

Another Fork in the Trail

by Laurie Ann March © 2011

“At Camp” Instructions – Snacks

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, Carob, Flax Balls

At Camp

Mix 2 tablespoons of almond butter, 1 teaspoon of maple syrup, and 1 tablespoon of water with the ingredients in the freezer bag. Knead to combine. Make into 4 balls.