

Fruity Dream

If you are already tired of oatmeal, try the Fruity Dream. This lightweight, easy-to-prepare backpacking breakfast is full of vitamins and fiber. Fruity Dream does not contain grains and milk, so it is suitable for people with lactose or gluten intolerance. You can also use in this recipe any berries and fruits that you like.

servings: **1** | calories: **480** | cooking time: **10** min | weight: **80** gr / **2.8** oz



Category: **breakfasts, dairy-free, dehydrated, freezer bag cooking, gluten-free, high-energy, lightweight, one-pot, paleo-friendly, vegan, vegetarian**

nutrition info:

calories: **480**, protein: **8.1 g**, carbs: **35.8 g**, fat: **36.3 g**, sugars: **22.9 g**, sodium: **3.9 mg**

you'll need:

10 gs freeze-dried strawberries
10 gs freeze-dried diced apples
10 gs freeze-dried sliced bananas
1 tablespoon almond flour
1 tablespoon ground flaxseed
30 gs pecans, chopped
2 tablespoons coconut milk powder.

at home:

Combine all the ingredients in a medium-sized zip-lock bag.

on the trail:

Bring 1/2 cup water to a boil.

Carefully **pour** hot water into the bag with Fruity Dream mixture.

Stir well, close the bag and let sit in a cozy (warm place) for about 5 minutes.