

BACKPACKING BREAKFAST IDEAS

INSTANT CHOCOLATE DRINK (1 serving)

2 – 2.5 Tbsps. Nestle Quick chocolate powder
4 Tbsps. instant milk powder

At Home: Seal the ingredients in a small zip lock bag.

In Camp: Pour contents of bag into a mug and slowly stir in 1 cup of hot or cold water.

INSTANT TRAIL OATMEAL (1 serving)

Note: you can also use the pre-flavored varieties and eat right out of the little pouch.

1/2 cup instant oats
1 tsp brown sugar
2 Tbsps. powdered milk
Spice of your choice: ¼ tsp cinnamon
Dried fruit of your choice: Mango, Apricot, Apple, Raisins.

At Home: Combine ingredients in a quart-sized zip lock freezer bag.

In Camp: Add boiling water to desired consistency, stir and let sit in insulated cozy for about 2 mins. *toss in a few wild berries if available.

BREAKFAST CRUNCH (10 servings)

1 Box of Harvest Crunch or similar cereal
2 bowls of diced dried Apricots
2 bowls Banana Chips
1 bowl Raisins
1 cups Chocolate Chips
20 Tbsps. powdered milk (add separately)

At Home: Mix all Ingredients together except powdered milk, and divide evenly into 10 zip lock bags, then add 2 Tbsps. of whole powdered milk to each bag.

In Camp: Add water slowly while stirring with spoon until desired consistency is reached.

*toss in a few wild berries if available.

BREAKFAST SCRAMBLE (1 serving)

1 3/4 cup instant mashed potatoes

1/2 cup powdered eggs

1 Tbsps. powdered whole milk

3 strips of crumbled pre-cooked bacon (add on the trail)

1 1/2 cup water

At home: Combine all dry ingredients except bacon in a quart sized zip lock freezer bag.

On the trail: Heat 1 ½ cups of water in pot (the hotter the better).

 Add crumbled bacon to freezer bag and stir.

 Add boiling water to freezer bag and stir.

 Place bag in a cozy and let sit for 5 – 10 minutes.
