (optional)
1/2 teaspoon ginger powder
1/4 teaspoon cayenne
2 packets ramen or udon noodles
2 cans or pouches salmon
1 small bag shredded veggie mix

DIRECTIONS

Home: In a small zip-top bag or other small container mix together Chinese 5 spice, sesame seeds, mushroom powder, ginger powder, and cayenne. Pack noodles and salmon separately.

Camp: For each serving, bring 2 cups water to a boil in a camp pot. Add one-half of the spice mixture, stir to dissolve and then add 1 packet of ramen noodles (discard seasoning packet). Heat noodles until tender. Stir in 1 salmon pouch or can and a desired amount of shredded veggies.

NOTES

Smoked or seasoned pressed tofu (no cooking required) is a good plant-based stand-in for salmon.

Med-Style Potato Porridge

This camp meal may not be the most photogenic, but it provides a good pop of flavor and could not be easier to prepare when you have little energy left after a big day on the saddle. I'll aim to make sure to include some protein in this dish which I get from canned mussels, canned oysters or pouched tuna.

2 servings

INGREDIENTS

1 1/2 cups instant potato flakes
1 chicken or vegetable bouillon cube, crumbled
1/4 cup Parmesan powder (omit for dairy-free)
1/4 cup chopped sun-dried tomatoes
1/4 cup bacon bits
1/4 cup shelled sunflower seeds
1 teaspoon Italian seasoning
1 teaspoon lemon powder (optional)
1/2 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon onion powder

DIRECTIONS

Home: Divide all of the ingredients among two zip-top bags.

Camp: Bring 1 cup water to a boil in a camp pot, stir in the contents of one container and mix well. Turn off the heat, cover the pot and let soak for about 10 minutes.

NOTES

You can use this same seasoning mix with couscous. Stasher bags are a great re-usable zip-top silicone bag option for storing camp meals. You can prepare the meal in a bag as they are heat resistant.

Pesto Chicken Couscous

This dish contains a desirable mix of carbs and protein to spur muscle recovery so you are better set up for another day of riding hard. This mix of parmesan, basil and garlic makes it taste reminiscent of lively pesto.

2 servings

INGREDIENTS

1 cup couscous
1/3 cup parmesan powder
1/3 cup sliced dry-packed sun-dried tomatoes
1/4 cup chopped walnuts
1 teaspoon dried basil
1 teaspoon garlic powder
1/2 teaspoon lemon powder (optional)
2 cans chicken

DIRECTIONS

Home: Divide couscous, parmesan, sun-dried tomatoes, walnuts, basil, garlic powder and lemon powder if using among 2 small zip-top bags. Pack canned chicken separately.

Camp: For each serving, bring 3/4 cup water to a boil in a camp pot. Add contents of 1 couscous bag, cover and let sit for 5 minutes. Stir in a can of chicken.

NOTES

Canned turkey or tuna are good options instead of chicken. For a plant-based dish go with TVP or canned chickpeas. You can use True Citrus instead of DIY lemon powder.

Everything Bagel Pasta

A friendly camp pasta dish, but with the unexpected sparkle of the everything bagel seasoning. It's best not to use whole grain pasta here as it may not cook properly in the hot soaking water. Good with some hot sauce if you have a bottle or packet of the heat on hand.

2 servings

INGREDIENTS

2 tablespoons everything bagel spice
1/4 cup nutritional yeast
1/2 teaspoon red chili flakes
2 cups macaroni (elbow) pasta
1 cup textured vegetable protein (TVP)

DIRECTIONS

Home: Divide everything bagel spice, nutritional yeast and chili flakes among 2 small zip-top bags or containers of choice. Divide macaroni pasta and TVP among 2 other zip-top bags.

Camp: Heat 2 cups water in a camp pot to a boil. Add 1 packet of the pasta TVP, reduce heat level, and simmer for 2 minutes, stirring a couple of times. Turn off heat, cover pot and let pasta sit for 8-10 minutes. Stir in 1 package of spice mixture, cover pot again and let sit for 1 minute.

NOTES

Canned tuna or canned chicken would be protein alternatives to the TVP.

Creamy Tuscan Gnocchi

Gnocchi, which are small potato dumplings, is an excellent choice for camping food. It supplies plenty of carbs, can welcome all sorts of seasonings and cooks far quicker and easier than potatoes do. It also makes a nice change from ramen or rice. Coated in a creamy sauce with flecks of tomato and meat, it's almost, almost, *like bringing a Southern Italian restaurant to your campsite.*

2 servings

INGREDIENTS

1/4 cup milk powder
1/4 cup parmesan powder
2 teaspoons cornstarch
1 teaspoon Italian seasoning
1 teaspoon lemon powder (optional)
2 teaspoons mushroom powder (optional)
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon red chili flakes
1/2 teaspoon black pepper
3 cups shelf-stable gnocchi
1 cup chopped meat sticks (pepperettes), summer sausage, salami or jerky
1/3 cup chopped dry-packed sun-dried tomato

DIRECTIONS

Home: In a small bowl, combine milk powder, parmesan powder, cornstarch, Italian seasoning, lemon powder if using, mushroom powder if using, garlic powder, onion powder, chili flakes and black pepper and mix well. Divide among 2 small zip-top bags or other containers of choice. Divide gnocchi between 2 other zip-top bags. Divide meat and tomatoes between 2 other small zip-top bags.

Camp: For each serving, place one packet of the milk powder mixture in a bowl. Bring 2 ½ cups water to a boil in a camp pot. Add gnocchi from one of the bags, return water to a boil, turn off heat, cover the pot, and let gnocchi soak for 10 minutes. Remove 1/4 cup of the cooking water and stir into the milk powder mixture until smooth. Drain the remaining water from gnocchi and stir in sauce. Stir in 1 packet of meat and tomatoes.

NOTES

You can find packages of shelf-stable gnocchi alongside the dry pasta at most supermarkets.

Ham & Cheese Grits

Otherwise known as "grits from a packet." These fine-textured grits have been precooked and dehydrated, so all you need is boiling water. Here, they serve the backbone for a delicious pot of comfort food. With the ham and cheese in the mix, you shouldn't let this linger in your bike bags for more than a couple of days before preparing.

2 servings

INGREDIENTS

4 packets of instant grits, such as Quaker brand
1 cup chopped cured ham
1 cup grated cheddar cheese
1 bouillon cube, crushed
1 teaspoon Italian seasoning
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon red pepper flakes
1/4 teaspoon black pepper

DIRECTIONS

Home: Divide an equal amount of all the ingredients among two zip-top bags.

Camp: For each serving, bring 1 1/2 cups water to boil in a camp pot. Add 1 bag of grits mixture, stir well, turn off the heat, and let rest 5 to 10 minutes covered.

NOTES

You can replace ham with cured sausage or textured vegetable protein, and swap out the cheese for one of the dairy-free grated cheese products on the market.

Tofu Noodle Soup

Nutritious, hydrating, and comforting....a perfect camp soup for the shoulder seasons. Often overlooked, smoked tofu is a pack-stable protein source for camp meals. By all means, stuff the soup with vegetables such as red bell pepper, carrot, and spinach.

2 servings

INGREDIENTS

3 – 4 ounces stick rice noodles, crumbled into 2-inch pieces
1/4 cup roughly chopped peanuts
1 vegetable bouillon cube, crumbled
1 nori sheet, crumbled
1 1/2 teaspoons curry powder
1 teaspoon coriander powder
1 teaspoon mushroom powder (optional)
1/2 garlic powder
1/4 teaspoon cayenne powder
2 pkgs smoked tofu

DIRECTIONS

Home: In a large bowl, toss together rice noodle pieces, peanuts, bouillon, curry powder, coriander powder, garlic powder, and cayenne among 2 zip-top bags or other containers of choice. Pack tofu separately.

Camp: For each serving, bring 2 cups water to a boil. Add one packet noodle mixture, simmer for a couple of minutes, turn off the heat, and let sit covered for 10 minutes. Stir in cubes of smoked tofu.

NOTES

The pressed seasoned tofu you can get from Asian grocers is a good substitute for smoked tofu.

Mashed Potato Casserole in a Pot

Creamy, fluffy, and full of flavor, this riff on mashed potato casserole is camp comfort food. With the bacon and cheese, this is not something that should hang out in your bike bag for several days before you cook the meal. Go ahead and add a boost of nutrition with veggies like broccoli or spinach.

2 servings

INGREDIENTS

2 cups instant potato flakes
½ lb. cooked and crumbled bacon
1 cup shredded cheddar cheese
1 green onion (scallion), sliced
1/4 cup milk powder
1 teaspoon dried thyme or dried parsley
1/2 teaspoon dried garlic powder
1/2 teaspoon black pepper

DIRECTIONS

Home: Place all of the contents in a bowl and mix well. Divide among 2 zip-top bags or other containers of choice.

Camp: For each serving, bring 1 3/4 cups water to a boil in a camp pot, stir in the contents of one bag, and mix well until no clumps remain. Cover and let soak for about 10 minutes.

NOTES

For a plant-based version try swapping out the bacon for TVP and using a non-dairy grated cheese product.

Instant Smoothie

A blender is not something most of us are going to stash in our frame bag. Here's a way to get in a recovery smoothie minus the electric whirl. Protein powder provides your worn-torn muscles much much-needed recovery aminos, while the greens powder is a concentrated source of nutrients and antioxidants to help your body bounce back. Be sure to give your bottle a good rinse afterward.

1 serving

INGREDIENTS

3 tablespoons oat flour
1/4 cup protein powder of choice
2 tablespoons cocoa powder
2 tablespoons brown sugar, coconut sugar, or date sugar
1 tablespoon ground flax
1/4 teaspoon cinnamon
1 serving greens powder of choice (optional)
1/8 teaspoon salt

DIRECTIONS

Home: Place all of the ingredients in a zip-top bag for transport.

Camp: Fill a water bottle halfway with water and pour in the contents of the bag. Top bottle with additional water, secure lid and shake well. You may need to shake the bottle another time during drinking if any solids have sunk to the bottom.

NOTES

For a cocoa powder with more antioxidant firepower choose one labelled "natural" or "raw" which is often spelled cacao.

Recovery Hot Cocoa

What better way to cap off a great day of bikepacking than with this steamy mug of hot chocolate that also happens to confer copious recovery benefits.

4 servings

INGREDIENTS

1/2 cup cocoa powder
1/2 cup chocolate or vanilla protein powder
1/3 cup milk powder
1/3 cup brown, coconut, maple or date sugar
1 teaspoon cinnamon
1/4 teaspoon cayenne
1/8 teaspoon salt

DIRECTIONS

Home: Place all of the ingredients in a large bowl and mix well. Divide among 4 zip-top bags for transport.

Camp: To make a hot chocolate, place the contents of a bag in a mug. Add enough boiled water to fill mug and stir well until most of the clumps are gone.

NOTES

If you are dairy intolerant or fully plant-based, you can now find dairy-free milk powders such as soy.

PB & Chocolate Instant Pudding

Your camp dessert need not be a package of Oreos. This ready in flash pudding is pure decadent satisfaction when a round of campfire s'mores isn't going to happen. I like to add the chocolate chunks to the mix for even more rich chocolate goodness. Of course, just scale up the ingredients to make enough servings for multiple nights in the backcountry.

1 serving

INGREDIENTS

3 tablespoons cocoa powder
3 tablespoons peanut butter powder
2 tablespoons milk powder (cow, soy, or coconut)
2 tablespoons brown sugar, coconut sugar or date sugar
2 tablespoons chia seeds
1/2 teaspoon cinnamon
1/8 teaspoon salt
2 tablespoons dark chocolate chunks or chocolate chips (optional)

DIRECTIONS

Home: Place all of the ingredients in a small zip-top bag

Camp: Place pudding ingredients in a bowl, add 1 cup boiled water, and stir well until everything is moist. Cover and let sit for 5 minutes to thicken.

NOTES

Chia seeds are the magic here as their high amounts of soluble fiber help give this a pudding texture when soaked in water.

About the Author

Matthew Kadey is a registered dietitian, nutrition writer and professional recipe developer. He is the founder of the Great Northern Bikepacking Route and the BT 700 bikepacking routes in Ontario. He is also the author of Rocket Fuel: Power Packed Food for Sports + Adventure. Find him at www.matthewkadey.com and www.bt700.ca
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