

## SNACKS

### ***Cherry Pineapples***

1. Drain canned sliced pineapples and maraschino cherries, pat dry on paper towels.
2. Place pineapples on trays with a cherry in the centre of each pineapple ring.
3. Dry 8-10 hours in a dehydrator.  
(no-name brand slices with smaller centre hole work best).

### ***Candied Strawberries***

1. Slice into ½ cm slices. Optional: sprinkle lightly with dry strawberry jelly crystals, powdered sugar, or dip in honey/lemon juice mix (1/4 cup honey mixed with 1/4 cup lemon juice).
2. Place on tray and dry 4-10 hours in a dehydrator until crisp.

### ***Orange Crisps***

1. Slice unpeeled oranges into ¼ to ½ cm slices.
2. Dry 6-15 hours in a dehydrator until crisp.
3. Rind easily separates from orange meat for snacking or powder the rind or meat for natural sugar or spice flavouring in drinks or meals.

### ***Honey & Banana Chips***

1. Simply slice bananas ¼ to ½ cm thick.
2. Place on trays and dry 8-20 hours in a dehydrator until chewy.
3. The greener the banana the crisper the chip: the riper the sweeter. They're delicious plain and natural.
4. (Option: Dip slices into 1/4 cup honey mixed with 1/4 cup lemon juice. Pat dry with paper towels. Sprinkle lightly with nutmeg. This option will double the drying time).

### ***Cinnamon Apple Rings & Sugar***

1. Slice apples into rings ¼ to ½ cm thick.
2. (Optional: sprinkle to taste with cinnamon and/or sugar).
3. Dry 4-10 hours in a dehydrator until leathery to crisp.
4. (Option: for whiter apple rings, drop slices into 1 cup water and 2 tablespoons lemon juice. Pat dry before drying).

To use as natural sugar: Powder the dried apples in a blender. Sprinkle on cereal, toast, ice cream, etc.

### ***Fruit Leather (rollups!)***

Most berries are great candidates, as are cherries, apples, apricots, kiwi, nectarines, peaches, pears, pineapples and strawberries. In combination with those you can also use blueberries, citrus, dates, figs, guavas, papayas, rhubarb, bananas, grapes and plums. The possibilities are endless!

1. Wash and prepare fruit by removing any pits, cores, heavy skin, etc., and cutting away any bruised or spoiled portions, then puree.
2. Tasting the puree will tell you whether to add sweetener -- most fruits need none, but you can use honey or light corn syrup (honey will overpower some fruits.) If required, add sweetener and retaste, repeating as necessary.
3. Pour onto dehydrator fruit leather sheets. If your sheets don't have a raised edge, leave enough room (usually about 1½ cm) to allow for spreading during drying.
4. Dry until it feels leathery and is pliable, with no wet or sticky spots (usually 6 to 8 hours.)
5. Remove from the tray while it's still warm, then cut and roll up. (It rolls best while still warm.) Wrap individual rolls in plastic wrap, label with date and flavour, and store in a plastic bag or sealed container. To keep longer than a week or two, store in freezer.

## ***Yogurt Leather***

1. Add jam, fruit sauce or fresh fruit to home made or commercial yogurt, and puree.
2. Follow the drying instructions for fruit leather.
3. Freeze to store.
4. Dropping puree on trays in spoonfuls instead of pouring will yield tasty bite size kisses that make great party treats!

## ***Apricot, honey and cinnamon Rollups***

825g can apricot halves in natural juices, drained  
2 tablespoons honey  
1 teaspoon ground cinnamon

Method:

1. Place apricot, honey and cinnamon in the jug of a blender or bowl of a food processor. Process until smooth.
2. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray.
3. Dry for 5-7 hours in a dehydrator until pliable. Roll each fruit piece up to form a log, cut into rings. Seal in an airtight container. Seal in ziplock bags to carry on hike.

## ***Mango rollups***

800g sliced mango in natural juice, drained

Method:

1. Place mango in the jug of a blender or bowl of a food processor. Process until smooth.
2. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray top cover.
3. Dry for 5-7 hours in a dehydrator until pliable. Roll up each fruit piece to form a log.

## ***Pear and maple syrup rollups***

1kg jar pear slices in juice, drained  
1 tablespoon maple syrup

Method:

1. Place pear and maple syrup in the jug of a blender or bowl of a food processor. Process until smooth.
2. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray top cover.
3. Dry for 6-7 hours in a dehydrator until pliable. Roll up each fruit piece to form a log.

## ***Strawberry rollup***

500g fresh strawberries, hulled, halved  
4 apples, peeled, cooked and pureed  
1 teaspoon vanilla extra

Method:

1. Combine ingredients in bowl of food processor. Process until smooth.
2. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray.
3. Dry for 5-7 hours in a dehydrator until pliable. Roll each fruit piece up to form a log.

## ***Toffee Popcorn Crunch***

- ½ cup firmly packed brown sugar
- 60g butter or margarine
- 1 ½ tablespoons honey
- ¼ teaspoon bicarbonate of soda
- ¼ teaspoon vanilla essence
- 7 cups plain popcorn (1/3 cup un-popped, cooked)
- ½ cup macadamia nuts, toasted

Method:

1. Preheat oven to 160°C. Line a large baking tray with baking paper.
2. Place sugar, butter and honey in a small saucepan. Cook, stirring constantly over medium heat until mixture boils. Reduce heat and simmer for 3 minutes. Remove from heat and stir through soda and vanilla.
3. Place popcorn, nuts and toffee in a large bowl; mix to combine. Spread mixture onto prepared tray and bake for 3 minutes. Remove from oven, stir, then bake for further 2 minutes. Remove from oven, stir, and allow to cool.
4. Break into chunks, seal in an airtight container for storage. Carry in ziplock bags for the hike.

## ***Coconut banana halves***

(16 serves)

- 8 ripe bananas
- ½ cup lemon juice
- ¾ cup shredded coconut

Method:

1. Cut bananas in half lengthways. Drizzle with lemon juice. Sprinkle cut side with coconut.
2. Place, cut-side up on drying trays. Dry for 10-12 hours in a dehydrator until pliable.
3. When dry, seal in airtight containers until ready to pack for the hike. Seal in ziplock bags to carry.

## ***Chocolate coated orange rings***

- 220g good-quality dark cooking chocolate
- 35 dried orange slices (.5cm thick)

Method:

1. Line two baking trays with non-stick baking paper. Break chocolate into pieces.
2. Place in a medium glass heatproof bowl over a saucepan of simmering water (make sure bowl doesn't touch water). Cook, stirring occasionally with a wooden spoon, for 4-5 minutes or until chocolate melts.
3. Use a spoon to dip orange slices, one at a time, into melted chocolate to coat. Transfer to prepared trays. Set aside for 3 hours or until chocolate sets.

## ***Yogurt Drops***

Thicker brands of commercial yogurt dry best.

1. Drop flavoured yogurt by 1/4 teaspoon onto lightly oiled Fruit Roll Sheet.
2. Optional: sprinkle drops with chopped peanuts or coconut before drying.
3. Dry in a dehydrator 8-16 hours until chewy. Remove from sheet while warm. Chill and store in refrigerator or freezer.

## ***Peanut muesli bars***

- ½ cup peanut butter
- ¼ cup firmly packed brown sugar
- 60g butter
- ¼ cup water
- 2 cups muesli

### Method:

1. Line the base and two long opposite sides of an 11 x 21cm loaf pan with foil, allowing it to overhang.
2. Combine the peanut butter, sugar and butter in a medium saucepan and stir over low heat until butter melts and mixture combines. Remove from heat. Stir in water.
3. Place muesli in a large glass bowl. Stir in peanut butter mixture until combined. Press mixture over base of prepared pan. Place in the fridge for 4 hours or until partially set.
4. Remove muesli from pan using the foil. Use a sharp knife to cut loaf into 7 equal slices. Cut each slice in half. Shape into bars.
5. Arrange muesli bars on two lightly greased drying racks, allowing room for even drying. Dry in the dehydrator for 6 hours for a chewy bar and longer for a firmer bar.

## ***Cranberry Bars***

- 1/3 cup sesame seeds
- 1/3 cup hulled sunflower seeds
- 1/3 cup chopped pecans or walnuts
- 1/3 cup chopped almonds
- 1/3 cup unsweetened dried coconut
- 3-1/2c cups crisp toasted rice cereal
- 1 cup dried cranberries
- 3 tablespoons peanut butter
- 2 tablespoons butter or margarine
- 7 cups (12 oz.) mini-marshmallows

1. In a medium frying pan over medium heat, combine sesame seeds, sunflower seeds, pecans and almonds until sesame seeds are a pale gold, about 3 minutes.
2. Add coconut and stir until sesame seeds are golden, about 2 minutes.
3. Stir in cranberries and cereal.
4. Remove from heat.
5. Next, combine peanut butter, butter, and marshmallows in a 5-6 qt. pan. Stir often over low heat until marshmallows are melted and mixture is smooth, about 5 minutes.
6. Add cereal mixture and stir quickly to coat evenly.
7. Pour into in a buttered 9 x 13 pan and use the back of a buttered spatula to press into a firm layer.
8. Cool until bars are set and cut into 24 pieces. Store in an airtight container or storage bags for up to three days.

## ***Basic Trail Mix***

- 1/2 cup banana chips
- 1/2 cup raisins
- 1/2 cup dry roasted peanuts
- 1/2 cup plain M&Ms
- 1 cup Cheerios cereal (any flavor)

Mix all ingredients together and place in snack size ziplock bags.

### ***Nut Lover's Trail Mix***

- 1 cup raisins or dried cranberries
- 1 cup roasted peanuts
- 1 cup roasted almonds
- 1 cup roasted cashews
- 1 cup roasted pumpkin seeds

Mix all ingredients together and store in snack size ziplock bags.

### ***Deluxe Trail Mix***

- 1 cup wheel pretzels
- 1 cup peanuts
- 1 cup raisins
- 1 cup plain M&Ms
- 1/2 cup Skittles
- 1/2 cup chocolate chips
- 1/2 cup peanut butter chips

Mix them all together and store in snack size ziplock bags.

### ***The Best Trail Mix***

- 1 cup unsalted sesame sticks
- 1 cup cajun sesame sticks
- 1 cup dried dates
- 1 cup pumpkin seeds
- 1 cup pine nuts
- 1 cup soy nuts
- 1 cup unsalted peanuts
- 1 cup sunflower seeds
- 1 cup chopped almonds
- 1 cup chopped cashews

Mix them all together in a bowl. Store in a sealed airtight container. Great protein snack on the trail or anytime. Divide into snack size ziplock bags when hiking.

### ***Chilli Peanuts***

- 500g dry-roasted unsalted peanuts
- 1/2 cup water
- 1/4 cup hot pepper sauce (like Tabasco)
- 1 1/2 tablespoons chilli powder
- 1 teaspoon ground cumin
- 1/2 teaspoon red pepper
- 1/8 teaspoon ground oregano

1. Place nuts in a 9-inch square pan.
2. In a glass measuring cup combine remaining ingredients. Pour over nuts.
3. Let nuts sit at room temperature overnight.
4. Drain liquid from nuts; place nuts on regular drying tray.
5. Dry in a dehydrator for 3-5 hours or until nuts are crunchy. Store in an air-tight container.