

Adventure Foods™,

Real foods for real adventures!

Adventure Foods®, created in 1985, continues to gain national recognition as an innovative company dedicated to making trail foods as enjoyable and tasty as home prepared meals, but with the added convenience of light weight and quick preparation. From the modest beginnings of gourmet rice blends and egg roll stuffing packs, Adventure Foods has expanded its variety of entrees, bread and dessert baking mixes, vegetable side dishes and an exciting line of cold water preparation salads and desserts for fast and nutritious lunches and snacks.

Whether your food passions are directed toward meat or vegetables, fruit or chocolate, sweet or tart, Adventure Foods has something that will appeal to any of your needs. Ranging from simple stews to complex blends of exotic flavors we have attempted to make the hum drum of trail foods more like the variety and taste you have come to expect from home cooking or a meal at that special restaurant.

To our friends both old and new, thank you for helping make all of this possible.

Jean & Sam Spangenberg

Salt: Because everyone has their own idea of "good taste" (as well as different nutritional needs for sodium) Adventure Foods has carefully spiced all of our entrees without added salt. Included in packaged meals are both salt and pepper packages for your convenience. If you must watch your sodium intake, Adventure Foods has already considered your special needs.

Ingredients: All food ingredients except meats are certified kosher. Items containing preservatives are marked, as are items containing baking powders.

Sugar, Gluten, Lactose, etc: If your dietary needs require that you limit or eliminate any food ingredients, Adventure Foods can custom package almost any of our recipes at the modest extra cost of 50 cents per package! In addition we can even turn any of our hot prep entrees into a vegetarian entrée by replacing the meat with soy products which are flavored to give the taste and feel of meat without the cholesterol.

Spices: Because a growing number of backpackers have discovered the culinary delights of creating or customizing their meals, Adventure Foods designed the *Well Seasoned Traveler*, a clever folding spice case in bright orange pack cloth and mesh. Complete with 12 spices (each sealed in zip seal bags) and including extra bags for salt and pepper, the *Traveler* can be hung near your cooking area to be within easy reach. If you are tired of paying for salt, pepper and a few other spices in hard plastic canisters that break on the first overnighter, the *Well Seasoned Traveler* is for you. It will redefine your renown as the creative camp cook.

Ordering & Paying: Please create your own order form by listing the quantity, item-serving size and cost of each product you wish to purchase. All orders must include a check (10 day delay), money order

or credit card number and expiration date with your signature (Visa, Master Card or AmEx only, please). During April through August, Adventure Foods works extensively with summer youth camps and it may be difficult to ship larger orders needed in a short time. Your order, carefully planned and placed well ahead of need, will help us a great deal in keeping both our camps and our backpackers happy. We do not sell, lend or rent our customer list to anyone and we don't mail you a new catalogue unless you request one! Brochures (PDF format) can be downloaded on-line at www.AdventureFoods.com!

Shipping: All orders are invoiced at the actual shipping cost, there are no other handling charges. Most shipments are made via UPS, guaranteed delivery and faster shipping is also available at actual UPS cost. USPS Priority Mail is used for all shipments to AK, HI, PO boxes, or at the customer's request. "Patriot Act" requirements preclude acceptance of ANY returns. All sales are final, no reimbursements can be made.

Environmental concerns: Please do not be surprised if an order from Adventure Foods arrives packed in a recycled box and is cushioned with old newspaper, shopping bags, egg cartons, or even Christmas wrap from Auntie. We attempt to keep our shipping costs contained by recycling materials whenever possible.

All Adventure Foods labels are printed on the reverse with a postcard imprint. We urge you to use the space to write home to Mom, write to us, or to keep trek notes to add to your scrapbook or journal.

Our exterior bags are increasingly expensive vapor barrier bags with zip closures. Please use them to carry extra water, leftovers, or dirty laundry. When you get home use them to package food for the refrigerator or freezer. The bags may then be reheated in your microwave (do it cautiously, please) or in boiling water. Please reuse them until the zip seal fails, then recycle them.

voice: 828.497.4113 CustomerService@AdventureFoods.com fax: 828.497.7529

Breakfast items

The most important meal of the day should be memorable, taste great and get you going. We constantly get rave reviews saying our eggs are the best in the business, try an omelet or casserole, add some pancakes and see if you agree. All items are available in both 2 and 4 serving packages; please see the chart for size and price. Remember to take along some jelly, some cereals, honey, tea or coffee and bulk the meal up a bit for the day ahead.

Blueberry Pancakes. Created originally for the BakePacker "oven", but with directions for your griddle (pan) as well. Real blueberries, homemade pancake blend. Try some with a sprinkling of maple sugar crystals or powdered sugar.

Chilies Huevos. Our famous eggs with a subtle touch of peppers. Just like they serve in Mexico and the American Southwest.

Cran-Apple Crisp (see "Cold-Prep")

French Toast Casserole. This sweet breakfast casserole is perfect for those with a desire for a sweet breakfast without the mess. Cook in a single pan or use the BakePacker for zero cleanup.

Cheese and Onion Omelette
Ham & Cheese Omelette
Potato & Onion Omelette
Mushroom & Cheese Omelette
Sausage & Cheese Omelette

How do you like your omelettes? Enjoy real cheddar cheese and onion? Ham and cheese? Prefer sausage and cheese? Mushrooms?

We've got just the recipe for you. Our famous egg, tasty with meat, onion and cheddar shreds and it's ready in minutes. Use the BakePacker for omelets that turn out like soufflés with none of the fuss!

Ham & Cheese Breakfast Casserole.
Mushroom & Cheese Breakfast Casserole.

Sausage & Cheese Breakfast Casserole. All breakfast casseroles are larger and more filling than the omelettes, but with the same great flavors. Real ham or sliced mushrooms or sausage all along with our fine eggs, a few spices and croutons make for a hearty breakfast.

Huevos Rancheros with Salsa. Ranch eggs, Mexican style with instant salsa. A

different and spicy taste for the backpacking gourmet.

Potato & Cheese Pancake. Shredded Idaho potatoes and real cheddar cheese join in a blend of flour, egg and onion to create a great entrée or side dish that will stick to your ribs. If you're really creative, carry

along some sauerkraut and kielbasa for a memorable dinner.

Potato Pancakes. For those of you who prefer no cheese, try this simpler version of the above.

Sausage & Cheese Biscuit. Originally created for the BakePacker "oven"

accessory, this tasty biscuit can be prepared in any camping oven. It's a filling addition to any meal, including breakfast.

Wildrice Pancakes. If you enjoy the nut like flavor of wild rice, you'll truly enjoy this pancake mix made with both wild rice flour and pieces of precooked wild rice.

Breakfast items for 2 or 4 Includes directions for both regular open pot and BakePacker cooking	2 serv net wt.lb.	4 serv net wt.lb.	each serving in oz.	2 serv item price	4 serv item price
Blueberry Pancakes or Muffins -real blueberries-	.30	.60	4.1	3.45	5.45
Cheese and Onion Omelette	.20	.40	4.5	4.45	6.95
Chilies Huevos (whole egg powder w/ peppers)	.18	.36	3.2	4.45	6.95
French Toast Casserole	.34	.68	6.7	3.95	7.19
Ham and Cheese Breakfast Casserole (p)	.44	.44	6.0	5.95	9.95
Ham and Cheese Omelette (p)	.19	.38	4.9	4.95	7.95
Huevos Rancheros (eggs w/ hot pepper & salsa)	.15	.30	4.5	5.95	9.95
Mushroom and Cheese Breakfast Casserole	.22	.44	6.0	5.95	9.95
Mushroom and Cheese Omelette	.17	.35	5.0	4.95	8.45
Potato and Cheese Pancake	.27	.54	5.6	4.95	7.95
Potato and Onion Omelette	.19	.38	4.5	4.45	6.95
Potato Pancake	.25	.50	5.5	4.45	6.95
Sausage and Cheese Biscuit (BakePacker item) (p)	.32	.64	3.6	5.95	9.95
Sausage and Cheese Breakfast Casserole (p)	.22	.44	6.0	5.95	9.95
Sausage and Cheese Omelette (p)	.19	.38	5.0	4.95	7.95
Wildrice Pancake Mix	.50	1.00		5.45	7.95

“Cold Prep” items

In helping a Boy Scout High Adventure Program reduce time spent in preparing lunches on long hikes, Adventure Foods created a new line of cold preparation salads, entrees and snacks. These increasingly popular items have become favorites of hikers, boaters and summer campers alike. Quick preparation in a bag using cold water also makes for fast cleanup and shorter trailside stops. The innovation of “Cold Prep” items is only available from Adventure Foods. All Cold Prep items are available in both 2 and 4 serving packages.

Banana Cream Bar.

Adventure Foods does it again with a sweet snack full of real bananas, pecans, flour, sugar, eggs and milk. This will stop your hunger in its tracks!

Carrot & Raisin Salad. An old favorite at home, now it can be prepared quickly on the trail. Fresh, crisp and tasty.

Chicken Salad. Real chicken from an old family recipe in about 7 minutes max! A two serving package makes enough salad (about 1 pint) for 4 good size sandwiches.

Chickenless Salad. This is a vegetarian cold prep salad with the exciting flavors

coming entirely from vegetable sources. Quick, tasty, and convenient. Another flavorful innovation, only from Adventure Foods!

Chocolate Chip Coconut Caramel bar.

This bar is great for instant energy, snack or dessert. The fact that you'll enjoy the taste will keep you coming back to Adventure Foods for all your tasty, high energy needs.

Cole Slaw. Crispy cabbage with that tart but sweet taste. All the flavor of a favorite side dish on the trail.

Corn Salad. This instant salad has tender freeze dried corn lightly flavored with vegetables (onion, celery, pepper and such) and real mayonnaise. A great and quick snack or side dish.

Cran-Apple Crisp. This recipe might be breakfast, dessert or snack. Succulent cranberries, juicy apple and rich honey granola blend for a delicious instant meal. A healthy choice.

Egg Salad. We have the best powdered eggs on the market! Now with the convenience of quick, cold water preparation, we have the only cold prep egg salad as well!

English Pea & Corn Salad.

A complete protein -carbohydrate complex means your body will get the most out of this vegetarian meal. The convenience of instant cold water preparation is our specialty and your delight.

Feta, Walnuts and Chives.

This luncheon spread mixes quickly and is perfect for a quick lunch, an afternoon snack or evening hor d'oeuvres. Tasty, creamy and rich. Enjoy yourself! Limited quantities.

Greek Pasta Salad with Feta and Tomatoes.

Our best selling salad. The sharp flavor of carefully spiced pasta with sun dried tomatoes, tasty feta cheese, and tangy oil dressing create an unforgettable taste sensation. 3 minute prep with boiling water 15 minutes with cold water. Limited quantities available.

Mud Pie bar. This instant sweet chocolate-caramel-pecan bar stopped them in their tracks at our retail shows. See if you don't stop and tell everyone you meet about it too.

Pasta Salad with veggies. Another popular pasta dish, ready in 3 minutes with boiling water or 15 minutes with cold water. Large portions, high carbohydrates and a tasty entrée, what more could you ask?

Peanut butter Bar. A very small amount of water, a few minutes blending, and suddenly the memorable taste of a favorite snack is at your fingertips. A surprising treat conveniently prepared in the back country. Amazing!

Pimento Cheese Spread. Freeze dried cheddar cheese and tasty little bits of pimento peppers require only the addition of water and the included mayonnaise to prepare enough pimento cheese spread to make 4 sandwiches (2 serving pack) or lots of cracker spread for hors d'oeuvres. Quite a surprise for the trail and it now contains a package of crushed red peppers as well!

Rice Waldorf, fruit and nut salad. This tasty blend of rice, apples, walnuts, raisins, shredded carrots and sour cream prepares

quickly and will be devoured just as fast. Light and filling!

Roast Beef Spread. With more real roast beef than any other trail food package you can make four big sandwiches for tangy and flavorful quick meals in a few minutes. Carry along some pita bread or flour tortillas (they last the longest on the trail) and you'll have food like no one else.

Tex-Mex Pasta Salad. In about 10 minutes this snappy new cold prep salad will excite your taste buds and make you the envy of the campsite. Very generous vegetarian fare!

Tuna Salad. Albacore or yellowfin tuna with little crispy vegetables make the best tuna salad you've had at home or on the

trail. Ready in less than 5 minutes. Try some today, you'll become a fan of this favorite.

Tunaless Salad. This vegetarian creation is for those who want the flavors of tuna in a true vegetarian dish. Give it a try.

Whitefish and Crab Salad. This unique gourmet seafood salad is so tasty our friends have even served it as hors d'oeuvres at parties. Add some pita bread or flour tortillas (both keep well on the trail) and make 4 big sandwiches, or take along some crackers and really surprise your companions before dinner.

Only from the creative kitchen of AF!		2 serv	4 serv	each	2 serv	4 serv
COLD PREP ITEMS !		net	net	serv	item	item
Perfect for meals on the go!		wt.lb.	wt.lb.	in oz.	price	price
Banana Cream Bar	INSTANT!	.38	.76	3.1	4.69	8.69
Carrot and Raisin Salad		.17	.34	5.5	3.49	6.29
Chicken Salad	*	.33	.63	7.6	7.95	14.45
Chickenless Salad		.44	.88	7.0	7.49	13.49
Chocolate Chip Coconut Caramel bar	INSTANT!	.37	.74	3.2	4.69	8.69
Cole Slaw for 2		.14	.28	4.6	4.59	6.95
Corn Salad	INSTANT!	.21	.42	9.7	3.49	6.29
Cran-Apple Crisp	INSTANT!	.35	.70	5.6	4.95	8.95
Egg Salad (for sandwiches, etc.)		.17	.34	3.0	4.95	8.95
English Pea & Corn Salad	INSTANT !	.21	.42	9.7	5.55	9.99
Feta, Walnuts & Chives. Luncheon spread		.30	.60	4.2	8.79	15.95
Greek Pasta Salad w/ Feta & Tomato	*	.55	1.1	10.0	7.45	13.45
Mud Pie Bar (chocolate, caramel & pecan)	INSTANT !	.30	.60	2.4	4.69	8.69
Pasta Salad w/ Veggies		.76	1.50	16.0	5.45	9.45
Peanut Butter Bar	INSTANT!	.40	.80	4.2	3.95	7.19
Pimento Cheese spread	*	.20	.40	5.1	6.95	11.95
Rice Waldorf (rice, fruit & nut salad)		.54	1.08	7.7	6.95	12.59
Roast Beef Spread	*	.25	.50	4.5	8.49	14.95
Tex-Mex Pasta Salad	INSTANT!	.45	.90	14.0	6.49	11.69
Tuna Salad	*	.31	.65	7.9	8.45	14.95
Tunaless Salad		.44	.88	7.0	7.49	13.49
Whitefish & Crab Salad	*	.33	.69	8.7	8.45	14.95

*** NOTE: All cold prep salads make 2 generous servings (2 sandwiches per serving)!**

Entrees

All Adventure Foods labels include directions for both open pot and BakePacker preparation. A description of the BakePacker, and its many benefits for lightweight trailside baking is made elsewhere. Once you discover that "if you can boil water you can bake" you'll want one for your next trip. All entrees are available in 2 and 4 serving packages.

Baked Ziti with Mozzarella. Our exclusive noodles rehydrate in 3 minutes with boiling water, our rich tomato pasta sauce and our shredded mozzarella cheese combine to make a large, tasty entrée that is a favorite among campers and hikers alike. This is a very big meal, for very big appetites! Includes a pack of crushed red peppers too!

Beef Stew. Another hearty favorite for the trail! The rich broth with potato slices

(more of our great Idaho potatoes) and a gentle blend of mixed vegetables (leek, carrot, celeriac root, more) creates a great meal.

Black Beans & Rice is a vegetarian version of our red beans and rice (below). The Black beans provide a slightly different flavor and texture as well.

Brown Rice with Vegetables & Mushrooms. This huge meal (see the chart)

is a wonderfully rich vegetarian entrée. The pre-cooked brown rice and generous vegetables and mushrooms will appeal to everyone. Includes soy sauce too!

Cheesy Tuna Casserole. Real albacore or yellow fin tuna, our imported noodles and another rich cheese sauce will have you reordering this favorite for every trip.

Country Beef & Potatoes. Real cubed beef combined with rich beef broth, onion and shredded Idaho potatoes. Filling, tasty, warming, and memorable.

Cranberry Walnut Chicken. A bed of spiced croutons with vegetables, a gentle chicken sauce, and covered with cubed white chicken breast, cranberries and walnuts. A taste surprise, and one that will make you famous around the campfire.

Deviled Crab. Want to impress your friends? This blend of surimi (a blend of whitefish and real crab), croutons, spices and creamy white sauce will do it! Of course you'll have to live up to the gourmet reputation every trip after this tour de force.

Down East Shrimp & Noodles in Cream Sauce. Real shrimp in a creamy white sauce with ramen noodles. Good nutrition, great energy, exciting taste.

Florentine Rice au Gratin. Our special, quick cooking brown rice (it's parboiled before drying) and our special cheese sauce make this big meal a favorite at summer camps and on long hikes.

German Potato Salad with Ham. Whether you prepare this as your main course or as a side dish the tangy flavor of this genuine German recipe will enhance mealtime anywhere, anytime.

Grandma's Chicken Stew. A blend of all white chicken breast and vegetables over our special noodles. Quick and easy, it is among our best selling entrees.

"Hi-Cal" Curried Rice. Especially created for a kayak circumnavigation of Antarctica's South Georgia Island, this offering is the first in a series of entrees formulated for the high calorie needs of extreme adventures. At almost 2600 calories per 1 or 2 serving package, this is not for the dieter, but it is for the diet conscious!

Hillbilly Stew. This generous offering is a vegetarian stew flavored with all vegetable sauces. A perfect entrée for that evening meal after a long day's trail.

Home style Mac & Cheese. This huge meal (13oz. per person) is rich, creamy, tasty and perfect for large appetites. Made with our imported noodles and our home recipe of cheddar cheese and spices.

Mexican Taco Pita Chili. This entrée is named for its many possibilities. Use it as the filling for tacos or tortillas or pita bread, or just use it as a chili. Lots of black beans, lots of shredded cheddar cheese, lots of spices. If you already have a favorite chili recipe use this as the starting point for your own creations. Includes Texas Pete hot sauce too!

Monterey Pintos & Rice. Adding rice to beans (or corn to beans) creates a complete protein - carbohydrate complex that your body can more easily metabolize. This great meal uses real Monterey Jack cheese and our quick and easy brown rice. This is a perfect meal. A package of crushed red peppers is included for added spice!

New Orleans Red Beans & Rice.

Patterned after a staple of old New Orleans, this generous entrée will fill the empty spot, fully nourish your body and keep you going all while satisfying your taste buds. Comes with crushed red pepper pack as well!

Potatoes & Vegetables au Gratin. A large vegetarian meal for the most discriminating of tastes. Our tasty shredded Idaho potatoes with a generous blend of veggies and cheddar cheese will provide you with a memorable repast.

Rice & Broccoli Casserole. Another vegetarian dish full of rich flavor, quickly prepared convenience, and increased variety for your backpacking pleasure.

Southern Chicken & Dumplings. Originally created for the BakePacker, but easily prepared in the traditional manner. Bring the broth to a boil then spoon in the spinach dumplings for a memorable meal with a southern flavored heritage.

Spaghetti Sauce with Noodles. Our rich tomato paste, flavored with garlic, onion and a blend of Italian condiments and ramen noodles. Higher in fat than pasta you'll get both the flavor you want and the energy you need form this quickly prepared entrée.

Spanish Rice & Beef. The tomato and beef based sauce of this entrée is gently spiced to deeply flavor the rice with the aromas of the Spanish market and the spices of the Mediterranean.

Yankee Noodle Dandy. (Lentil and noodle chili) OK, so the name is a dreadful pun, but the taste is serious, the portions large (see chart) and it provides the nutrition you need to enjoy your adventure.

Entrees packaged for 2 or 4 Includes directions for both regular open pot and BakePacker cooking	2 serv net wt.lb.	4 serv net wt.lb.	each serving in oz.	2 serv item price	4 serv item price
Baked Ziti with Mozzarella	.50	1.00	15.0	6.45	11.45
Beef Stew	.23	.47	9.3	6.45	11.45
Black Beans & Rice	.46	.92	11.0	6.45	11.45
Brown Rice w/ Vegetables & Mushrooms	.42	.85	12.0	5.45	9.45
Cheesy Tuna Casserole (no cooking option)	.46	.93	9.2	6.95	12.49
Country Beef & Potatoes w/ Gravy	.24	.48	7.5	6.45	11.45
Cranberry Walnut Chicken -wow!-	.24	.24	6.5	7.45	12.95
Deviled Crab New Gourmet Treat!	(p) .38	.76	6.0	7.95	14.45
Down East Shrimp & Noodles in Cream Sauce	(p) .27	.49	7.7	8.45	14.95
Florentine Rice au Gratin	.35	.70	8.3	5.45	9.45
German Potato Salad w/ Ham Dinner	(p) .35	.70	10.0	6.95	11.45
Grandma's Chicken Stew (no cooking option)	.36	.72	8.4	6.95	11.45
Hi-Cal Curried Rice	.91	1.82	22.0	7.49	13.49
Hillbilly Stew (vegetarian)	.29	.59	10.7	5.45	9.45
Homestyle Mac & Cheese Dinner	.63	1.25	13.0	6.45	11.45

Mexican Taco-Pita-Chili (many possibilities)	.36	.72	8.4	8.45	14.95
Monterey Pintos & Rice w/ "Jack" Cheese	.55	1.10	9.5	5.95	10.75
New Orleans Red Beans and Rice (p)	.46	.92	11.0	6.45	11.45
Potatoes and Vegetables au Gratin	.43	.86	13.9	5.45	9.45
Rice & Broccoli casserole	.35	.70	8.3	5.45	9.45
Southern Chicken & Dumplings	.30	.60	7.0	6.45	11.45
Spaghetti Sauce w/ Noodles (no cooking option) (p)	.28	.56	9.7	5.45	9.45
Spanish Rice & Beef	.39	.78	8.5	6.45	11.45
Yankee Noodle Dandy (chili & macaroni)	.34	.68	12.7	6.95	11.95

(p) indicates an ingredient contains a preservative

Desserts

Banana Cream Bar. (see "Cold-Prep")

Chocolate Cake with chocolate chip icing. Created for the BakePacker (though you can prepare it in any camp oven) this rich chocolate cake contains no added shortening (our secret recipe), it prepares in about 15 minutes. Melt the included chocolate chips over the top of the cake, slice, serve and you'll instantly become the hit of the campsite.

Chocolate Fudge Bar. This quickly prepared blend of chocolate and peanuts will answer the call of your sweet tooth. Boil

using only a smidgen of hot water. The bar blends quickly and is ready to serve in minutes. Enjoy!

Chocolate Chip Coconut Caramel Bar. (see "Cold-Prep")

Cran-Apple Crisp. (see "Cold-Prep")

Gingerbread. The aroma will call them to the table, morning, noon or evening. Another BakePacker creation, ready in about 15 to 20 minutes, with a spicy taste you'll remember, and return to frequently.

Mud Pie Bar. (see "Cold-Prep")

Peanut butter Bar. (see "Cold-Prep")

Peanut Cake. This high protein dessert cake is healthy, crunchy and very nutritious. Made with real peanuts.

Pound Cake. This home made favorite is now available on the trail. Pick your berries or fruit for a topping.

Southern Pecan Pie. This clever pie, designed for the BakePacker, is quickly blended in its cooking bag and creates its own thin crust as it cooks. Made with real pecans and pecan flour.

Dessert Items and ONLY from Adventure Foods™		2 serv net wt.lb.	4 serv net wt.lb.	each serving in oz.	2 serv item price	4 serv item price
Banana Cream Bar	INSTANT!	.38	.76	3.1	4.69	8.69
Chocolate Cake w/ chocolate chip frosting		.40	.68	5.0	4.95	8.95
Chocolate Fudge Bar		.39	.78	3.2	4.95	8.95
Chocolate Chip Coconut Caramel bar	INSTANT!	.37	.74	3.2	4.69	8.69
Cran-Apple Crisp	INSTANT!	.35	.70	5.6	4.95	8.95
Gingerbread -good morning aroma-		.22	.44	2.6	2.95	5.25
Mud Pie Bar	INSTANT !	.30	.60	2.4	4.69	8.69
Peanut Butter Bar	INSTANT !	.40	.80	4.2	4.69	8.95
Peanut Cake -crunchy high protein-		.30	.60	3.2	4.45	7.95
Pound Cake Add your own toppings!		.30	.60	2.9	4.45	7.95
Southern Pecan Pie -makes its own crust!		.35	.70	5.5	5.25	9.45

**Breads, entrees and side dishes for the
BakePacker®
(and other camp ovens)**

Almond Date Oat bran Muffins. A healthy multigrain flour blend with lots of dates. You couldn't ask for a better muffin first thing in the morning.

Apple Muffins. Sweet muffins with real apple dices and a hint of cinnamon.

Bishop's Bread. A rich cake full of walnuts, chocolate chips and cherries. Decadence is a marvelous thing.

Blueberry Pancakes. Whether you fix them as muffins in the BakePacker or pour them on the griddle for pancakes, these will fill the empty spot. Carry along some of our butter powder and maple sugar granules to sprinkle on the top.

Chocolate Cake with chocolate chip icing. Created especially for the BakePacker this rich chocolate cake contains no added shortening, and it's ready in about 15 minutes. Melt the included chocolate chips over the top of the cake, slice, serve and you'll instantly become the hit of the campsite.

Cranberry Walnut Chicken. A bed of spiced dressing, onion, celery, pepper, a gentle chicken sauce, and covered with cubed white chicken breast, cranberries and walnuts. A taste surprise, and one that will make you famous around the campfire.

Deep Dish Pizza. A great sourdough crust with our rich tomato and herb sauce, real vegetable topping and real mozzarella cheese. Imagine fresh home style pizza on the trail. The first prepackaged pizza in the back packing market and still the tastiest. Includes a pack of crushed red pepper too!

Deep Dish Pizza with wholegrain crust. Prefer whole grains to sourdough? This is the pizza for you. The same great taste, the same great ingredients. Includes a pack of crushed red pepper too!

Gingerbread. The aroma will call them to the table, morning, noon or evening. Another BakePacker creation, ready in about 15 to 20 minutes, with a spicy taste you'll remember, and return to frequently.

Gourmet 3 Rice Blend. This triple threat of pre-cooked white, brown and wild rice makes an excellent side dish. Or you can add vegetables, meat or seafood and create an exciting entrée. Package now includes soy sauce!

Hearty Whole Grain Garlic Bread. This new bread is perfect for those Italian classics you prepare on the trail. The flavor, the texture, "are we there yet?"

Honey Cornbread. This sweetly flavored cornbread goes perfectly with that bowl of chili, soup, stew or with almost any entrée. Perhaps with the Red Beans Rice, or Yankee Noodle Dandy or . . .

Honey Dutch Pancake. This corn mixture can be made into a large fluffy pancake (in

the BakePacker) or poured on the griddle to make regular griddlecakes. Give it a try.

Indian Beanbread. Based on a Native American combination this bread includes corn flour and precooked pinto beans making a complete protein. Good for you, and perfect for a trail snack. Fix one after breakfast and carry it in your pocket to eat while you trek.

Peanut Cake. This high protein dessert cake is healthy, crunchy and very nutritious. Made with real peanuts.

Pecan Scone. Would you like a nice baked sweetly flavored bread to have with your morning coffee? One with real crunchy pecans? This is the item!

Pound Cake. Introduced last year to scout troops this white cake allows you to bring along your favorite fruits or pick fresh berries along the trail to create tasty toppings and flavor combinations.

Raisin Cinnamon Biscuits. Another great breakfast item. Quickly mixed (like all BakePacker breads) and easily baked (again, in the BakePacker) with raisins and

cinnamon enough to please the pickiest eater.

Sausage and Cheese Biscuit. A favorite at home and a great treat on the trail. This biscuit contains real sausage (pre-cooked, freeze dried) and real cheddar cheese. A flavorful favorite.

Savory Onion Dill Bread. Another new entry in the hearty bread category. The unmistakable flavors will bring everyone back to the campfire. And generate new accolades for your prowess as THE trail baker!

Snappy Cheese Biscuit. A cheese biscuit with the snap of cayenne pepper to make it a memorable taste experience. Hot? Just enough!

Sourdough Hoecake. This is an excellent bread with your favorite soup, stew or chili. Full, rich, and easily prepared in the BakePacker. You'll enjoy the flavor.

Southern Pecan Pie. This clever pie, designed specifically for the BakePacker, is quickly blended in its cooking bag and creates its own thin crust as it cooks. Made with real pecans and pecan flour.

ESPECIALLY for the BakePacker™ and ONLY from Adventure Foods™ May be baked in other "ovens" too!	2 serv net wt.lb.	4 serv net wt.lb.	each serving in oz.	2 serv item price	4 serv item price
Almond Date Oatbran Muffins -chunky healthy-	.35	.60	4.5	3.45	5.45
Apple Muffins -real apple pieces throughout-	.33	.55	4.4	3.45	5.45
Bishops Bread -walnuts, choc. chips & cherries-	.30	.65	2.9	4.95	6.95
Blueberry Pancakes or Muffins -real blueberries-	.30	.65	4.1	3.45	5.45
Chocolate Cake w/ chocolate chip frosting	.40	.68	5.0	4.95	6.95
Cranberry Walnut Chicken (dual instructions)	.24	.48	6.5	7.45	13.45
Deep Dish Pizza -sourdough crust (1 or 2 servings)	.47	.66	7.2	6.95	8.95
Deep Dish Pizza -wholegrains crust (1 or 2 servings)	.48	.76	7.0	6.95	8.95
Gingerbread -good morning aroma-	.22	.44	2.6	2.95	4.95
Gourmet 3 Rice Blend -quick gourmet side dish-	.25	.50	5.4	2.95	4.95
Hearty Whole Grain Garlic Bread	.40	.80	3.6	4.45	6.45
Honey Cornbread -sweet-	.31	.60	3.5	2.95	4.95
Honey Dutch Pancake	.31	.60	3.5	2.95	4.95
Indian Beanbread -pinto chunks in cornbread-	.45	.65	5.3	3.45	5.45
Peanut Cake -crunchy high protein-	.30	.60	3.2	4.45	6.45
Pecan Scone -teacake w/ powdered sugar-	.36	.70	3.7	4.45	6.45
Pound Cake	.30	.60	2.9	4.45	6.45
Raisin-Cinnamon Biscuit	.30	.60	3.2	3.45	5.45
Sausage and Cheese Biscuit	.32	.64	3.6	5.95	9.95
Savory Onion Dill Bread	.33	.65	3.7	3.45	5.45
Snappy Cheese Biscuit -just hot enough-	.32	.64	3.6	4.45	6.45
Sourdough Hoecake -perfect with chili, etc.-	.33	.65	3.7	2.95	4.95
Southern Pecan Pie makes its own crust!	.35	.70	5.5	5.29	8.95

The **BakePacker** is the lightest, most convenient baking accessory on the market. Its convenience so impressed us that we have offered it in our brochures ever since trying it. Please read over the information on the last page and see if you don't agree.

The **Ultralight BakePacker®** fits any 6" pot and weighs only 4 oz. \$ 18.49
 The **Standard BakePacker®** fits any 7 ¾" pot and weighs only 8 oz. \$ 20.49

If you don't already own a pot for the BakePacker, Adventure Foods has a few that will fill the bill with special pricing when you buy a BakePacker.

Open Country 2 qt. Pot, when purchased with the Ultralight BakePacker. **Special!** \$ 8.00
 Purchased alone the 2 qt. pot is \$ 10.50
 2 qt. Pot with non-stick coating is \$13.50

Open Country 4 qt. Pot, when purchased with the Standard BakePacker. **Special!** \$ 9.50
 Purchased alone the 4 qt. pot is \$12.75
 4 qt. Pot with non-stick coating is \$15.25

If you like to cook creatively, with spices here, there and everywhere, you need a **Well Seasoned Traveler**. This bright orange folding wallet contains 12 mesh pouches, 12 bags for spices and two additional bags for salt and pepper. Why buy one of those hard plastic shakers when you can have this convenience. This clever wallet style folding spice rack has room for all of your favorites and it fits anywhere in your pack! Just stuff it in without fear of breakage. \$ 15.95

Individual Food Items

Our wide selection of individual food items can make your next meal on the trail complete and more memorable than your past trail food. All items are carefully packaged in two and four serving packages for your convenience.

Applesauce Pure apple powder, add water, stir, serve! Packaged for 2 or 4 servings. What could be simpler?

Asparagus with Butter Sliced asparagus spears with real butter. Add water, heat and eat. Where else could you eat as well? Only at home or on the trail with Adventure Foods.

Black Beans A half pound of precooked, freeze dried black beans. However you like your beans, these easily prepared beans will make your dishes more quickly on the trail or at home.

Broccoli with Butter Tasty, tender green florets of broccoli with a package of real butter to sprinkle over the top or add to the pot as you heat them up.

Brown Rice Precooked, dehydrated brown rice retains all of its nutrients and flavor. This is the same rice we use in all of our recipes.

Carrots with Butter Another perfect side dish. Our puffed carrots with real butter. Tender and tasty cooked or eaten as a snack right out of the pack!

Corn with Butter Sweet, tender yellow corn and real butter. Perfect for completing a special meal.

Crushed Red Pepper Individual packages for adding just the amount of heat you like best!

Donmar's powdered beverage Available in peach (extraordinary) and cranberry (tart!). Not an all-natural product, but one that certainly tastes great. Treat yourself. Each package makes 4 ½ liters of beverage.

Green beans with butter. A great side dish with many entrees. Not only tasty, but good for you too. Tell mom you'll be eating your veggies!

GORP Good old raisins and peanuts. High protein, high calorie and high flavor. The perfect trail snack for long hauls. Available in 4, 8 and 16-ounce packages.

Instant Beverages
 For flavoring your water try our Green Tea with lemon, Strawberry or Peach flavors. Great for larger groups too.

Kidney Beans The same precooked, freeze dried beans we use in our Red Beans and Rice. Add them to your pack and fix them when you want the protein and flavor without spending the time to soak beans for 24 hours.

Lentils These precooked lentils, like our other precooked, freeze dried beans, and are ready in about 3 minutes. High in both protein and flavor, they'll add dimension to your meals as well as to your soups and stews.

Maple Sugar Crystals Crystals of maple sugar, golden brown sweetness for your pancakes or baking.

Peas with Butter Freeze dried green peas and real butter. Heat and eat, always an excellent and tasty side dish.

Potatoes, shredded with Onions Dried shredded Idaho potatoes and shredded onion. Another quick and tasty dish to complete a meal.

Refried Beans Pinto beans, cooked, dried and ready to add water. A great way to get added protein on the trail.

Save the Day pack Individual portion packs of mayo, relish, TP, matches, Red Pepper, bags for the BakePacker, mustard, soy sauce and sugar.

Scrambling Whole Egg mix Equal to 4 Jumbo eggs, this package can be scrambled or added to breads or casseroles.

Sour Cream Topping Perfect to top off those Mexican and Southwestern meals you're so famous for creating.

The Sprout Bag This hemp bag retards the growth of mildew and mold. Just soak your spout seeds (buy locally) overnight before hitting the trail, then rinse once daily. By the third day you'll have fresh greens to add to your meals.

Sweet Potatoes with Apple and maple
 This may quickly become your favorite. The bright orange flakes of sweet potato rehydrate instantly, while the flavors of the apple powder and maple sugar crystals make this side dish a memorable combination.

Tomato powder This convenient powder is handy in any kitchen. Make paste, sauce or juice just by varying the amount of water added.

Individual Food Items, side dishes & beverages	2 serv net wt.lb.	4 serv net wt.lb.	each serving in oz.	2 serv item price	4 serv item price
Applesauce, instantly mixes	.20	.40	4.0	2.45	4.49

Asparagus (fd) with real butter	.03	4.0	4.95	8.95	
Black Beans (precooked, freeze dried)	.50		5.45		
Broccoli with real butter	.04	.08	0.1	2.95	5.39
Brown Rice (precooked, dehydrated)	.50		3.45		
Carrots with real butter	.13	.26	4.0	2.45	4.49
Corn (fd) with real butter	.09	.18	4.0	3.45	6.29
Crushed Red Pepper (10 individual portion packs)				1.95	
GORP (Peanuts, raisins & M&Ms™)	.25	4.0	1.95		
GORP (Peanuts, raisins & M&Ms™)	.50	4.0	2.95		
GORP (Peanuts, raisins & M&Ms™)	1.00	4.0	4.95		
Green beans with butter	.12	.24	4.0	2.95	5.39
Instant Green Tea w/ lemon	1.5	2 gal.			7.25
Instant Peach beverage	1.5	2 gal.			7.25
Kidney Beans (precooked, freeze dried)	.50		5.45		
Lentils, precooked freeze dried	.50		3.45		
Maple Syrup Crystals (for 1)	.15	3.0	2.95		
Peas (fd) with real butter	.12	3.0	3.45	6.29	
Potatoes, shredded with onion	.18	6.0	2.95		
Refried pinto beans smooth style (non-vegetarian)	.37	.74	8.0	2.95	5.40
Refried pinto beans chunky style (vegetarian)	.33	.66	7.5	2.95	5.40
Save the Day pack (individual portion packs of condiments and necessities)				2.95	
Scrambling whole egg mix (equals 4 eggs)	.12	4.0	3.95		
Sour Cream Topping (for Mexican meals, potatoes, fruit)	.15	4.0	3.45		
Sprout bags, made of hemp -That's right, fresh salad on the trail!				10.95	
Sweet Potatoes w/ apple and maple	.29	3.5	3.95	7.20	
Tomato powder	.25		4.95		
Wildrice Pancake Mix	.50		5.45		

Specialty Items			Each	
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1 litre water bag AF's super gusset, reusable bag with a spout!	2.25
1 water bag sling (with 1 litre water bag)	6.95
Bugaboo nesting cook set (5 pieces) Teflon	39.95
Bugaboo nesting cook set (7 pieces) Stainless	79.95
Bugaboo nesting cook set (7 pieces) Teflon	59.95
Camp Towel, viscous rayon 20" x 26", super size & price	7.45
Canned Possum -humorous gift w/ letter extolling its virtues	2.45
Diamondback pot/pan gripper	4.95
Hot Mill Gloves* -No more burned hands!-	4.95
Mini Minit Coffee Filters - brew real coffee by the cup!	20 filters 1.95
Open Country non-stick coated griddle - 11"x16"	17.95

*Hot Mill Gloves are designed for another industry, but they are perfect for your kitchen or base camp. Better and safer than anything "advertised on TV", these are great for removing hot dishes from the oven or holding on to frying pan handles or pot bails. A great item at a bargain price. NOT for use in handling burning logs in fireplaces! \$5.95 per pair.

Books

You can never have enough good cookbooks. These will inform and amuse at home and on the trail as well.

The BakePacker's Companion. This is the second edition of Jean Spangenberg's outdoor cookbook for the BakePacker and other ovens. Lots of nutritional data, and some more recipes and resources too! \$ 11.95

The Portable Baker. J. & S. Spangenberg, a review of outdoor baking devices and 115 recipes with nutritional data including diabetic exchanges. \$ 14.95

Good Food for Camp and Trail. D. Miller, a complete meal planner with recipes and nutritional guide. \$ 14.95

Cooking the One-Burner Way. 2ed. Gray & Tilton, teach gourmet cuisine cooking over one burner. \$12.95

Edible Wild Plants. 2ed. J. Meuninck distills 30 years of global experience in this useful book. \$7.95

How to Dry Foods. DeLong, a complete guide to drying your own foods at home, plus lots of recipes. \$15.95

Kitchen Garden Cookbook. Meyerowitz, 250 low fat, dairy free, vegetarian recipes by the "Sproutman". \$ 14.95

NEW: Granny Boy and the Puny Warbler. Cartwright. A magical story for the child in each of us and for your own special little "explorer". \$8.50.

Other good foods

MREs are Meals Ready to Eat in military parlance. The modern variety is retort packed (plastic pouches) with their own water so they are "heat and eat". Since the current availability changes, Adventure Foods is preparing a post card listing current inventory and prices. Please write, phone, fax or e-mail us for the most recent listing.

TVP We now have 7 new flavored TVP items for those who want to (or must) cut back on meat proteins. These are the same items we use in our Tunaless and Chickenless salads.

Bulk foods

- All prices are per pound, all weights are per cup.

While increasing the variety of bulk foods available to our creative customers, we have attempted to make the flavors, whether from freeze-dried or dehydrated ingredients, as consistently like fresh as possible. This careful selection has necessitated only a few price increases. We hope you enjoy the creative side of cooking with these ingredients. Customers may order as little as ¼ pound of any item. Note that the weights are for one cup of the item while the price is for one pound of the item. This will help you calculate approximately how many cups you are ordering as well as how many pounds or ounces you need for a recipe.

Retail bulk items 2007				
Item (all prices per pound)	wt. /cup	\$ /lb.		
Allspice	.22	9.33	Cheddar Cheese shreds	.23 20.40
Almonds, sliced	.26	11.09	Cherries, dried	.30 18.96
Almonds, slivered	.26	13.04	Chicken broth powder	.21 22.13
Apple dices (dehydrated)	.16	10.00	Chicken, diced (freeze dried)	.13 49.26
Apple powder	.34	10.00	Chili powder	.29 9.65
Apricot, dehydrated	.29	12.18	Cilantro	.03 42.00
Baking powder	.50	4.53	Cinnamon, ground	.30 10.80
Basic white sauce	.50	5.20	Cloves, powdered	.28 9.84
Basil	.09	8.00	Cocoa powder	.20 7.28
Beans, black whole precooked (FD)	.20	10.00	Corn (freeze dried)	.12 25.20
Beans, green (freeze dried)	.05	26.40	Cottage Cheese, (dehydrated)	.11 29.20
Beans, kidney whole precooked (FD)	.15	10.00	Couscous	.00 8.24
Beans, precooked refried	.25	6.38	Cranberries (dried)	.24 14.64
Beans, precooked refried chunky	.22	6.22	Cream Cheese powder	.25 16.40
Beef Broth powder	.21	22.13	Cumen powder	.24 8.88
Beef, cubed (freeze dried)	.15	39.02	Cumen seed	.24 9.01
Beef, ground precooked (2.5 lb #10 can)	.16	98.00	Dates, chopped	.31 5.65
Blueberries, dehydrated	.50	25.49	Dill weed	.10 17.68
Broccoli (freeze dried)	.04	39.60	Egg, Instant White Instant mixing!	.24 13.55
Butter powder	.20	10.40	Egg, scrambled freeze dried	.00 28.88
Carrot, puffed	.11	10.00	Egg, white powder	.24 13.55
Carrot, shoestring	.13	14.54	Egg, whole powdered	.24 13.55
Celery, Crosscut dehydrated	.10	13.84	Egg, yolk powder	.24 13.55
Cheddar Cheese powder	.24	17.36	Garlic, minced	.33 10.64
			Ginger, powder	.31 10.64
			Granola (apple-cinnamon)	.00 6.00
			Ham, freeze dried	.13 42.40
			Honey powder	.60 6.00

Italian seasoning	.11	17.84	Shortening powder	.24	5.36
Leek, powder	.12	12.40	Shrimp, FD	.10	114.86
Lemon juice powder	.34	13.68	Soup mix, deluxe vegetables dehyd.	.17	17.52
Lentils, precooked	.15	10.00	Sour cream	.25	12.50
Lime juice powder	.34	15.80	Soy Sauce powder	.24	6.00
Maple sugar granules	.36	20.30	SoyLife "Focus"	.32	19.44
Milk, low fat powder	.29	9.04	Spaghetti sauce	.36	12.00
Milk, whole powder	.29	9.04	Spinach flakes	.05	13.84
Molasses powder	.40	6.00	Stewed tomato blend	.13	17.52
Monterey jack shreds	.17	20.40	Surimi (whitefish & crab)	.12	57.60
Mozzarella cheese shreds	.17	20.40	Sweet Potato flakes, instant	.12	20.48
Mushrooms, sliced (freeze dried)	.04	56.40	Taco seasoning (AF's own blend)	.35	9.20
Oat bran (Oat-trim®)	.21	7.00	Tomato flakes	.11	16.40
Onion, chopped	.22	7.42	Tomato powder	.36	9.30
Pancake mix, buttermilk	.50	3.20	Tomato, jullienne sun dried		14.64
Peas, dehydrated	.22	6.42	Tuna, chunks (FD)	.09	77.20
Peas, freeze dried	.10	25.20	TVP barbeque flavor	.17	7.60
Pecan pieces	.25	22.35	TVP beef flavor	.17	3.79
Pepper, black	.28	19.76	TVP chicken flavor	.17	3.66
Pepper, green bell (dehydrated)	.08	17.68	TVP ham flavor	.17	5.78
Pepper, red bell (dehydrated)	.08	17.68	TVP plain (unflavored) granular	.17	4.56
Potato, instant	.27	6.96	TVP sausage flavor	.17	5.78
Potato, instant w/ butter flavor	.24	6.96	TVP seafood flavor (when available)	.17	10.67
Potato, shredded dehydrated	.19	5.52	TVP taco flavor	.17	4.78
Potato, sliced dehydrated	.11	5.52	Vanilla powder (Madagascar)	.34	43.44
Poultry seasoning	.32	9.33	Vinegar powder	.37	6.80
Raisins, (usually Chilean)	.30	6.35	Walnut pieces	.36	11.12
Rice, brown precooked (5-7 min., dehyd.)	.17	3.46	Wine, Burgundy	.30	12.00
Rice, white (instant type)	.16	5.20	Wine, white (Sauterne / Chablis)	.30	12.00
Rice, wild precooked (7 minutes)	.13	10.00	Wine, Sherry	.30	12.00
Salsa, AF's own blend	.36	12.00	Worcestershire powder	.37	6.00

***SoyLife "Focus"** is a milled soybean product that provides the highest levels of soy nutrients (isoflavones, amino acids, fatty acids and minerals) that you can get from soy! If you want to improve your health and diet add one gram (less than 4 cents worth) to your meal. 100% natural, 100% soy germ. Non-chemical manufacturing process provides an all natural product.

Adventure Foods would like to thank you for your interest in our line of products. We have attempted to make our prices as fair and consistent as possible, but availability and prices are still subject to the occasional whim of our ingredient suppliers. As we try to bring you the best in food and gear for all of your personal adventures we ask only one favor. Please help maintain our wilderness and outdoor recreational areas for our children and for their children. The gifts of nature are irreplaceable.