

Trailside Tiramisu

Backcountry Foodie Recipe

This is a delicious treat for coffee and dessert lovers! The recipe even makes extra servings that can be shared with friends.

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NUTRITION (per serving)

| CAL/OZ | CAL/GRAM | CALORIES | PROTEIN | CARBS | FIBER | ADDED SUGAR | FAT | SODIUM |
|--------|----------|----------|---------|-------|-------|-------------|------|--------|
| 128 | 4.6 | 319 kcal | 9 g | 46 g | 0.2 g | | 11 g | 504 mg |



HOME PREP TIME

5 mins



FIELD PREP TIME

5 mins



WT/SERVING

2.5 oz (70 g)



MEAL PREP

Cold Soak, Dehydrator Not
Required



DIET TYPES

Gluten-Free, Nut-Free,
Vegetarian



SERVINGS

4 servings

INGREDIENTS

- 1 box (3.4 oz) instant pudding, vanilla
- 1 cup milk powder, whole
- 1 tsp coffee, instant
- 1 tsp cocoa powder, unsweetened
- 1/4 tsp cinnamon, ground
- 40 wafers vanilla wafers, mini

OPTIONAL

- 1 box (3.4 oz) instant pudding, sugar-free vanilla (substitution), no-added-sugar option
- 1 cup milk powder, non-fat (substitution), reduced-calorie option
- 20 wafers vanilla wafers, gluten-free (substitution), gluten-free option

INSTRUCTIONS

HOME

1. Put all ingredients, except the vanilla wafers, in a mixing bowl. *See meal prep tip below.*
2. Stir to mix well making sure the cocoa and coffee are evenly distributed throughout the mixture.
3. Divide the pudding mixture into four equal servings, approximately $\frac{1}{3}$ cup each.
4. Store the mixture in bags or containers to be used in the backcountry.
5. Pack 10 vanilla wafers (15 g), per serving of pudding, in a separate bag or container to be consumed when the pudding is prepared.

FIELD

1. Add 3 oz (90 mL) cold water to the pudding mixture.
2. Stir to mix well and shake vigorously for 2 minutes.
3. Let stand for approximately 3 minutes or until the desired consistency is achieved.
4. After thickening, add the vanilla wafers to the pudding mixture.
5. Eat by the spoonful and enjoy!

NOTES

VOLUME OF MEAL WHEN PREPARED

- $\frac{3}{4}$ cup pudding mix per serving (dry) + 10 wafers per serving

MEAL PREP TIP

- The volume of instant coffee needed to reach the desired flavor will vary based on the brand of coffee used.

NUTRITION

- Total sugar (per serving): 36 g
- The added sugar content cannot be quantified due to instant pudding and vanilla wafer product labels not having added sugar listed.
- To reduce added sugar content, replace instant pudding with sugar-free instant pudding.
- To reduce calories by 100, replace whole milk powder with non-fat milk powder.



Did you make this recipe? We'd love to see it!

Share photos from your kitchen or the backcountry below.