

Backcountry Foodie

Berry Breakfast Crumble



HOME PREP

**Mix Dry
Ingredients**

HOME PREP TIME

**3
Minutes**

FIELD PREP

Cook

FIELD PREP TIME

**1
Minute**

TOTAL SERVINGS

**1
Serving**

WT/SERVING

**3.9 oz
(111 g)**

INGREDIENTS

½ cup freeze-dried berries (14 g)

½ cup full-fat granola (60 g)

2 Tbsp pecans, chopped (14 g)

1 tsp chia seeds (5 g)

1 tsp cane sugar (4 g)

1 Tbsp coconut oil (14 g)

Substitutions: Any mixture of berries (blackberries, blueberries, strawberries, raspberries) may be used. Recommend reading food labels and choosing full-fat granola without dried fruit to maximize the calories per weight ratio. Gluten-free granola can be used as a gluten-free alternative. Chia seeds provide an additional source of nutrition but can be left out without greatly altering the taste or texture of the meal.

Nutrition: For a lower calorie meal, do not add the 1 Tbsp (120 calories) coconut oil.

HOME DIRECTIONS

1. Put all dry ingredients in a bag or container to be used in the backcountry.
2. Pack 1 Tbsp (14 g) coconut oil to be added when consumed. Recommend double bagging the oil in the event there is a leak.

FIELD DIRECTIONS

1. Add 1-2 oz (30-60 mL) hot water to the berry mixture.
2. Let stand to allow berries to fully rehydrate.
3. Add 1 Tbsp (14 g) coconut oil to berry mixture.
4. Stir to mix well and enjoy!

NUTRITION INFO
per serving

KCAL/OZ
149

CALORIES
583

PROTEIN
15 g

CARBS
70 g

FIBER
12 g

SUGAR
25 g

FAT
39 g