



| BOOK |

## For Hungry Hikers

DITCH THE CANNED beans, trail mix and burnt marshmallows. With a dash of foresight, a dehydrator and a pinch of Laurie Ann March's creative insight, your new hiking diet might include orange cranberry pancakes for breakfast, chicken and apple slaw for lunch and chipotle pork with toasted tortillas for dinner. Sound complicated? Fret not: *A Fork in the Trail* even has a three- and six-day menu plan to help you navigate 200 mouthwatering recipes which explain exactly how to pack and prepare your mobile meals. And whether your trail takes you through rainforests or airport hallways, this slightly condensed version of March's recipe for energy bars (*shown above*) will put some bounce in your step.

### Cranberry Macadamia Energy Bars

#### INGREDIENTS

- 1/3 cup of honey
- 1/4 cup brown sugar
- 1/4 cup peanut butter
- 2 cups high-energy cereal with strong flakes, crushed
- 1/2 cup dried cranberries
- 1/2 cup macadamia nuts, chopped
- 1/3 cup white chocolate chips

#### INSTRUCTIONS

1. Heat honey and brown sugar in large pot and let simmer for 1 minute. (Boiling too long will make the bars brittle.)
2. Remove pan from heat and add peanut butter. Stir until well incorporated.
3. Add the crushed cereal, cranberries, nuts and chocolate chips.
4. Coat the bottom and sides of an 8-inch square pan with vegetable oil.
5. Scoop the mixture into the pan, and pack down evenly.
6. Freeze for 30 minutes.
7. Transfer pan contents to a cutting board. Allow to return to room temperature and cut into 10 bars.
8. Wrap in waxed paper and store in zip-lock bags.
9. The bars will store in the freezer for up to three months.

