

Bike Camping Cooking Tips & Recipe Ideas

Planning your food on a bike trip is a really exciting and fun part of the adventure. It can also be stressful for lots of folks, as the fear of being hungry while out riding or finding yourself without food is very real! I recommend packing a bit of extra food (but not too much, as the bulk and weight adds up fast in your pack.)

Here are some ideas to consider:

-Think about dual purpose foods, such as rice, quinoa, and oats that can be used for both savory and sweet options, and morning/night choices.

-You'll often be riding in places where you can get fresh food, including farm stands, markets, and peak season produce straight from the field! Take advantage of this.

-If you're going with a group, consider splitting meal planning duties. Often recipes make more than one portion and saving leftovers while bike camping can be downright impossible, so if you can eat everything you make, there is less waste to worry about.

Essentials to remember:

Cooking Oils – Small leak-proof container of your favorite cooking oil

Spices – Either buy or make your own portable spice kit

Utensils – While our hands work great, you'd be surprised how gross they get after a day of riding

Cutting Board and Knife – Miniature versions work great

Clean up kit – I like a half sponge and biodegradable soap

Lighter

Stove

Fuel

Additional Resources

Check out these books & blogs for tons of ideas on food prep, recipes and DIY dehydrated meals

[*Best Served Wild*](#) – Anna Brones & Brandon Leonard

[*The Culinary Cyclist*](#) (signed version) – Anna Brones

Bikecampcook.com

Recipe Ideas

Marley's No Bake Energy Balls

These quick-prep energy balls are an excellent option for a ride of any length. A tasty mix of carbs, protein and fiber give you both immediate energy and long lasting fuel. Marley recommends freezing these before your ride, especially if it's a warm day.

- 1 cup old-fashioned oats
- 2/3 cup toasted shredded coconut (sweetened or unsweetened)
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup semisweet chocolate chips
- 1/3 cup honey
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract

Mix everything together in a bowl. Cover and chill for a few hours. Roll into balls. Enjoy.

Thai Inspired Peanut Noodles with Fresh Veggies

This is a fresh, hearty meal that is wonderful after a day of riding. The recipe doesn't call for any specific protein additions, but I love adding pre-cooked tofu, canned chicken, or any other protein source of your choice!

Supplies:

- 3 tbsp. sugar
- 2 tbsp. soy sauce
- 4 tbsp. crunchy peanut butter
- ½ tsp. dried chili flakes
- 7 oz rice noodles
- 1 shallot
- 2 garlic cloves
- Green onions
- 1 Lime
- Water for boiling

Prep (at home): Combine sugar, soy sauce, peanut butter & chili flakes in a spill proof storage container. Break noodles in half. Pack everything together in your food stuffs!

At Camp: Boil water, cook your noodles. Rice noodles cook fairly quickly (7-12 mins), so check on them periodically. When they're soft but not mushy, drain. While the noodles cook, chop all the veggies. When noodles are ready, combine everything into the pot, stir well, squeeze lime on top & enjoy!