

# Backcountry Foodie

## Sunrise Ramen



HOME PREP

**Mix Dry  
Ingredients**

HOME PREP TIME

**5  
Minutes**

FIELD PREP

**Cook  
Cold Soak**

FIELD PREP TIME

**10-60  
Minutes**

TOTAL SERVINGS

**1  
Serving**

WT/SERVING

**5.6 oz  
(156 g)**

### INGREDIENTS

1 package ramen noodles (85 g)

½ cup raisins (20 g)

¼ cup pecans, chopped (27 g)

2 tsp brown sugar (9 g)

¼ 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**  
per serving

KCAL/OZ  
**139**

CALORIES  
**780**

PROTEIN  
**12 g**

CARBS  
**81 g**

FIBER  
**6 g**

SUGAR  
**24 g**

FAT  
**48 g**

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