

51 Born to be Wild: Calories 213 | TI Fat <1g | Carbos 53g (Fiber 3g) | Protein 3g

This PUG takes advantage of fresh seasonal fruit by incorporating 3 cups of fresh picked huckleberries (or blueberries). Also added are mashed sweet potatoes (*yams*), a little extra honey and a touch of powdered licorice root or anise extract (optional).

53 Down Under Wonder: Calories 352 | TI Fat 12g(Sat 2g) | Carbos 64g (Fiber 5g) | Protein 5g

Fresh kiwi, mango and pineapple combine with dried papaya and macadamia nuts to make a *wonderful* tasting PUG.

55 Logan Style: Calories 340 | TI Fat 15g(Sat 2g) | Carbos 46g (Fiber 5g) | Protein 10g | Chol 103mg

You can find *Logan Bread* in some backpacking books and on the internet. It uses eggs (6) and oil (canola) and was designed to be a high calorie compact energy source for mountain climbers. This is the only PUG recipe (to date) that uses eggs and/or added oil. (Mt. Logan, Canada's highest point, is in the Kluane National Park Reserve close to the Alaskan border).

57 Pemmican: Calories 227 | TI Fat 4g(Sat <1g) | Carbos 46g (Fiber 6g) | Protein 6g | Chol 5mg

The only PUG (to date) with any meat (pulverized beef jerky). This recipe shows PUGs versatility and incorporates corn flour, avocados and dried cherries. You will need a food processor or other means to grind up your jerky. This is a good trail food.

59 Cran-Newton: Calories 176 | TI Fat <1g | Carbos 40g (Fiber 4g) | Protein 3g

Brown rice syrup, a complex carbohydrate, applesauce, and prune juice are the sweeteners in this low calorie PUG. Dried figs and cranberries are added for extra nutrition.

61 Juicy: Calories 170 | TI Fat <1g | Carbos 40g (Fiber 3g) | Protein 3g

This low calorie, low cost (\$3/loaf) PUG uses prune and frozen concentrated white grape juice as its sweeteners. Applesauce, banana, pineapple, raisins and shredded carrots combine with whole wheat flour and oats for a great morning meal.

63 OJ: Calories 177 | TI Fat 1g(Sat <1g) | Carbos 41g (Fiber 5g) | Protein 4g

Here's an easy to make breakfast to go of whole grain *bread*, orange juice and a banana. This PUG has 2 large, fresh oranges and one can of frozen orange juice concentrate added to whole wheat and brown rice flours. (Blender required).

65 Ricely Cherry: Calories 224 | TI Fat 2g(Sat <1g) | Carbos 54g (Fiber 3g) | Protein 4g

Three cups of fresh cherries combine with oats and cooked long grain rice to make a sweet, delicious PUG that's nice to freeze and enjoy during the winter months.

67 Shredded Oats: Calories 233 | TI Fat 3g(Sat <1g) | Carbos 50g (Fiber 4g) | Protein 4g

Microwave recipe. If you own a microwave oven, try this extremely easy recipe. Bananas, applesauce, pineapple and honey are mixed with oats and shredded wheat cereal (any brand). Add-in some sunflower seeds, raisins and carrots.....and ZAP!...there's breakfast.

(pg 68: **Optional yogurt icing**)

**71 E-Z Trails Granola: Calories 297 | TI Fat 9g(Sat <1g) | Carbos 50g (Fiber 6g) | Protein 7g**

Here's an easy to make, nutritious breakfast or trail food (at 30¢ a serving) in a 5 gallon recipe. The oats are baked in your PUG loaf pans and then all ingredients are mixed in a 5 gallon pail. Make a batch to always have on-hand. (No oil or refined sugar)