

## Lunches

### ***Taco Chips***

1 cup whole kernel or creamed corn  
1 cup sharp cheddar cheese, grated (the ready grated cheese is not as satisfactory)  
1/2 cup red or green peppers, diced  
1 onion, peeled and chopped  
1/8 tsp cayenne pepper  
1/2 tsp chilli powder  
Salt to taste

In a blender or food processor, blend together all ingredients at high speed. Spread mixture thinly onto Fruit Roll Sheets. Dry in your dehydrator at 130° for approximately 10 hours or until dry on one side. Lift entire corn ring off of Fruit Roll Sheet, turn over and dry in your dehydrator for two hours longer or until crisp. Break into pieces. Keep in an airtight container until the hike. Fill a sandwich size ziplock bag for lunch. Serve with dip, a can of fish, or cheese and metwurst.

### ***Augratin Potato Chips***

3 cups potatoes, peeled, boiled and mashed  
1 1/2 cups sharp cheddar cheese, grated  
1/2 cup parmesan cheese, grated  
1/2 tsp. salt

Put all ingredients in a blender or food processor and mix. Spread onto solid sheets and dry in your dehydrator for 4 hours. With a clean butter knife, lift entire ring off sheet, turn over and dry for 1 hour longer, or until dry enough to break into pieces. Keep in an airtight container until the hike. Fill a sandwich size ziplock bag for lunch. Serve with dip, a can of fish, or cheese and metwurst.

### ***Tortillas***

Spinach Burrito Tortillas (2 per person)

Refried beans

Taco Sauce

Wrap the tortillas in glad wrap, roll up, and place in pack where they wont get crushed.

Place the refried beans into a screw-top plastic container.

Place the taco sauce into a film canister or a small ziplock bag inside the tortillas.

To serve, spread the refried beans on the tortilla, add some taco sauce, roll up and eat.

### ***Noodle Soup***

1 packet 2-minute noodles

1 packet cup-a-soup

Crush the noodles and place into a bowl. (Throw away the flavouring!). Add the soup powder. Add boiling water, stir to mix, leave for 2-3 minutes for the noodles to soften and the mixture to thicken. Eat while hot.