

REHYDRATE, REFUEL & REFRESH

*Freeze-Dried*

**recipes**

FOR CAMPING AND GLAMPING, BACKPACKING,  
AND BACK TO WORK LUNCHES



BY  
CHRISTINA  
TOSCH

# Rehydrate, Refuel & Refresh - Freeze-Dried Recipes

For Camping and Glamping, Backpacking, and Back to Work Lunches

BY

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# Introduction



Rehydrate, Refuel, and Refresh will show you how to create 40 sweet and savory recipes using freeze-dried foods, storage bags, and Mason jars.

Here, you will discover soups, breakfasts, mains, and sweet treats that are perfect for anyone on-the-go.

Whether you are camping, glamping, hiking, backpacking, or at work, meals featuring freeze-dried foods are healthy, convenient, and pocket-friendly.

Did you know that the freeze-drying process preserves the aroma and color of foods? And better yet, it ensures that food tastes just as good as if it were fresh.

Are you wanting to make meals for your next big outdoor adventure or preparing food for a hard day at work? One of the best things about freeze-dried foods is you can use them to create lots of different recipes.

For breakfast oatmeal and perfect pudding featuring freeze-dried fruits to freeze-dried veggie-packed soup, stew, curry, pasta dishes, and more, just add water!

# Soups



# Beef and Onion Broth with Couscous



If you don't have time to cook or are feeling peckish in the office, then this beef and onion broth with couscous will re-charge your batteries in no time.

**Servings: 2 cups**

**Total Time: 12mins**

## **Ingredients:**

- 1 tbsp reduced-salt bouillon granules
- 2 tsp powdered onion flavor base
- 1/8 tsp dried thyme
- 1/4 tsp salt
- 1/8 tsp freshly ground black pepper
- 1/3 cup chopped freeze-dried mushrooms
- 1 1/2 tbsp freeze-dried scallions
- 1 1/2 tsp freeze-dried tomato bits
- 2 tbsp couscous
- 1 3/4 cups boiling water (divided)

**Directions:**

Add the bouillon granules, onion flavor base, dried thyme, salt, black pepper, freeze-dried mushrooms, freeze-dried scallions, freeze-dried tomato bits, and couscous to a 1-quart capacity ziplock bag or jar. Massage or stir until combined.

Add the mixture to a 2+ cup capacity mug or bowl.

Pour in half of the boiling water, and stir thoroughly until lump-free. Pour in the remaining boiling water and stir.

Cover and set aside for 8-10 minutes to soften.

# Broccoli Cheddar Soup



Add boiling water, and regardless of whether you are indoors or outdoors, you can enjoy this satisfying cheesy soup.

**Servings: 2 cups**

**Total Time: 12mins**

## **Ingredients:**

- ¼ cup Cheddar cheese powder
- ¼ cup dried milk powder
- 2 tbsp bouillon granules
- 1 tbsp cornstarch
- ⅛ tsp onion powder
- ⅛ tsp garlic powder
- ⅛ tsp freshly ground black pepper
- ½ cup freeze-dried broccoli
- 1¾ cups boiling water (divided)

## **Directions:**

Add the Cheddar cheese powder, powdered milk, bouillon granules, cornstarch, onion powder, garlic powder, and freshly ground black pepper to a 1-quart capacity ziplock bag or jar. Massage or stir until combined, and add the freeze-dried broccoli.

Add the mixture to a 2+ cup capacity mug or bowl.

Pour in half of the boiling water, and stir thoroughly until lump-free. Pour in the remaining boiling water and stir.

Cover and set aside for 8-10 minutes to soften.

# Chicken Egg Noodle Soup



Chicken egg noodle soup is a cure-all! And just one cup will have you feeling re-energized and ready to go.

**Servings: 2 cups**

**Total Time: 12mins**

**Ingredients:**

- ¼ cup chopped freeze-dried chicken
- 1 tbsp freeze-dried spring onions
- 2 tbsp freeze-dried peas
- ½ cup egg noodles
- 2 tbsp bouillon granules
- ⅛ tsp onion powder
- ⅛ tsp garlic powder
- ⅛ tsp freshly ground black pepper
- 1¾ cups boiling water (divided)

**Directions:**

Add the freeze-dried chicken, freeze-dried spring onions, freeze-dried peas, egg noodles, bouillon granules, onion powder, garlic powder, and freshly ground black pepper to a 1-quart capacity ziplock bag or jar. Massage or stir until combined.

Add the mixture to a 2+ cup capacity mug or bowl.

Pour in half of the boiling water, and stir thoroughly until lump-free. Pour in the remaining boiling water and stir.

Cover and set aside for 8-10 minutes to soften.

# Italian-Style Vegetable and Pasta Soup



With freeze-dried veggies, Italian seasoning, and pasta, this delicious soup is the best-ever backpacking meal.

**Servings: 2 cups**

**Total Time: 15mins**

**Ingredients:**

- 2 tsp tomato powder
- ¼ tsp Italian herb seasoning
- ⅓ cup freeze-dried mixed vegetables
- ⅓ cup quick-cook rotini or shell pasta
- 1½ tbsp reduced-salt bouillon granules
- ⅛ tsp onion powder
- ⅛ tsp garlic powder
- ⅛ tsp freshly ground black pepper
- ¼ tsp salt
- 1¾ cups boiling water (divided)

**Directions:**

Add the tomato powder, Italian herb seasoning, freeze-dried mixed vegetables, rotini pasta, bouillon granules, onion powder, garlic powder, freshly ground black pepper, and salt to a 1-quart capacity ziplock bag or jar. Massage or stir until combined.

Add the mixture to a 2+ cup capacity mug or bowl.

Pour in half of the boiling water, and stir thoroughly until lump-free. Pour in the remaining boiling water and stir.

Cover and set aside for 8-10 minutes to soften.



# Mexican-Style Black Bean Tortilla Soup



Preparing a dry Mexican-style soup mix is quick, easy, and affordable but big on the south of the border taste.

**Servings: 6-8 cups**

**Total Time: 35mins**

**Ingredients:**

- 4 tsp dried onion flakes
- 2 tbsp chili powder
- 2 tsp ground cumin
- 3½ cups dehydrated black bean flakes
- 2 tbsp tomato powder
- 2 cups freeze-dried corn
- 2 vegetable bouillon cubes
- Water (as needed)
- Tortilla chips (crushed)
- 1 firm-ripe avocado (peeled, pitted, and chopped, to serve, optional)

- 2 fresh limes (cut into wedges and seeded, to serve)

**Directions:**

While at home, measure out half each of the onion flakes, chili powder, ground cumin, black bean flakes, freeze-dried corn, and bouillon cubes into 2 large-size ziplock bags.

Outside your home, add 3½ cups water to each bag and set aside to sit for approximately 8-10 minutes to rehydrate.

One bag at a time, pour into a pan of 2-quart capacity and set over moderate to high heat, while occasionally stirring until it comes to a simmer for 12-15 minutes.

Spoon the mixture into large mugs and heat the remaining soup.

Serve the soup garnished with crushed tortilla chips, cubes of avocado, and fresh lime for squeezing.

# Pea, Scallion, and Ginger Ramen Soup



If you are a fan of ramen soup, this rehydrated Asian-style recipe will make sure you don't lose out just because you are away from home.

**Servings: 2 cups**

**Total Time: 12mins**

**Ingredients:**

- 1 tbsp bouillon granules
- 1 tbsp powdered soy sauce
- ½ tsp ground ginger
- ⅛ tsp ground garlic
- ⅛ tsp freshly ground black pepper
- ¼ cup freeze-dried peas
- 2 tbsp freeze-dried scallions
- ½ cup ramen noodles (broken)
- 1¾ cups boiling water (divided)

**Directions:**

Add the bouillon granules, powdered soy sauce, ground ginger, ground garlic, freshly ground black pepper, freeze-dried peas, freeze-dried scallions, and ramen noodles to a 1-quart capacity ziplock bag or jar. Massage or stir until combined.

Add the mixture to a 2+ cup capacity mug or bowl.

Pour in half of the boiling water, and stir thoroughly until lump-free. Pour in the remaining boiling water and stir.

Cover and set aside for 8-10 minutes to soften.

# Potato and Chive Freeze-Dried Soup



Just add boiling water, and within minutes you will be enjoying a nutritious, hearty soup that is ideal for camping, the office, the dorm, and more.

**Servings: 2 cups**

**Total Time: 12mins**

## **Ingredients:**

- ⅓ cup instant potato flakes
- 2 tbsp dried and canned Parmesan cheese (grated)
- 1 ½ tsp cornstarch
- 1 tbsp freeze-dried chives
- 2 tbsp bouillon granules
- ¼ cup powdered milk
- ⅛ tsp onion powder
- ⅛ tsp garlic powder
- ⅛ tsp freshly ground black pepper
- ⅛ tsp salt

- 1¾ cups boiling water (divided)

**Directions:**

Add the instant potato flakes, dried cheese, cornstarch, freeze-dried chives, bouillon granules, powdered milk, onion powder, garlic powder, freshly ground black pepper salt to a 1-quart capacity ziplock bag or jar. Massage or stir until combined.

Add the mixture to a 2+ cup capacity mug or bowl.

Pour in half of the boiling water, and stir thoroughly until lump-free. Pour in the remaining boiling water and stir.

Cover and set aside for 8-10 minutes to soften.

# Stuffed Pepper Soup



Although you can buy instant soups at the store, nothing tastes quite as good as preparing your own veggie-packed recipes!

**Servings: 2-3**

**Total Time: 12mins**

## **Ingredients:**

- ¼ cup instant 1-minute rice
- ¼ cup freeze-dried green bell peppers
- ¼ cup freeze-dried red bell peppers
- ¼ cup freeze-dried orange bell pepper
- ¼ cup freeze-dried ground beef
- ¼ cup freeze-dried tomato powder
- 3 cups boiling water (divided)
- Pinch of oregano (to serve)
- Pinch of thyme (to serve)
- Splash of pepper sauce (to serve)

**Directions:**

Add the instant rice, freeze-dried green bell peppers, freeze-dried red bell peppers, freeze-dried orange bell peppers, freeze-dried ground beef, and freeze-dried tomato powder to a ziplock bag or jar. Massage or stir until combined.

Add the mixture to a 3+ cup capacity mug or bowl.

Pour in half of the water and stir thoroughly until lump-free. Pour in the remaining boiling water and stir.

Cover and set aside for 8-10 minutes to soften.

Season the soup with a pinch each of oregano and thyme and a splash of pepper sauce.



# Thai Coconut Milk Soup with Rice



Enjoy this delicately flavored freeze-dried coconut milk soup with rice at the office, in your dorm, or sitting by a campfire.

**Servings: 2 cups**

**Total Time: 12mins**

## **Ingredients:**

- ½ cup powdered coconut milk
- 1½ tbsp bouillon granules)
- 1 tsp powdered soy sauce
- ½ tsp brown sugar
- 2 tsp cornstarch
- ½ tsp dried basil
- ½ tsp ground ginger
- ⅛ tsp ground garlic
- A pinch of ground cayenne
- ⅓ tsp lime powdered juice crystals powder
- ¼ cup chopped freeze-dried mushrooms
- 1 tbsp freeze-dried scallions

- 2 tbsp freeze-dried peas
- ¼ cup instant 1-minute rice
- 1¾ cups boiling water (divided)

**Directions:**

Add the powdered coconut milk, bouillon granules, powdered soy sauce, brown sugar, cornstarch, dried basil, powdered ginger, ground garlic, cayenne, lime juice crystals, freeze-dried mushroom, freeze-dried scallions, freeze-dried peas, and instant rice to a jar or a 1-quart ziplock bag.

Stir or massage the ingredients until combined evenly.

Add the mixture to a 2+ cup capacity mug or bowl.

Pour in half of the boiling water, and stir thoroughly until lump-free. Pour in the remaining boiling water and stir.

Cover and set aside for 8-10 minutes to soften.

# Tomato and Basil Soup



After a hard day's backpacking or camping, what could be more welcoming than a mug or hot tomato and basil soup?

**Servings: 2 cups**

**Total Time: 12mins**

**Ingredients:**

- ¼ cup tomato powder
- ⅓ cup instant dried milk powder
- 2 tbsp bouillon granules
- 1 tsp dried basil
- ⅛ tsp garlic powder
- ⅛ tsp onion powder
- ⅛tsp freshly ground black pepper
- ¼ tsp salt
- 1¾ cups boiling water (divided)

**Directions:**

Add the tomato powder, instant dried milk powder, bouillon granules, dried basil, garlic powder, onion powder, black pepper, and salt to a jar or a 1-quart ziplock bag.

Stir or massage the ingredients until combined evenly.

Add the mixture to a 2+ cup capacity mug or bowl.

Pour in half of the boiling water, and stir thoroughly until lump-free. Pour in the remaining boiling water and stir.

Cover and set aside for 8-10 minutes to soften.

# Breakfasts & Mains

# Asian-Style Noodles with Chicken, Peanuts, and Vegetables



If freeze-dried foods are good enough for astronauts and the military, what better way is there to give your body the fuel it needs for an outdoor adventure?

**Servings: 1**

**Total Time: 15mins**

**Ingredients:**

- 1 cup fine egg noodles
- 1 tsp chia seeds
- ¼ cup freeze-dried chopped chicken
- ¼ cup roasted peanuts (chopped)
- ¼ cup freeze-dried mixed vegetables
- 1½ tsp bouillon granules
- 2 tbsp powdered peanut butter
- 1 ½ tsp freeze-dried cilantro

- ¼ tsp garlic powder
- ¼ tsp ground ginger
- A pinch of ground cayenne pepper
- Dash of freshly ground black pepper
- ¼ tsp salt
- 1 cup water

**Directions:**

While at home, add the egg noodles, chia seeds, chopped chicken, roasted peanuts, mixed veggies, bouillon granules, powdered peanut butter, freeze-dried cilantro, garlic powder, ground ginger, a pinch of cayenne, a dash of black pepper, and salt) to a 1-quart ziplock bag. Shake to combine and distribute.

Outside your home and to cook in the bag, bring the water to a boil.

Open the bag, and rest it on a bowl or plate. Pour the boiling water into the bag, and seal. Set the bag aside to allow the ingredients to soak for 8-10 minutes. Turn the bag upside down after around 3-4 minutes to make sure the mixture is mixed.

Eat from the bag, or transfer to a mug and enjoy.

# Bacon and Grits



Just add water, and start the day with this classic breakfast dish.

**Servings: 1**

**Total Time: 15mins**

**Ingredients:**

- 2 ounces instant grits
- ½ (8 ounces) package bacon bits
- 1 tbsp hard fresh cheese (grated)
- 1¼ cups water (to serve)
- Splash of olive oil (to serve, optional)
- Dash of hot sauce (optional, to serve)

**Directions:**

While at home, in a large ziplock bag, combine the instant grits with the bacon bits and grated cheese and shake to combine.

Outside your home, boil the water in a pot.



Add the ingredients from the ziplock bag to the boiling water, and stir to incorporate. The water must just cover the ingredients.

Cover with a lid, and set aside for 10-15 minutes to allow the ingredients to rehydrate.

Check, add a drop more water if needed. Stir and add a splash of oil and a dash of hot sauce.

# Banana Bread Instant Oatmeal



You will go nuts over the flavor and texture of this amazing banana bread instant oatmeal in a jar.

**Servings: 1**

**Total Time: 5mins**

**Ingredients:**

- ½ cup instant oatmeal
- 3 tbsp freeze-dried banana (chopped)
- ⅛ tsp vanilla bean
- 1 tbsp walnuts (chopped)
- 2 tsp sugar
- ¾ cup milk or water (boiling)
- Walnuts (chopped, to serve, optional)

**Directions:**

In a Mason jar, combine the instant oatmeal with the bananas, vanilla bean,

walnuts, and sugar.

Store the jar in a cool, dry environment for up to 28 days.

To prepare the oatmeal, pour the boiling milk or water over the oatmeal in the jar. Stir well to combine and allow to sit for 3 minutes to rehydrate.

Serve with extra chopped walnuts, and enjoy.

# Beef 'n Bean Stew in a Jar



After a hard day at work or a fun day hiking, what better meal is there than a hearty, comforting beef and bean stew?

**Servings: 6**

**Total Time: 30mins**

**Ingredients:**

- 1 cup quick-cook black beans
- 1 cup freeze-dried diced beef
- 2 tbsp powdered beef bouillon
- 2 tbsp freeze-dried minced onions
- 1 tsp granulated garlic
- 1 tsp thyme
- 2 tbsp tomato powder
- 1 cup dehydrated diced potatoes
- 1 cup freeze-dried mixed vegetables

- 1 tsp salt
- 6 cups water

**Directions:**

Layer the ingredients in recipe order in a clean, 1-quart capacity jar (black beans, diced beef, beef bouillon, minced onions, granulated garlic, thyme, tomato powder, diced potatoes, mixed vegetables, and salt). Shake the jar gently to settle.

Put a canning lid on the jar, vacuum seal, add a ring, and hand-tighten while taking care not to overtighten.

Label, date, and store until needed.

When you are ready to cook, pry the lid gently off the jar and discard.

Transfer the jar's contents to a large pot.

Add 6 cups of water to the pot and over moderate to high heat, bring to boil.

Turn the heat down and simmer for 20 minutes.

Serve and enjoy.

# Beef Taco Rice Meal in a Jar



We guarantee that if you take this meal in a jar to work, your colleagues will have serious food envy. It's super tasty and is made using simply freeze-dried and dehydrated ingredients.

**Servings: 4**

**Total Time: 40mins**

**Ingredients:**

- 1 cup freeze-dried ground beef
- 1½ cups white rice
- ½ cup dehydrated diced bell peppers
- 2 tbsp dry minced onion
- 2 tbsp taco seasoning
- 1 tsp dehydrated minced garlic
- ½ tsp smoked paprika
- ¼ cup tomato powder
- 2 tsp beef bouillon granules

- 1 ½ tsp salt
- 1 bay leaf
- 5½ cups water

**Directions:**

Add the ingredients in recipe order (ground beef, white rice, bell peppers, minced onion, taco seasoning, minced garlic, smoked paprika, tomato powder, bouillon granules, salt, and bay leaf) to a 1-quart, wide-mouth Mason jar. Shake gently to settle.

Vacuum seal the jar, add the ring, and hand-tighten.

Label, date, and store the jar in a dry, cool environment.

When you are ready to cook, pry the lid gently off the jar.

In a large pot on the stovetop, bring 5½ cups of water to boil.

Transfer the jar contents to the pot, cover with a lid, and simmer on low heat for 30 minutes, until tender.

# Berry Instant Oatmeal



Oats are a valuable source of carbohydrates and fiber, which means they can help you power through the day.

**Servings: 1**

**Total Time: 5mins**

**Ingredients:**

- ½ cup instant oatmeal
- 2 tbsp freeze-dried raspberries
- 2 tbsp freeze-dried strawberries
- 1 tbsp powdered milk
- 2 tsp sugar
- ¾ cup milk or water (boiling)

**Directions:**

In a Mason jar, combine the instant oatmeal with the freeze-dried berries, powdered milk, and sugar. Store the jar in a cool, dry environment for up to



28 days.

To prepare the oatmeal, pour the boiling milk or water into the jar and over the oatmeal. Stir well to incorporate and allow to rest for 3-4 minutes.

Serve and enjoy.

# Breakfast Scramble with Spinach and Sun-Dried Peppers



When you know you have an early start, why not prepare this hearty breakfast scramble the night before? And in the next day, all you have to do is add boiling water, rehydrate and get ready to refuel.

**Servings: 2**

**Total Time: 15mins**

**Ingredients:**

- $\frac{3}{4}$  cup whole egg crystals
- $\frac{1}{2}$  tsp powdered garlic powder
- $\frac{1}{2}$  tbsp salt
- $\frac{1}{2}$  tsp ground black pepper
- $\frac{1}{2}$  cup sun-dried tomatoes (chopped)
- $\frac{1}{2}$  cup dehydrated spinach
- $1\frac{1}{4}$  cups water
- 1 tbsp olive oil

**Directions:**

While at home, add the whole egg crystals along with the garlic powder, salt, black pepper, spinach, and peppers to a large ziplock bag.

Outside your home, add the water to the ziplock bag. Using a fork, mix to combine and until lump-free. Put to one side for 3 minutes to allow the spinach to rehydrate.

Over low heat, in a pan or cook pot, heat the oil. Add the egg-spinach mixture and the peppers, and with a spoon, scramble the eggs, taking care not to scorch.

Serve and enjoy.

# Brown Rice with Corn and Chicken



Brown rice is nutty, chewy, and compared to white rice, it has a lot more to offer when it comes to nutrients.

**Servings: 2**

**Total Time: 15mins**

**Ingredients:**

- $\frac{2}{3}$  cup instant brown rice
- 1 tsp chia seeds
- $\frac{1}{3}$  cup freeze-dried chopped chicken
- $\frac{1}{2}$  cup freeze-dried corn
- $\frac{1}{4}$  cup freeze-dried chopped tomatoes
- $\frac{1}{4}$  tsp dried minced jalapeno
- 1 tbsp freeze-dried onions
- $1\frac{1}{2}$  tsp powdered chicken flavor base
- $1\frac{1}{2}$  tsp chili powder
- $\frac{1}{4}$  tsp cumin

- ¼ tsp dried Mexican oregano
- ½ tsp freeze-dried cilantro
- ¼ tsp garlic powder
- ⅛ tsp ground black pepper
- ¼ tsp salt (or more to taste)
- 1½ cups water

**Directions:**

While at home, in a ziplock bag, combine the brown rice, chia seeds, chicken, corn, tomatoes, jalapeno, onions, powdered chicken flavor base, chili powder, cumin, oregano, cilantro, garlic powder, black pepper, and salt.

Outside your home, bring the water to boil.

Open the bag, and with it resting on a bowl or plate, pour in the water.

Seal the ziplock bag, and allow the mixture to soak for 8-10 minutes. Turn the bag upside down after 3-4 minutes for the ingredients to distribute evenly.

Open the bag, share and enjoy.

# Chicken Alfredo with Pine Nuts



A gourmet meal for one in a bag! Nothing could be easier for hungry hikers or weary workers. Better yet, this creamy Italian pasta dish is ready in no time at all.

**Servings: 1**

**Total Time: 15mins**

**Directions:**

- 1 cup angel hair pasta (broken into pieces)
- 1 tsp chia seeds
- ¼ cup freeze-dried chopped chicken
- ¼ cup toasted pine nuts
- ¼ cup freeze-dried chopped mushrooms
- 1½ tsp powdered chicken flavor base
- 3 tbsp dried, canned refrigerated, and grated Parmesan cheese
- 2 tbsp powdered milk
- 2 tbsp cornstarch
- 2 tsp freeze-dried Italian herb blend
- ¼ tsp garlic powder

- 1/8 tsp freshly ground black pepper
- 1/4 tsp salt (to taste)
- 1 1/4 cups water

**Directions:**

While at home: Add the pasta, chia seeds, freeze-dried chopped chicken, toasted pine nuts, freeze-dried chopped mushrooms, powdered chicken flavor base, Parmesan cheese, powdered milk, cornstarch, Italian herb blend, garlic powder, black pepper, and salt (to taste) to a 1-quart ziplock bag.

Outside your home, cook in the bag. Bring the water to a boil.

With the ziplock bag open and resting on a bowl or plate, pour in the boiling water. Seal the ziplock bag and allow to soak for approximately 8 minutes, turning the bag over after 3-4 minutes to combine the ingredients evenly.

Open the ziplock bag and enjoy.

Alternatively, if you want to cook in the bowl or mug, transfer the ingredients of the ziplock bag to a microwave-safe bowl or large mug.

Add the water to the bowl or mug, and microwave until the water comes to a boil.

Cover the container, and allow to rest and soften for 4-6 minutes.

Stir, allow the Alfredo to rest for a few minutes and enjoy.

# Chicken Noodle Skillet Meal in a Jar



This recipe is going to give your co-workers serious food envy! It's tasty and rich and makes the most of freeze-dried ingredients.

**Servings: 1**

**Total Time: 30mins**

**Ingredients:**

- 2 cups egg noodles
- 1 tbsp dehydrated minced onions
- $\frac{1}{3}$  cup instant non-fat dried milk
- 1  $\frac{1}{2}$  tsp Italian seasoning
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp pepper
- $\frac{1}{4}$  cup butter powder
- $\frac{1}{2}$  cup freeze-dried vegetable mix
- $\frac{1}{3}$  cup cheese powder



- 1 cup freeze-dried diced chicken
- 3½ cups water

**Directions:**

Layer the ingredients in recipe order (egg noodles, minced onions, non-fat dried milk, Italian seasoning, salt, pepper, butter powder, veggie mix, cheese powder, and diced chicken) in a wide-mouthed Mason jar. Shake gently to settle.

Put a canning lid on the jar, vacuum seal, add a ring, and hand-tighten while taking care not to overtighten.

Label the jar, date, and store it in a dry, cool environment.

When you are ready to cook, transfer the jar's contents to a skillet.

Add the water and over moderate to high heat, bring to a boil.

Turn the heat down and simmer while frequently stirring for 12-15 minutes.

Take the pan off the heat and allow to sit for 3-5 minutes to thicken the sauce.

Enjoy and serve.

# Couscous with Apricots, Nuts, and Chicken



This Middle Eastern main meal is proof that freeze-dried meals to rehydrate don't need to be boring.

**Servings: 2 cups**

**Total Time: 15mins**

## **Ingredients:**

- $\frac{1}{3}$  cup whole wheat couscous
- 1 tsp chia seeds
- $\frac{1}{3}$  cup freeze-dried chopped chicken
- $\frac{1}{3}$  cup dried apricots (chopped)
- $\frac{1}{3}$  cup macadamia nuts (coarsely chopped)
- 1 tsp dried onion flakes
- $1\frac{1}{2}$  tsp reduced-salt bouillon granules
- $\frac{1}{4}$  tsp dried thyme
- $\frac{1}{4}$  tsp garlic powder
- $\frac{1}{8}$  tsp freshly ground black pepper

- ¼ tsp salt
- 1½ cups water

**Directions:**

While at home, add the couscous, chia seeds, freeze-dried chopped chicken, apricots, macadamia nuts, dried onion flakes, bouillon granules, dried thyme, garlic powder, black pepper, and salt to a 1-quart ziplock bag.

Outside your home, cook the meal while in the bag.

Boil the water, and with the opened ziplock bag resting on a bowl, add the boiling water.

Reseal the bag and allow to soak and rehydrate for 6-8 minutes. Turn the bag upside down to combine the ingredients halfway through the process.

Open the bag and enjoy.

# Curried Brown Rice with Chicken and Cashews



As dedicated hikers and backpackers will tell you, nothing tastes quite as good as a hot curry-based meal in the great outdoors.

**Servings: 2**

**Total Time: 12mins**

## **Ingredients:**

- $\frac{2}{3}$  cup instant brown rice
- 1 tsp ground flaxseed
- $\frac{1}{4}$  cup freeze dried-chopped chicken
- $\frac{1}{4}$  cup roasted cashews (chopped)
- $\frac{1}{4}$  cup freeze-dried mixed vegetables
- 1 tsp dried onion flakes
- 1  $\frac{1}{2}$  tsp powdered chicken flavor base
- 1 $\frac{1}{2}$  tsp curry powder
- $\frac{1}{4}$  tsp garlic powder

- 1/8 tsp ground black pepper
- 1/4 tsp salt
- 1 1/2 cups water

**Directions:**

While at home, in a large ziplock bag, combine the brown rice with the flaxseed, chopped chicken, cashews, mixed veggies, onion flakes, chicken base, curry powder, garlic powder, black pepper, and salt. Double bag the ingredients to prevent the curry from infiltrating other items in your purse or backpack.

Outside your home, bring the water to boil.

Open the bag, and with the bag resting on a bowl or plate, pour in the boiling water.

Seal the ziplock bag, and allow to soak for 8-10 minutes. Turn the ziplock bag upside down after 3-4 minutes to redistribute the ingredients.

Open the bag, share and enjoy.

# Egg Fried Rice



Who doesn't like egg fried rice? And this simple dish tastes just as good as any you order-in!

**Servings: 2**

**Total Time: 15mins**

**Ingredients:**

- 1 cup freeze-dried mixed veggies
- 1 vegetable bouillon cube
- ½ tsp ground ginger
- ½ tsp brown sugar
- ¼ tsp garlic powder
- 2 single-portion sachets of soy sauce
- 1 cup 60-second instant rice
- ¼ cup whole egg crystals
- Water (as needed)

**Directions:**

While at home, prepare three ziplock bags.

In the first bag, combine the mixed veggies with the bouillon cube, ground ginger, sugar, garlic powder, and soy sauce.

Add the rice to a second bag and the egg crystals to the third.

Outside your home, combine the egg crystals with 3 ounces water in a cookpot and stir well to combine.

Put the pot on the stovetop, and over low heat, scramble the egg crystals while frequently stirring. When cooked, remove the egg from the pot and put to one side.

Add 1¼ cups of water and the contents of the first ziplock bag to the pot. Turn the heat down and simmer for approximately 5 minutes until the veggies soften.

Add the rice, and stir. Take the pot off the heat and cover with a lid. Allow to rest for 5 minutes.

Return the egg to the pot and stir through to incorporate and reheat the eggs.

# Jambalaya with Orzo



Explore the best of Southern cuisine in a bag! Share this jambalaya with orzo pasta with your hiking bestie or work colleague.

**Servings: 2**

**Total Time: 12mins**

**Ingredients:**

- 1 cup orzo pasta
- ½ cup freeze-dried vegetables
- 2 tbsp tomato powder
- 1 tbsp Cajun seasoning
- 1 tsp salt
- 1 tbsp olive oil
- 3 ounces spicy smoked sausage
- 2½ cups water

**Directions:**



While at home, add the orzo pasta, freeze-dried veggies, tomato powder, Cajun seasoning, and salt in a ziplock bag. Pack the oil and spicy smoked sausage separately.

Outside your home, add the contents of the ziplock bag to a pan.

Pour in the water, add the oil to the pan, and cook, while frequently stirring, for approximately 8-10 minutes, until the orzo is al dente.

Meanwhile, slice the sausage and add it to the pan to heat through.

# Mac' n Cheese with Kale



Preparing this classic all-American dish is a breeze. All you have to do is gather the ingredients, add water, stir, and serve.

**Servings: 1**

**Total Time: 10mins**

**Ingredients:**

- 1 tbsp full cream milk powder
- 2 tbsp freeze-dried, powdered mozzarella cheese
- 1 tbsp kale powder
- 1½ cups dehydrated, pre-cooked pasta shells
- Salt (to taste)
- 1 cup water
- 1 tbsp ghee

**Directions:**

While at home, in a small ziplock bag, combine the cream milk powder with

the mozzarella cheese and kale powder.

Pack the pasta shells, salt, and ghee separately in easy to transport containers.

Outside your home, add the pasta to a pot.

Pour in 1 cup of water and bring to boil. Drain and season with salt.

Turn the heat down to moderate heat, and while stirring regularly, cook for 5-10 minutes to rehydrate fully.

Remove the pot from the heat.

Stir in contents from the ziplock bag, add the ghee and mix thoroughly until melted.

# Moroccan Chicken Couscous



You don't have to trek the Atlas Mountains to enjoy this North African dish! Unless you want to embark on an adventure, that is!

**Servings: 2**

**Total Time: 12mins**

**Ingredients:**

- ½ cup couscous
- 1 cup dried apricots (chopped)
- ¼ cup sliced almonds
- 1 tsp sea salt
- 4 tsp ras el hanout seasoning
- 2 tbsp olive oil
- 1 (7 ounces) package fully- cooked chicken
- 1 packet lemon crystals
- 5 ounces water

**Directions:**

While at home, add the couscous, chopped apricots, sliced almonds, ras el hanout seasoning, and sea salt to a ziplock bag.

Pack the olive oil, chicken, and lemon crystals in separate easy-to-transport containers.

Outside your home, in a cookpot, bring the water and oil to a boil.

Add the contents of the ziplock bag and stir to combine.

Add the chicken, cover with a lid and take off the heat.

Set the pot to one side, and allow to rest for 5 minutes.

Using a fork, fluff up the mixture and enjoy.

# Pasta Carbonara



Tasty bacon jerky will add a crunchy texture to this simple pasta dish.

**Servings: 1**

**Total Time: 7mins**

**Ingredients:**

- 4 ounces uncooked angel hair pasta
- ½ tsp salt
- 1 tbsp olive oil
- 2 tbsp whole eggs crystals
- 2 tbsp dried, canned and grated Parmesan cheese
- ½ tsp black pepper
- 2 ounces bacon jerky

**Directions:**

While at home, in your kitchen, add the angel hair pasta and salt to a large ziplock bag. Add the oil to a separate resealable container.

Add the egg crystals, grated Parmesan cheese, and black pepper to a second ziplock bag. Repackage the bacon jerky, as appropriate.

Outside your home, add the pasta and salt to the crockpot. Pour in sufficient water to cover the pasta, and add the olive oil.

Bring to a low boil and cook until the pasta is al dente.

Turn the heat down, and add the egg crystals and grated Parmesan cheese, stirring to combine. You may need to add a drop more water if too much has boiled away.

Remove from the heat source, and stir in the bacon jerky.

Serve and enjoy.

# Thai Red Curry Rice with Coconut Milk Sauce



Backpacking in the great outdoors and can't order takeout? No problem, this simple Thai curry is fast-food at its best.

**Servings: 1**

**Total Time: 8mins**

**Ingredients:**

- ½ cup instant 60-second rice
- ¼ cup freeze-dried mixed veggies
- ¼ cup freeze-dried chicken
- 3 tbsp powdered coconut milk
- 2 tbsp Thai red curry powder
- 1 tbsp powdered peanut butter
- 1 tbsp peanuts (chopped)
- ½ sachet crystallized lime
- ½ tsp salt
- ¾ cup water



- 1 tbsp oil

**Directions:**

At home, combine the dry ingredients in a ziplock bag (rice, freeze-dried mixed veggies, freeze-dried chicken, powdered milk, curry powder, powdered peanut butter, peanuts, lime, and salt). Shake to combine. Double bag for transport to prevent the curry from infiltrating your purse or backpack.

Outside your home, bring the water to a boil.

Add the ziplock bag's contents to the pot along with the oil and stir to combine.

Cover with a lid and simmer for 4-6 minutes, until the rice, chicken, and veggies are rehydrated.

# Thanksgiving Dinner in a Bag



Looking for dinner in the dorm, or a hearty meal during your lunch-time break, then this delicious Thanksgiving dinner in a bag will tick all your boxes.

**Servings: 1**

**Total Time: 15mins**

**Ingredients:**

- ½ cup stuffing mix
- ¼ cup instant potato flakes
- 1 ounce turkey jerky
- ¼ cup dried cranberries
- 1 tbsp celery flakes
- 2 tsp gravy powder
- 1¾ cups water (to serve)
- Oil or butter (optional)
- French fried onions (to serve, optional)

**Directions:**

While at home: In a large ziplock bag, combine the stuffing mix with the instant potato, turkey jerky, dried cranberries, celery flakes, and gravy powder. Shake or massage lightly to combine.

Outside our home, in a pot, boil approximately 1¾ cups of water. Turn the heat off.

Add the ingredients from the ziplock bag to the pot, and stir to combine. The water should just cover the mixture.

Place a lid on the pot, and keep warm.

Wait for approximately 10-12 minutes to allow the ingredients to rehydrate.

Check on the progress of the mixture, adding a drop more water if needed. Stir to combine, add a little butter or oil and enjoy.

To add crunch, garnish with French fried onions, and enjoy.

# Tropical Shrimp and Rice



This shrimp and rice dish featuring freeze-dried coconut and pineapple is sweet perfection.

**Servings: 1**

**Total Time: 17mins**

**Ingredients:**

- ¼ cup freeze-dried shrimp
- ⅛ cup freeze-dried pineapple, dried
- ⅛ cup freeze-dried bell peppers
- ½ tsp freeze-dried coconut, dried
- ½ cup freeze-dried 60 second instant rice
- 1 cup water

**Directions:**

While at home, add the freeze-dried ingredients (shrimp, pineapple, bell peppers, coconut, and rice) to separate ziplock bags.

Outside your home, combine all the ingredients from the separate bags in a pot of water. Set aside to soak for 5 minutes.

Place the pot over moderate heat and bring to boil, cooking for an additional 60 seconds. Cover the pot with a cozy, to insulate, and set aside for 10 minutes.

# Sweet Treats

# Apple Crisp



This easy-to-prepare sweet treat is a great way to begin or end a long day on the trail.

**Servings: 2**

**Total Time: 8mins**

## **Ingredients:**

- 1½ cups freeze-dried apples
- 3 tbsp brown sugar
- 1 tsp ground cinnamon
- ¼ tsp ground cloves
- ⅓ cup granola
- ¼ cup walnuts (chopped)

## **Directions:**

While at home, add the apples, followed by the sugar, ground cinnamon, and ground cloves, to a ziplock bag.

Using a second smaller ziplock bag, combine the granola with the chopped walnuts.

Outside your home, transfer the apple mixture to a cookpot.

Add approximately 3 cups of water to the mixture, and stir to combine.

Light a stove, and cook over moderate to low heat until the apples start to soften and the sugar is dissolved. You will need to stir the mixture to thicken and add a drop of more water if necessary.

When the apple mixture is ready, take the pot off the heat.

Scatter the granola and walnuts over the granola and enjoy.



# Backpacker's Chocolate and Berry Bark



Whether you are tackling a mountain pass or driving to work, who doesn't enjoy a secret nibble of something sweet? And this chocolate and berry bark is easy to prepare and a perfect sweet snack for anyone on-the-move.

**Servings: 4**

**Total Time: 25mins**

**Ingredients:**

- 1 pound semi-sweet or dark chocolate (chopped)
- 1 cup freeze-dried strawberries (divided)
- 1 cup crisp rice cereal
- ½ cup mini white chocolate chips

**Directions:**

Using parchment paper, line a cookie sheet and put it aside.

In a suitable bowl, microwave your choice of chocolate on high in 25-second increments, stirring between increments until melted and smooth.

Using a wooden spoon, fold in ½ cup of the freeze-dried strawberries, along with the rice cereal until all of the cereal is coated.

With a spatula, spread the mixture as thinly as possible onto the prepared cookie sheet.

Before the melted chocolate starts to harden, and while working very quickly, scatter over the remaining strawberries and mini white chocolate chips. Press down gently to adhere.

Transfer the bark to the refrigerator for 15-20 minutes, until hardened.

When hardened, break the chocolate bark into random pieces and transport it in an airtight container. The bark can be store in the container for around 5-7 days.

# Brownie in a Bag



Forget that store-bought brownie mix. And instead, opt for this brownie in a bag recipe.

**Servings: 1-2**

**Total Time: 8mins**

**Ingredients:**

- 3 tbsp freeze-dried milk
- $\frac{3}{4}$  -1 cup chocolate chips
- $\frac{1}{4}$  cup water (to serve)
- 1 sleeve (9 cookies) graham crackers (crushed)
- $\frac{1}{4}$  cup walnuts (chopped)
- 2 tbsp powdered sugar

**Directions:**

Combine the dry milk and chocolate chips in a ziplock bag. Shake gently to distribute evenly.

Bring  $\frac{1}{4}$  cup of water to boil and pour it over the milk and chocolate chip mixture.

Melt the chocolate chips by dipping the ziplock bag in simmering water.

Add the crushed graham crackers, walnuts, and powdered sugar to the bag to combine.

# Chocolate Pudding with Freeze-Dried Fruit



Instant pudding in a bag! What are you waiting for? This decadent dessert is a real winner for adults and children.

**Servings: 1**

**Total Time: 6mins**

**Ingredients:**

- 2 tbsp + 2 tsp instant chocolate pudding powder
- 2 tbsp + 2 tsp powdered milk
- ½ cup water
- Freeze-dried fruit, of choice, as needed

**Directions:**

While at home, add the chocolate pudding and powdered milk to a large ziplock bag. Shake the bag gently, and turn upside down to distribute evenly.

Outside your home, open the bag, and while resting it on a bowl, pour in the water. Reseal the bag and massage the bag's contents gently but well for 3-5

minutes until a pudding-like consistency.

Transfer the contents of the bag to a bowl, and top with freeze-dried fruit.

# Chocolate-Covered Strawberry Trail Mix



Whether you are at the office or in the great outdoors, this trail mix is perfect for snacking-on-the-go.

**Servings: 4-5 cups**

**Total Time: 3mins**

## **Ingredients:**

- $\frac{3}{4}$  cup roasted almonds
- $\frac{3}{4}$  cup roasted cashews
- $\frac{3}{4}$  cup roasted sunflower seeds
- 1 cup freeze-dried strawberries
- $\frac{2}{3}$  cup dark chocolate chunks

## **Directions:**

In a large bowl, combine the almonds with cashews, sunflower seeds, freeze-dried strawberries, and dark chocolate chunks.

Transfer the mixture to a large ziplock bag.

Store the trail mix in an airtight container for no more than 28 days.



# Mocha Peanut Butter and Banana Smoothie



If you are a smoothie fan and looking for a boost, this delicious drink is your go-to energy-boosting beverage.

**Servings: 1**

**Total Time: 3mins**

**Ingredients:**

- ⅓ cup egg white protein powder
- 2 tsp freeze-dried espresso instant coffee
- ¼ cup freeze-dried bananas (ground)
- 1 individual sachet peanut butter
- 12 ounces water (divided)
- 1 individual sachet powdered hot chocolate mix

**Directions:**

While at home, combine the egg white protein powder with the coffee and ground bananas in a ziplock bag. Shake the bag gently to distribute evenly.

Outside your home, gently massage the peanut butter packet until softened.

Pour 6 ounces of water into a sports bottle with a secure screw-top lid.

Add the contents from the ziplock bag along with the hot chocolate mix and coffee to the sports bottle.

Screw on the lid and vigorously shake the sports bottle until the smoothie is lump-free, for 35-45 seconds,

Add the remaining water to the bottle.

Shake the bottle vigorously once more to combine and blend.

# Peach Cobbler



Spoil yourself and end your day on a sweet note, and tuck into this comforting peach cobbler.

**Servings: 2**

**Total Time: 8mins**

**Ingredients:**

- 3 cups freeze-dried sliced peaches
- 1 cup granola
- 4 tbsp brown sugar
- Pinch of nutmeg
- ½ tsp cinnamon
- 4 ounces water
- Granola (to serve)
- Brown sugar (to serve)

**Directions:**

While at home, combine the sliced peaches, granola, brown sugar, nutmeg, and cinnamon in a ziplock bag. Shake gently to distribute evenly.

Outside your home, transfer the mixture in the bag to a pot and top with 4 ounces of water.

Bring to simmer, while stirring continuously, until the peaches absorb the water and the sugar starts to thicken.

Take the pot off the heat and top with granola and brown sugar to taste.

# Raspberry, Cashew and Ginger Rice Pudding



Ginger has anti-inflammatory properties and can improve circulation, making it an excellent spice to flavor this creamy rice pudding.

**Servings: 1**

**Total Time: 10mins**

**Ingredients:**

- ½ cup 60-second instant rice
- ¼ cup powdered coconut milk
- ¼ cup freeze-dried raspberries
- ¼ cup roasted cashews
- ¼ tsp dried ginger
- Water (boiling, as needed)

**Directions:**

While at home, add the instant rice, coconut milk, freeze-dried raspberries, cashews, and dried ginger to a ziplock bag.

Outside your home, add the bag's mixture to a pot.

Pour over sufficient boiling water to cover, and allow to sit for 5 minutes until the rice softens.

# White Chocolate Peach and Strawberry Trail Mix



Freeze-dried fruits combine with white chocolate chips, granola, pretzels, and peanuts to provide a tempting trail mix to share.

**Servings: 2**

**Total Time: 3mins**

## **Ingredients**

- ½ cup freeze-dried peaches (broken into bite-size pieces)
- ½ cup freeze-dried strawberries (broken into bite-size pieces)
- ¼ cup white chocolate chips
- ½ cup granola
- ¼ cup pretzels (broken into bite-size pieces)
- ¼ cup roasted peanuts

## **Directions:**

In a bowl, combine the peaches with the strawberries, white chocolate chips,

granola, pretzels, and roasted peanuts.

Transfer the trail mix to a large ziplock bag and enjoy.



# Yogurt Trail Mix



This trail mix featuring yogurt bites, nuts, seeds, and freeze-dried fruit is way healthier than most other pop in the mouth candy snacks. So make sure when you leave the house, you have a bag or two in your backpack, purse, or glove box.

**Servings: 4**

**Total Time: 3mins**

**Ingredients:**

- 2 cups freeze-dried, flavor of choice yogurt bites
- 1 cup almonds or peanuts
- ½ cup hulled sunflower seeds
- ½ cup freeze-dried cherries
- 1 cup freeze-dried strawberry slices

**Directions:**

In a bowl, combine the yogurt bites with the nuts, sunflower seeds, freeze-dried cherries, and strawberry slices.

Transfer the mixture to individual ziplock bags.

## Author's Afterthoughts

*thank you*

I would like to express my deepest thanks to you, the reader, for making this investment in one of my books. I cherish the thought of bringing the love of cooking into your home.

With so much choice out there, I am grateful you decided to purchase this book and read it from beginning to end.

Please let me know by submitting an Amazon review if you enjoyed this book and found it contained valuable information to help you in your culinary endeavors. Please take a few minutes to express your opinion freely and honestly. This will help others make an informed decision on purchasing and provide me with valuable feedback.

***Thank you for taking the time to review!***

***Christina Tosch***

# About the Author

Christina Tosch is a successful chef and renowned cookbook author from Long Grove, Illinois. She majored in Liberal Arts at Trinity International University and decided to pursue her passion of cooking when she applied to the world renowned Le Cordon Bleu culinary school in Paris, France. The school was lucky to recognize the immense talent of this chef and she excelled in her courses, particularly Haute Cuisine. This skill was recognized and rewarded by several highly regarded Chicago restaurants, where she was offered the prestigious position of head chef.

Christina and her family live in a spacious home in the Chicago area and she loves to grow her own vegetables and herbs in the garden she lovingly cultivates on her sprawling estate. Her and her husband have two beautiful children, 3 cats, 2 dogs and a parakeet they call Jasper. When Christina is not hard at work creating beautiful meals for Chicago's elite, she is hard at work writing engaging e-books of which she has sold over 1500.

Make sure to keep an eye out for her latest books that offer helpful tips, clear instructions and witty anecdotes that will bring a smile to your face as you read!