**Sunrise Ramen**

**INGREDIENTS**

1 package ramen noodles (85 g)

\( \frac{1}{8} \) cup raisins (20 g)

\( \frac{1}{4} \) cup pecans, chopped (27 g)

2 tsp brown sugar (9 g)

\( \frac{1}{4} \) tsp cinnamon (0.6 g)

1 Tbsp coconut oil (14 g)

Substitution: Rice ramen noodles may be used as a gluten-free alternative.

**Note:** If cold soaking, do not over soak as noodles will become mushy. Also recommend using freshly opened pecans to extend the shelf life of the meal.

**HOME DIRECTIONS**

1. Discard ramen noodle spice packet.
2. Put noodles in a bag or container to be used in the backcountry.
3. Put remaining dry ingredients in a separate bag to be stored with the noodles.
4. Pack 1 Tbsp (14 g) coconut oil, per serving, in a leakproof container to be added to the meal when consumed. Recommend double bagging the oil in the event there is a leak.

**FIELD DIRECTIONS**

1. Remove raisin packet.
2. Add 8 oz (240 mL) hot/cold water or enough to cover the noodles. Breaking up the brick of noodles will reduce the amount of water required to rehydrate the noodles.
3. Let stand until rehydrated - 6 minutes if cooking, ~60 minutes if cold soaking.
4. Consume or properly discard the noodle broth to practice the Leave No Trace principle.
5. Add raisin packet and 1 Tbsp (14 g) coconut oil to noodles.
6. Stir to mix well and enjoy!

**NUTRITION INFO**

<table>
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<th>per serving</th>
<th>KCAL/OZ</th>
<th>CALORIES</th>
<th>PROTEIN</th>
<th>CARBS</th>
<th>FIBER</th>
<th>SUGAR</th>
<th>FAT</th>
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<tr>
<td></td>
<td>139</td>
<td>780</td>
<td>12 g</td>
<td>81 g</td>
<td>6 g</td>
<td>24 g</td>
<td>48 g</td>
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