

How to make Super easy, super quick, healthy meals while camping

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On a recent trip across America I spent three weeks camping across differing music festivals. I had the privilege to meet so many amazing people who opened up their hearts, inviting me into their camp and temporary homes to share in a meal and a story. All the while sleeping out of the back of a van and a two man tent.

Whilst meeting so many travellers from differing back grounds was a fantastic experience, I couldn't help but notice most of the food being tossed on my plate was either pasta, chips or meals from a can.

I expressed this to a friend who I was camping with, with a returned shrug of "it's easy I guess, and we are only camping for a few weeks, no one cares how they eat". Now these types of phrases are music to a nutritionist ears. I believe that it is never difficult to eat healthy and you should always care.

So that is why I am sharing this post, it is so easy to eat healthy whilst camping. The only tools I had for all of these meals were, cutlery, a small gas cooker, one saucepan with a lid and an esky that kept our goods cold for at least three days.

Good o'l fashion Oats



I love oats for many reasons: they are filling, can be made into many differing flavours and due to the high amount of beta glucans they have cholesterol lowering effects ⁽¹⁾.

Almost every time I make oats I make them a little bit different depending what I have in the cupboard. For this recipe I used the following.

Ingredients

- 1 cup of water (or milk)
- 1/2 x cup oats
- 1/2 banana
- 2 x strawberries
- 1 x tsp of cacao
- 1 x tsp honey

Method

- 1 - Mix the water, cacao, honey and oats together, put on a moderate heat.
- 2 - Continuously stir until the oats start to thicken, the water is absorbed and the oats become thick and creamy.

Chop the banana and strawberries and gently stir through. A small amount of milk or yogurt may be added if desired

Chia seed pudding



Chia seed puddings are also really filling and easy to make. Chia is high in Omega-3 containing more Omega-3's than salmon gram for gram ⁽²⁾.

Ingredients

1 x cup milk
4 x tbl chia seeds
2 x tbl coconut flakes
Mixed fruit and nuts as desired

Method

1 - Mix chia, coconut and milk in a container and leave in the esky over night or for a few hours.
2 - Top with desired berries and nuts in the morning.

Chick pea salad



This recipe has been a favourite of mine for a while, it is a great one for the summer. Chick peas are high in galacto- oligosaccharides, a prebiotic that is beneficial to the bacteria in the colon and can help to alleviate constipation ⁽³⁾.

Ingredients

- 1 x can chick peas
- 1 x mango
- 1 x avocado
- 1 x juice of lemon
- Spring onion
- Chilli powder
- Olive oil

Method

- 1 - Drain and wash chick peas.
- 2 - Cut up Mango and avocado into cubes, slice spring onion. Toss with chick peas.
- 3 - In a separate bowl, mix equal parts olive oil and lemon juice with desired amount of chilli powder.
- 4 - Gently toss through salad mix.
- 5 - Serve and enjoy.

Wraps



Wraps are a fantastic alternative to sandwiches, they last longer than traditional bread that would otherwise go stale and you can fit more filling on them. This is just a wrap that I made, however many different fillings can be added. Fried eggs, mushrooms and spinach with a dash of soy and chilli is another one of my favourite's while camping.

On my wraps I always use baby spinach instead of lettuce: spinach is packed full of iron and vitamin C ⁽⁴⁾,

Ingredients

- 1 x hand full of baby spinach
- B.B.Q Jack fruit
- Green capsicum
- 1 x tbl Greek yogurt

Method

- 1 - Lightly fry jack fruit
- 2 - Spread yogurt on wrap
- 3 - Finely chop capsicum- place on wrap.
- 4 - Add spinach and wrap away.

Salmon rice

Another super filling and delightful meal that is packed full of Omega-3's.

I mostly use brown rice as it contains more nutrients in the bran, this also takes longer for your body to digest meaning it keeps you fuller for longer.

Ingredients

2 x cup water
1 x cup brown rice
1 x tin of Salmon (in brien)
1 x packet of baby spinach
Dash of soy sauce
Chilli as desired

Method

- 1 - Wash the rice
- 2 - Place water and rice on a high heat, bring to the boil.
- 3 - Once water is boiling, reduce heat to low.
- 4 - Cover the pot with a lid
- 5 - Leave to simmer for 20- 25 minutes or until the water has fully absorbed.
- 6 - Once the water is all gone, remove from the heat and let sit for 10 minutes.
- 7 - While waiting for the rice, open the salmon tin, drain the brine and loosely chop the baby spinach.
- 8 - Add this to the rice, leave with the lid on for another two minutes. The temperature of the rice will slightly wilt the spinach.
- 9 - Add soy sauce and chilli as desired.

References

- 1 - Ulbricht, C 2014, 'An Evidence-Based Systematic Review of Beta- Glucan by the Natural Standard Research Collaboration', Journal of Dietary Supplements, vol. 11, no. 4, pp 365.
- 2 - Foodstandards 2015, 'NUTTAB', viewed 3 October 2017, < <http://www.foodstandards.gov.au/science/monitoringnutrients/nutrientables/nuttab/pages/default.aspx>>.
- 3 - Niittynen, L, Kajander, K, & Korpela, R 2007, 'Galacto- oligosaccharides and bowel function', Scandinavian Journal of Food & Nutrition, vol. 51, no. 2.
- 4 - Food zone 2014, ' Nutrient Report', < >.

