

Another Fork in the Trail

by Laurie Ann March © 2011

“At Camp” Instructions – Beverages

To make it easy for you to take along the “at camp” instructions with your backcountry meals from *Another Fork in the Trail* I have created these files for you to print out.

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Thank you,

Laurie Ann March

Almond Milk Powder

At Camp

Squish the bag of powder with your fingertips to break up any lumps. To make one cup of almond milk add 1/8 cup or 2 tablespoons to your cup and add enough water to bring the mixture up to 1 cup or about 7/8 cup water. Stir and let hydrate for a few minutes. Stir again before drinking.

Green Tea Chai Vanilla Latte

At Camp

Put 2 1/2 cups of water in a pot with the chai tea bag and the powdered milk. Bring to a simmer over medium-low heat, stirring often so that the milk does not stick. Simmer for 3 minutes, add the gunpowder green tea bag, and reduce the heat to low. Let steep for another 3 minutes and add the vanilla extract.

Remove the tea bags and divide the tea between 2 camp cups. Sweeten to taste.

Tips

If you happen to be base camping or car camping and have a cooler with ice, this makes a delicious iced drink too.

Bay Leaf–Infused Apple Tea

At Camp

Boil enough water to make 2 cups of tea. Break the bay leaf in half and add it to the pot. As soon as the water boils, add the cider packet, cinnamon, and tea bag. Let steep to taste. Remove the tea bag and bay leaf pieces. Stir well and pour into cups.

Cranberry Ginger Green Tea

At Camp

Bring enough water for 2 cups of tea just to the boiling point. Put a tea bag in each cup and pour the water over the bag. Let steep for 3 to 5 minutes or until the tea is the strength you desire. Sweeten to taste.

Cocoa-nutty Hot Chocolate

At Camp

Shake the bag of dry ingredients to ensure that they are well combined. Place 5 tablespoons of mix in a cup and carefully fill it with boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Tip

A pinch each of cinnamon and crushed red chili pepper can be added to the mix if you like things a little spicy.

Lemon Ginger Hot Chocolate

At Camp

Shake the bag of dry ingredients to ensure that they are well combined. Place 4 tablespoons of mix in a cup and carefully fill it with boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Peanut Butter Banana Hot Chocolate

At Camp

Shake the bag of dry ingredients to ensure that they are well combined. Place 4 tablespoons of mix and 1 teaspoon of peanut butter in a cup and carefully fill it with boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Chocolate Anise Coffee

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 4 tablespoons of mix in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Coconut Crème Coffee

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 3 tablespoons of mix in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Orange Spice Mocha

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 4 tablespoons of mix in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Berry White Chocolate

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 3 heaping tablespoons of mix into a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Chai Hot Chocolate

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 3 heaping tablespoons of mix into a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Gingerbread Spice Coffee Creamer

At Camp

Add the gingerbread creamer to your brewed cup of coffee to suit your tastes.

Tip

Use Gingerbread Spice Coffee Creamer in place of sugar with 1 tablespoon of unsweetened cocoa powder and enough milk powder to make 1 cup of milk to create Gingerbread Hot Chocolate.

Raspberry Peach Breakfast Nectar

At Camp

Tear the leather into small pieces and place in a large wide-mouth water bottle. Add enough water to the leather pieces to equal the measurement on your sticky note. Let rehydrate for 30 minutes shaking well at 5- to 10-minute intervals. Serve warm or cool.

Chocolate Almond Blueberry Smoothie

At Camp

If you didn't package each serving individually then shake the package of dry ingredients to ensure they are well combined. Break apart any lumps. If you are making both servings together put the powder in a wide-mouth water bottle and add 2 cups of water. If you packaged them separately add 1 serving of powder to 1 cup of water. Stir or shake and let it sit for a few minutes for the flavors to infuse and to let the almond milk rehydrate.

Vanilla Almond Tropical Spiced Smoothie

At Camp

If you didn't package each serving individually then shake the package of dry ingredients to ensure they are well combined. Break apart any lumps. If you are making both servings together put the powder in a wide-mouth water bottle and add 2 cups of water. If you packaged them separately add 1 serving of powder to 1 cup of water. Stir or shake and let it sit for a few minutes for the flavors to infuse and to let the almond milk rehydrate.

Pumpkin Nog

At Camp

Shake the bag of dry ingredients to ensure that they are well combined. Place 4 tablespoons of mix in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve and let sit for 5 minutes or more so that the pumpkin flour can fully rehydrate. Sweeten to taste. Repeat for each desired serving.

Blueberry Mango Lemonade

At Camp

If you didn't package each serving individually then shake the package of dry ingredients to ensure they are well combined. Measure 1 serving of powder into a cup or water bottle. Add 8 to 10 ounces of water, depending how strong you like your lemonade. Stir or shake and let it sit for a few minutes for the flavors to infuse.

Spiked Winter Latte

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 3 tablespoons of mix into a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve then add 1 ounce of Frangelico liqueur. Repeat for each desired serving.

Mulled Wine

At Camp

Use your camp knife to cut a few strips of peel from the Clementine being careful not to get any of the white pith. Place the clementine peel in a pot with the sugar mixture. Squeeze the juice from the clementine into the pot and add enough red wine just to cover the mixture and heat on medium-low just until the sugar has dissolved. Add the spice bundle, 1 teaspoon vanilla extract, and cognac or brandy, then bring to a boil and let simmer for about 5 minutes. Turn off the heat, add the remaining wine, and let the mulled wine sit for five minutes so the flavor can develop. Remove the spice bundle, pour the wine into camp mugs, and serve.