

At Paddles in Action we know how important it is to have food on canoe trips that is not only nutritious; but also tastes great. In the wilderness, the challenge of making meals that are tasty and varied is made greater by the need to conserve space and weight in our dry bags (waterproof backpacks) while ensuring the ingredients we take will not spoil since we are away from modern refrigeration conveniences for days on end. Our guides are experts in this balanced art of packing pragmatism and culinary creativity. The delicious camp recipes we prepare have been passed down to us over the years by many expert canoe trippers we have been fortunate to surround ourselves with. We have sampled, learned and recreated many magical meals using one burner stoves and small cooking campfires in dozens of backcountry bistros. A sample of some of the meals and treats offered at Paddles in Action:

Breakfasts:

- Breakfast Couscous
- Blueberry Pancakes
- Cheese Bagels
- Hash Browns with Cheese
- Oatmeal with Bananas
- Bannock and Raspberries

Lunches:

- Summer Sausage and Pita Bread
- Spanish Rice with Beans
- Italian Pasta Salad
- Tabouli Salad
- Spicy Bean and Pasta Soup
- Cheese Carumba

Dinners:

- Mediterranean Pasta
- Pizza and Calzones
- Chili and Lime Roasted Corn on the Cob
- Thai Coconut Chicken
- Spaghetti
- Sweet and Sour Rice with Pasta

Snacks/Desserts:

- Hershey Smores
- Coffee Cake
- Cheese Cake

These fantastic meals and treats are made even greater by the strange fact that when you're camping, yes, food does taste even better!