



Leavenworth Adventure Recipes

Recipes by Caroline Hinchliff of Eat Hike Love

PB & J Snack Bars

Yield: 9 bars (4 to 6 servings)

Prep Time: 15 minutes

Set Time: 4 hours

These fruity, peanut-buttery bars are an unsquishable, non-sticky version of the sandwich classic. They're quick and easy to prepare the night before, plus they're big on flavor and satisfaction, making them ideal for mornings when you're eager to pack a bag and hit the trail.

Ingredients

- 1 cup dried strawberries, cherries, or apricots
- 1½ cups rolled oats
- 1 cup roasted peanuts
- ⅓ cup maple syrup

To Prepare

1. In a food processor, combine oats, and roasted peanuts. Blend until well-combined and powdery, about 20 seconds.
2. Add dried fruit and maple syrup. Blend until well-combined.
3. Line a 9 by 9-inch baking dish with parchment paper. Press oat-fruit mixture into dish as firmly as possible.
4. Cover mixture with parchment to prevent sticking and place a weight on top. Refrigerate 4 hours or overnight.
5. Remove from dish and cut into 9 squares. Store in an airtight container.



Tabbouleh Bulgur Salad

Yield: 3 to 4 servings

Cook Time: 20 minutes

Prep Time: 20 minutes (included in cook time)

Bulgur is a nutrient-dense form of cracked wheat, high in minerals and fiber. This version of tabbouleh includes garbanzo beans and extra bulgur to transform this parsley-packed Middle-Eastern herb salad into a bonafide meal. Pro tip: to optimize your time in the kitchen, chop the herbs and vegetables while the bulgur is soaking.

Ingredients

- 2 cups boiling water
- 1 cup bulgur
- 3 cups parsley, chopped
- 1 cup red onion, minced
- 1 cup tomatoes, diced
- 1 cup cucumber, diced
- 2 tablespoons mint, chopped
- 2 tablespoons extra virgin olive oil
- 1 15-ounce can garbanzo beans, drained, rinsed
- ¼ cup lemon juice
- ¾ teaspoon salt
- ¾ teaspoon allspice
- ½ teaspoon black pepper

To Prepare

1. In a bowl or saucepan, combine boiling water with bulgur. Stir and let sit for 20 minutes.
2. Combine all other ingredients in a large bowl.
3. Drain excess water from bulgur and add to other ingredients. Stir well to combine.



Beet Pistachio Salad

Yield: 3 to 4 servings

Cook Time: 30 minutes

Prep Time: 15 minutes (included in cook time)

High in B vitamins, fiber, and minerals, earthy beets provide sustained energy and offer anti-inflammatory support. Bitter pistachios, raisins, and fresh dill make this salad sweet, crunchy, and satisfying.

Ingredients

2 pounds whole beets, washed (approx. 6 cups chopped)

1 tablespoon extra virgin olive oil

¼ cup white wine vinegar

2 tablespoons orange juice

2 tablespoons prepared horseradish

½ teaspoon salt

¼ teaspoon black pepper

½ cup raisins

¼ cup fresh dill, chopped

1 cup roasted pistachios, shelled

To Prepare

1. Use a steamer basket or mesh strainer to steam beets, covered, for 25 to 30 minutes or until tender and easily pierced with a fork. Remove from heat.
2. While beets are cooking, make the dressing. Combine olive oil, vinegar, orange juice, horseradish, salt, and pepper in a blender and puree until smooth.
3. Peel cooked beets while they're still warm, under running water or with a towel.
4. Chop peeled beets into 1-inch cubes.
5. In a large bowl, combine beets, dill, pistachios, raisins, and dressing. Toss and adjust seasonings to taste.



Black Cherry Lemon Gummies

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 5 minutes

Set Time: 2 hours

Homemade gummies are high-protein, preservative-free alternatives to store-bought gummy candies. Loaded with collagen, a key nutrient for healthy bones, skin, and digestive tissues, these sweet treats make excellent on-the-go snacks during high-mileage days. For the mold, use an ice cube tray, mini muffin tray, gummy molds, or simply pour into a baking dish and cut into small pieces once cooled.

Ingredients

- 1 cup black cherry juice, chilled
- ¼ cup unflavored gelatin or 2 tablespoons powdered agar
- ¼ cup lemon juice
- 2 tablespoons honey

To Prepare (Gelatin only)

1. Pour cherry juice and lemon juice into a saucepan and sprinkle gelatin on top. Stir gently and let sit 5 minutes to "bloom" gelatin. Mixture will be clumpy.
2. Heat the saucepan on low and add honey. Use a whisk to stir together, melting any clumps of gelatin and incorporating honey, for 3 to 5 minutes or until everything is dissolved. Do not boil.
3. Pour hot liquid into molds. Refrigerate for at least 2 hours or until very firm.
4. Once cooled and set, remove from molds and cut into smaller pieces if needed. Store in an airtight container.

To Prepare (Agar only)

1. Pour cherry juice and lemon juice into a saucepan and sprinkle agar on top. Stir together until evenly combined.
2. Heat the saucepan on low and add honey. Use a whisk to stir together for 1 to 3 minutes or until everything is dissolved. Do not boil.
3. Pour hot liquid into molds. Refrigerate for at least 2 hours or until very firm.
4. Once cooled and set, remove from molds and cut into smaller pieces if needed. Store in an airtight container.



Sweet Potato Brownies

Yield: 9 brownies (4 to 6 servings)

Prep Time: 20 minutes

Cook Time: 45 minutes + 40 minutes

With tons of fiber, iron, B vitamins, and protein, these squares of fudgy goodness are deceptively nutritious. Sweet potatoes are also excellent sources of Vitamin A, a critical nutrient for eye health and immunity. Pro tip: Roast the sweet potatoes the night before to save yourself from an extra-long kitchen session.

Ingredients

- 2½ pounds sweet potatoes (approx. 2 cups cooked)
- 1 cup cashew butter or almond butter
- ¼ cup maple syrup
- Pinch salt
- ½ cup cocoa powder

To Prepare

1. Preheat oven to 425°F. Pierce sweet potatoes with a fork and roast for 30 to 45 minutes or until soft. (This step can be done anytime in advance.)
2. In a saucepan, combine cashew butter, maple syrup, and salt. Stir together over medium heat until well-combined, about 1 to 2 minutes.
3. In a large bowl, combine cashew-maple mixture and cocoa powder. Stir well to combine.
4. Scoop cooked sweet potatoes from skins and add to bowl. Stir well to combine. Mixture will be thick. Some small pieces of sweet potato are ok.
5. Line a 9x9 baking dish with aluminum foil. Transfer mixture to lined dish and bake at 425°F for 30 to 40 minutes or until firm around the edges. Remove from oven and let cool completely before lifting foil from pan. Cut into 9 squares to serve.