

# Camp Recipes - Breakfast



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## Apple Sauce Sandwiches

### Ingredients:

apple sauce      slices of bread      butter      cinnamon      sugar

### Equipment:

buddy burner

### Instructions:

1. Spread the apple sauce on a slice of bread.
2. Sprinkle with sugar and cinnamon.
3. Top with a second slice of bread. Butter the outsides of the sandwich.
4. Place the buttered side on the buddy burner and cook until it is slightly brown. Flip and cook the other side until it is lightly brown.

## Backpacking Breakfast Burritos

### Ingredients:

package of powdered egg	pre-cooked bacon	tortillas
dehydrated hash browns	cooking oil	cheese
dehydrated peppers	dehydrated onions	salsa

### Equipment:

frying pan

### Instructions:

1. Rehydrate hash browns, pepper, onions, and salsa.
2. Cook eggs, hash browns, and vegetables.
3. Wrap in tortillas with cheese and salsa.

## Breakfast Banana Splits

### Ingredients:

1 banana	grapes, washed and halved	cereal of choice
oranges, peeled	apples, washed and cubed	frozen yogurt

### Equipment:

knife      bowl

### Instructions:

1. Slice the banana in half, lengthwise. Place in a bowl.
2. Add two scoops of frozen yogurt in between the bananas.
3. Spoon fresh fruits on top. Top with cereal.

## Breakfast Tacos/Burritos

### Ingredients:

5 eggs	shredded cheese	½ roll sausage or ham or chicken
¼ cup milk	flour tortilla	salsa

### Equipment:

frying pan	large bowl
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### Instructions:

1. Crumble and brown meat in the frying pan.
2. Mix eggs and milk in bowl. Pour the egg-milk mixture into the frying pan.
3. Add cheese.
4. Put on the lid for omelette-style cooking or mix around for scramble-style.
5. Spoon the egg into the tortilla. Add salsa.

## Crepes

### Ingredients:

1 egg	½ teaspoon vanilla	whipped cream
1 ½ cups flour	2 ¼ cups – 2 ½ cups water	fresh fruit
¼ cup sugar	margarine or cooking spray	

### Equipment:

non-stick frying pan	large bowl
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### Instructions:

1. Beat the egg in a large bowl.
2. Mix in flour and sugar.
3. Add in water and stir. The batter should be thin and runny.
4. Use margarine or cooking spray every time you make another crepe. Use a small amount of batter and spread as much as possible around the frying pan to make a very thin crepe. Cook both sides to a golden colour.
5. Slice up fresh fruits and smother with whipped cream.
6. Roll the crepe up in the fruits and serve.

## Crumpets

### Ingredients:

2 teaspoons yeast	½ teaspoon baking soda	¾ cup milk
½ teaspoon sugar	½ teaspoon salt	2 cups flour
½ cup lukewarm water	butter	jam

### Equipment:

large bowl

**Instructions:**

1. Stir the sugar into the lukewarm water. Sprinkle the yeast on top. Leave in a warm place until it rises.
2. In a large bowl, combine the flour, baking soda, and salt.
3. Add the yeast and the milk to the flour. Beat to a smooth batter. The batter should be quite thin. If necessary, add more water.
4. Allow to rise 2 to 3 hours. If the batter is too thick add a little more water.
5. Grease a griddle and the rings with a little shortening.
6. Fill each ring about half full with the batter. Cook until bubbles form on the top and burst. Turn and cook for a minute or two on the second side.

**Dairy-Free and Gluten-Free Omelette****Ingredients:**

2 teaspoons water	2 eggs	pepper
2 teaspoons oil	salt	

**Equipment:**

large bowl	whisk	frying pan
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**Instructions:**

1. Break eggs into bowl.
2. Add a pinch of salt and pepper.
3. Whisk the eggs gently so they are just mixed together.
4. Heat the oil in a frying pan over medium heat.
5. Pour in egg mixture and allow egg to set. Fold and flip over the other half.

**Dairy-Free Porridge****Ingredients:**

4 cups oatmeal	½ teaspoon salt	jam
8 cups water	soya drink	

**Equipment:**

bowl

**Instructions:**

1. Mix the oatmeal, water, and salt in cold water.
2. Stir continuously and let boil for 2 to 3 minutes.
3. Serve with jam.

## Eggs-in-a-Basket

### Ingredients:

1 slice of bacon                      1 slice of bread                      1 egg

### Equipment:

frying pan

### Instructions:

1. Place bacon in "V" shape and fry on a pan.
2. Take a 2" round of bread out of the centre of the slice of bread.
3. Place the bread on top of the bacon and break the egg into the centre hole of the bread and cook. Turn to cook the other side.

## Hill Billy Breakfast

### Ingredients:

1 bag shredded hash brown	2 cups shredded cheese	6 eggs
1 lb cooked ham	1 medium onion, chopped	salt
butter	pepper	

### Equipment:

aluminum foil                      Pam cooking spray

### Instructions:

1. Spray aluminum foil bag with Pam cooking spray.
2. Sprinkle with seasoning salt and put some squares of butter in the aluminum foil bag.
3. Beat the eggs and chop the onions.
4. Open a bag of hash browns. Pour all the ingredients into the bag of hash browns. Mix everything together by squeezing the contents inside the bag together.
5. Pour the mixture into the foil cooking bag and spread out.
6. Add some salt and pepper, more seasoning salt, and a bit more butter on top of the hash brown mixture.
7. Place the aluminum cooking bag on a pre-heated grill (medium heat) and turn the bag every 5 minutes.
8. The bag will start to puff and you can open it to check to see if it is done.

## Omelette-in-a-Bag/Egg-in-a-Bag

### Ingredients:

2 eggs      shredded cheese      ham      chopped green onions  
tomatoes      bacon bits      milk      red and green bell peppers

### Equipment:

Ziploc freezer bag      pot      tongs      sharpie marker

### Instructions:

1. Crack two eggs into a Ziploc bag.
3. Add milk, cheese, bacon bits, ham, tomatoes, and bell peppers to the eggs.
4. Use a sharpie marker to write your name on the Ziploc bag.
5. Drop the Ziploc bag into the pot of boiling water. Cook until done.
6. Use a pair of tongs to remove the bag from the boiling water.

## Paper Bag Bacon and Eggs

### Ingredients:

2 thick strips bacon      1 egg

### Equipment:

1 brown paper bag      1 stick      charcoal briquettes

### Instructions:

1. Cut bacon strips in half. Place on the bottom of a brown paper bag, covering the bottom. It is important that you have thick strips of bacon because thin strips of bacon will stick and adhere to the paper bag when cooked.
2. Crack egg and put in paper bag on top of the bacon.
3. Fold the bag's side down four times and poke a stick through from one side to the other, and slide through. The bag should be hanging on the end of the stick.
4. Hold over charcoal briquettes and watch the grease cook the meal.

## Paper Cup Egg

### Ingredients:

egg      water

### Equipment:

unwaxed paper cup

### Instructions:

1. Take a coffee cup sized paper cup and put an unbroken egg into it.
2. Fill the cup with water. Place on a grill very close to hot coals.
3. The water will begin to boil, but will keep the cup from burning. As the water evaporates, the top of the cup will gradually begin to burn away. By the time the water is all gone, the egg will be boiled and the cup will be gone.

## Pie Plate Omelette

### Ingredients:

ham                      mushrooms                      shredded cheese                      green onions                      eggs

### Equipment:

aluminum foil meat pie plate                      small rocks  
tin can oven                      fork

### Instructions:

1. Grease an aluminum meat pie plate and line with a slice of ham.
2. Crack an egg into the pie plate and gently scramble with a fork.
3. Add fixing as you prefer and cover with aluminum foil.
4. Place 3 to 4 small rocks on top of a tin can oven.
5. Place pie plate on the rocks and cook for approximately 15 to 20 minutes.

## Sunrise Spuds

### Ingredients:

dehydrated potatoes                      bacon bits                      cheese                      pepper  
hot water                      chives                      salt                      chili flakes

### Equipment:

Ziploc freezer bags

### Instructions:

1. Combine all the ingredients in a Ziploc bag and let the potatoes rehydrate.
2. Squish the bag around so that the cheese and garnishes mix in.

Note: Idaho potatoes are a favourite!

## Tuna Can Egg and English Muffin

### Ingredients:

sausage patty, ham or bacon                      1 or 2 eggs                      salt  
English muffin                      cheese                      pepper

### Equipment:

1 clean tuna can                      aluminum foil                      Pam cooking spray

### Instructions:

1. Spray the tuna can with Pam cooking spray.
2. Put the sausage patty, ham or bacon in the bottom of the tuna can.
3. Break one or two eggs on top.
4. Wrap the tuna can in aluminum foil. Cook over the campfire. Check every few minutes to see if the eggs are done.
5. Pop the mixture out of the can and put in a toasted English muffin. Add cheese.

## Yogurt Parfaits

### Ingredients:

yogurt	strawberries	blueberries	raspberries	grapes
granola	cantaloupe	blackberries	whipped cream	kiwi

### Instructions:

1. Layer granola, yogurt and fruit in a cup.
2. Top with whipped cream.