

Snacks

Trisha's health roll-up - much admired on a pack walk in the Snowies

1 cup whole grain oats
2 cups apricot yoghurt
2 cups ripe mashed bananas
1/2 cup slivered almonds.

Mix well and dry approx. 16 hours at 55C or medium.

Trisha's suggestion: They are better if dried for less time and rolled up when still soft and not brittle (rolled like a stuffed vine leaf) and eaten when a bit softer.

Morrie's Fresh fruit for Scroggin

The choice of fruit is yours, but my favourites are – Mango – Pineapple – Kiwi Fruit.

Purchase quality fruit; prepare for drying, using a sharp knife peel off skin and slice into strips or round pieces, between 3 and 5 millimetres thick, place into dryer trays.

Drying time is between 5 and 7 hours, and is dependent on room temperature and placement of fruit in the trays. Remove from dryer when fruit is still just a little soft in the centre. Place into zip lock bags and into the fruit section of the fridge. Use inside 2 months.

2 Mangoes, 1 Pineapple and 4 Kiwi Fruit = equalled less than 200 grams dried weight.

Summary: some fruits appear to dry better than others do and then 1 month later on the track retain their original taste better than others. Experiment with your favourite fruits. For me mango, pineapple and kiwi fruit give you sweetness, taste and energy, just what you need on your 3rd or 4th day on the track.

Morrie's Dried Tomatoes for Lunch

Purchase 5 or 6 tomatoes, cut into 5 millimetre slices and place into a bowl with some Olive Oil or any dressing of your choice. A sprinkle of salt and add some ground pepper, let them soak for a few minutes, then place onto dryer trays. Dry for some hours, but remove before all moisture is removed. Better with a little moisture than too dry.

Place into zip lock bags and into the fridge. Use inside 2 months.

Summary: Great with Cheese, cracker biscuits and Tuna or other ingredients of your choice.