

BREAKFAST MENU IDEAS

Condiments to consider: Butter, Syrup, Sugar, Salt & Pepper, Jelly, Fruit, Nuts

- Eggs in a bag
- Paper bag bacon & eggs
- Blueberry Maple Pancakes (or chocolate chip)
- Dutch Oven Monkey Bread
- BBQ breakfast scrambler
- Sweet breakfast quesadillas
- Breakfast burritos
- Skillet Breakfast
- Potato Scramble
- Mountain Man Breakfast
- Fruit (Apples, Oranges, Strawberries, Blueberries, Raspberries, Bananas, etc...)
- French Toast
- Cornbread
- Dutch Oven Muffins
- Bread Pudding Muffins
- Fried Biscuits
- Bagels
- Cereal - Cheerios, Chex, Multi Grain, etc... (last choice because there's no creativity here)

Light food also good for Backpacking:

- Instant hot cereals like oatmeal, grits, couscous (top with fruit & nuts)
- Dehydrated eggs
- Breakfast bars
- Pop Tarts
- Instant hash browns
- Dried fruit (apples, cherries, cranberries, blueberries, strawberries, raisins, pineapple, etc...)
- Powdered whole milk

DRINKS:

- Water, Tang, Tea bags
- Orange Juice, Apple Juice, Juice Pouches, etc...
- Milk , Hot chocolate mix / Nestle Nesquik with milk

Send us your recipes for a great camping breakfast!

Websites to make your own:

Oatmeal - https://www.theyummylife.com/Instant_Oatmeal_Packets

"KIND" Copycat bars - https://www.theyummylife.com/Homemade_KIND_Bars

6 Instant Meals - https://www.theyummylife.com/Instant_Meals_On_The_Go

Omelettes in a Bag

Source: <http://www.beyerbeware.net/2011/06/no-mess-camping-omelettes-in-a-bag.html>



Prep time: 5 mins Cook time: 15 mins Total time: 20 mins

Ingredients:

- 1 Gallon sized Ziplock freezer bag per person (Glad has BPA free bags)
(You need the thicker freezer bags so they don't melt)
- 2 eggs (or more) per person (Tip: ask each person before shopping)
- ½ cup of pre-cooked omelette fillings of your choice per person (ask before shopping)
- EG: Sausage, Bacon, Ham, Onions, Mushrooms, Peppers, etc...
- ¼ cup of cheese per person
- Salt and Pepper to taste
- Optional Toppers: Ketchup, Hot Sauce, Salsa

Instructions:

IMPORTANT: Set your pot of water to boil with a lid on top first thing as this can take 15 to 20 minutes

Each person can prepare their own omelette. Put names on the bags

1. Crack eggs into the ziplock bags
2. Add choice of fillings, cheese, salt & pepper
3. Seal bag and shake to scramble and mix the omelette.
4. Cook in GENTLY boiling water for 14-15 minutes.
5. The rule of thumb is about six and half to seven minutes per egg

Paper Bag Bacon & Eggs



From [The Real Family Camping Cookbook](#).

Serves: 1

Ingredients:

2 strips of fatty bacon

salt & pepper, hot sauce and/or catsup

1 green, pointy stick

1 egg

1 paper lunch bag

Preparation:

1. Cut both bacon strips in half, giving you 4 pieces. Line the bottom of the paper lunch bag with the bacon to make a nice, fatty bacon nest for the egg.
2. Crack an egg into the nest.



3. Fold the top of the paper bag down carefully 2 times and poke a hole through the thick part with the stick. (Use a knife or scissors to make the hole first.)
4. Carefully hold the bag over the fire so the bacon cooks slowly and the fat melts. This makes an oily paper and bacon "skillet" for the egg. Take care and keep cooking it until the egg is done.
5. Eat it out of the bag ... but put it on a plate! If you put it on your knee it will ruin your pants. I learned this the hard way.
6. Serve with salt & pepper, catsup & hot sauce. But it really doesn't need anything at all, it's that delicious.

Blueberry Maple Pancakes

Who doesn't like pancakes in the morning? This easy breakfast camping food recipe is definitely going to be a sweet way to start the morning.

Serves 4 (Adjust based on your patrol size)

Preparation Time: 10 minutes at home, 10 minutes in the campground

Cooking Time: 30 minutes

Ingredients:

For the Blueberry Maple Sauce:

1 pint blueberries 1 pint maple syrup

For the Pancakes:

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- Pinch of salt
- 1 cup whole milk
- 1 large egg
- 2 Tablespoons melted butter
- 2 Tablespoons maple syrup
- Cooking oil

Instructions:

At Home:

1. Sift the all-purpose flour into a bowl.
2. Add the baking powder, baking soda and salt.
3. Mix together and then store this into an airtight container.

At the Campground:

For the Sauce:

1. Pour the maple syrup and half of the blueberries into a pot. Heat until it comes to a boil.
2. Mash the blueberries in the syrup with the back of a spoon.
3. Stir the sauce for another minute and then set aside to cool.

For the Pancakes:

1. Heat the pancake griddle or a skillet.
2. In a bowl, beat the egg and then add the melted butter, maple syrup, milk, and the other half of the blueberries together. Mix these gently to avoid the blueberries from getting crushed.
3. Add the flour mixture into the bowl and mix thoroughly.
4. Pour $\frac{1}{4}$ cup of the batter into the griddle or skillet. Cook until bubbles start to form on the edges of the pancake.
5. Flip and cook the other side for about a minute or until it's golden brown.
6. Serve with the cooled blueberry syrup.

Dutch Oven Monkey Bread Recipe

(boyscouttrail.com)



Serves 6 to 8.

Ingredients:

- 1/2 stick butter
- 2 rolls of Pillsbury biscuits
- 1/4 cup sugar
- 1/4 cup brown sugar
- 2 Tbsp cinnamon

Instructions:

Warm dutch oven over a few coals to warm up, then melt butter in the dutch oven.

Tear each biscuit into quarters.

Mix sugar, brown sugar, and cinnamon in plastic bag.

Drop each quarter biscuit into bag and shake to coat well.

Place biscuits in dutch oven.

Stir all the biscuit pieces once to cover in butter, then arrange them into a single layer.

Bake at 350 degrees for 30 minutes.

May want to line oven with foil to catch melted sugar.

All dutch oven recipes use a 12-inch dutch oven, unless specified. If you have a 10-inch dutch oven, use about 2/3 to 3/4 of the ingredient amounts but keep the temperature and time about the same.

If no temperature is listed, use 350 degrees.

BBQ Breakfast Scrambler

Source: <http://www.myorganizedchaos.net/2016/06/bbq-breakfast-scrambler>

Author: Tammi @ My Organized Chaos



Servings: 5

Ingredients:

- 6 cups hashbrowns thawed
- 2 cups ham diced (or bacon or sausage)
- 6 whole eggs
- 1/4 cup milk
- 2 cups cheddar cheese shredded
- 1 cup green onion diced
- salt & pepper to taste
- 1/2 cup tomato diced
-

Instructions:

1. Spray a foil BBQ-safe pan with cooking spray, add in the thawed hashbrowns and ham.
2. Add eggs to a large bowl with milk and whisk until combined. Stir in the cheese, green onions and tomatoes and pour over the hashbrowns and ham.
3. Add salt and pepper to taste.
4. Cover with foil and cook on the BBQ {on indirect heat} at 375 degrees for 30 minutes.
5. Uncover the pan and cook for an additional 15-35 minutes, until edges are crispy {when done you'll notice that the hashbrowns are coated with scrambled eggs}.
6. Enjoy!

Recipe Notes:

You can also cook on a grate over a campfire, cooking time will vary depending on heat though I'd leave covered with foil for the duration.

Sweet Breakfast Quesadillas

Source: <http://www.frugalcouponliving.com/sweet-breakfast-quesadillas-peanut-butter-banana-chocolate-chips/>



Ingredients:

- Tortillas
- Chocolate Chips
- Banana's
- Walnuts
- Butter
- Peanut butter

Directions:

1. Dice or slice fruit.
2. In a large nonstick pan over medium heat melt butter, just to cover pan.
3. While pan is heating, assemble your quesadilla's, spread peanut butter on one side and place in pan, fill with the rest of your ingredients, in my case I added banana slices, walnuts, and chocolate chips.
4. Fold tortilla over and brown for about 2 minutes, just until it begins to turn a golden color, flip and repeat on the other side.
5. Cut into smaller pieces and serve.

You are not limited to these ingredients. Create your favorite combination, like Peanut Butter and Jelly, Honey and Cinnamon, Strawberries and Cream Cheese (or Mascapone), Marshmallow fluff and Nutella spread, Shredded Apples and Cheddar Cheese... the possibilities are endless!

Breakfast Burrito

This breakfast camping food is a great crowd pleaser. For vegetarians, simply omit the sausage.

Serves 6

Preparation Time: 10 minutes at home, 5 minutes at the campground

Cooking Time: 20 minutes

Ingredients:

- 2 Tablespoons Cooking Oil
- 1/2 lb ground sausage
- 6 eggs
- 1 12-oz. jar of your favorite salsa
- 1 small onion
- 1 green bell pepper
- 1 red bell pepper
- 1 yellow bell pepper
- 1 dozen 10-inch flour tortillas
- Colby or any sharp cheddar cheese

Instructions:

At Home:

1. Dice the onion, green bell pepper, red bell pepper, and yellow bell pepper.
2. Shred the cheese.
3. Store each of these into separate airtight containers.

At the Campground:

1. Add the oil into a deep skillet and heat over a RV or camping stove or over the campfire.
2. Fry the sausage until it starts to change color, breaking it up while cooking it.
3. Add the onion and bell pepper. Cook until the peppers are tender.
4. In a bowl, whip up the eggs and then pour this into the pan, stirring frequently until it starts to set.
5. Add the cheese and half of the contents of the jar of salsa. Stir until the cheese is melted. Set aside.
6. Heat the tortilla by putting these directly on the heat for 2 minutes each side.
7. To serve, add about 1/4 cup of the burrito filling into a tortilla and roll it up. Spoon some of the leftover salsa on top or on the side.

Campfire Breakfast Burritos



What you'll need: 10 Items

- heavy-duty foil
- large flour tortillas
- russet or gold potatoes, about 1 per burrito
- seasoning salt & pepper
- green onions, sliced
- eggs, beaten (about 2 per burrito)
- cheddar cheese, grated

- breakfast sausage, browned and crumbled, about 1/4c per burrito
- 1 can refried beans (optional)
- salsa or hot sauce for serving (optional)

Pre-trip Preparation:

Peel, chop and then par-boil your potatoes until just tender, but not falling apart. Season your boiled potatoes generously with seasoning salt and pepper. Add sliced green onions, about 1T per burrito to your potatoes and stir to combine. Add your browned breakfast sausage and throw all of that into a ziplock bag or container. Refrigerate until you are ready to pack your cooler. Store in your cooler until ready to make burritos.

At the campsite:

- Have one group of Scouts lay out large squares of foil, each with a tortilla on top.
- At the same time, have one Scout warm a frying pan on the stove.
- Have another Scout beat 2 eggs per burrito in a container, bowl or ziplock bag.
- Add the potato/sausage mixture to the hot pan, stirring often, until potatoes begin to brown and mixture is heated through.
- Add beaten eggs to potato mixture and cook until eggs are scrambled.
- If using refried beans, spread a thin layer of refried beans onto the middle of each tortilla.
- Top equally in a rectangular shape of each tortilla, the potato/sausage/egg mixture.
- Sprinkle cheese on top of that.
- Fold the 2 short ends of your burrito toward the middle, then fold the long ends over the others.
- Then roll each burrito up in foil and place over the campfire.

Cook your burritos, flipping once, about 5 minutes per side (10 minutes total, depending on the heat of your campfire) or until cheese is melted and burrito is heated completely through (the tortillas will get some browning and charring on them, which is good, just watch carefully that you don't burn them).

Skillet Breakfast

Packed with proteins and carbs, this frittata combines all of the usual breakfast camping food staples to make one really hearty dish. Best of all, it only requires one skillet to prepare, perfect for tent campers and backpackers.

Serves 2 (multiply ingredients for Patrol size)

Preparation Time: 15 minutes at home & 5 minutes at the campground

Cooking Time: 15 minutes

Ingredients:

- 2 medium potatoes
- 2 Tablespoons cooking oil
- 1 clove of garlic
- $\frac{1}{2}$ small onion
- $\frac{1}{3}$ lb. ground sausage
- 5 eggs
- $\frac{1}{2}$ cup cheddar cheese
- Salt & Pepper to Taste

Instructions:

At Home:

1. Dice the potatoes and onion into small, bite-size pieces. Store them in separate airtight containers.
2. Mince the garlic and place them in a separate container.
3. Shred the cheddar cheese. Pack them in a separate container.

At the Campground:

1. Add the oil to a large skillet and heat it on a stove or over the campfire.
2. Fry the potatoes until golden.
3. Add the onions and garlic and fry them until they start to change color.
4. Fry the sausage until they are brown, breaking it up as you cook it.
5. Add the eggs into the skillet, breaking the yolks and mixing them through the entire pan. Cook until the eggs have set.
6. Add the shredded cheddar cheese. Cover the pan for a few minutes to allow the cheese to melt.

Potato Scramble

This hearty breakfast camping meal gives a twist to the traditional Spanish omelet. It can be enjoyed on its own, or served with biscuits or with your favorite bread.

Serves 4 (Adjust based on your patrol size)

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Ingredients:

- 2 small potatoes, diced
- 1 large onions, finely sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- $\frac{1}{3}$ cup grated cheddar cheese
- 8 eggs
- Salt and Pepper
- 1 Tablespoon butter

Instructions:

1. Melt the butter in a large skillet, moving it around to spread it evenly.
2. Add the potatoes, bell pepper and onions to the pan and fry them until they are almost done.
3. In a bowl, whip the eggs. Add this into the pan. Cover for a couple of minutes until the eggs have started to set.
4. Add the grated cheddar cheese. Cover the pan for a few minutes just to give the cheese time to melt.

Mountain Man Breakfast

Serves 4 (Adjust based on your patrol size)

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Ingredients:

- 1 cup bacon, cut into cubes
- 1 cup sage sausage
- 1 medium onion, diced
- 4 potatoes, grated
- 1 cup cheddar cheese, grated
- 1 dozen eggs
- Cooking oil

Instructions:

1. Heat up the oil in a dutch oven. Fry the bacon and onions until the onions have become clear.
2. Stir in the grated potato and cover for about 15-20 minutes.
3. Beat the eggs in a bowl and pour this evenly over the mixture. Cover for about 10-15 minutes.
4. Sprinkle the cheese and cover until it's melted. Slice and serve.

Dutch Oven Muffins

This easy camping recipe takes you back to the days of the Wild West when cowboys would use large cast-iron pots called dutch ovens to cook everything from stews to bread.

Serves 4 (Adjust based on your patrol size)

Preparation Time: 10 minutes at home, 10 minutes in the campground

Cooking Time: 30 minutes

Ingredients:

- 2 cups all-purpose flour
- 1 cup whole milk
- $\frac{1}{2}$ cup granulated white sugar
- 1 teaspoon pure vanilla extract
- 1 Tablespoon baking powder
- 1 large egg
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ stick of butter

Instructions:

At Home:

1. Sift the flour to remove any lumps into a large bowl.
2. Add the white sugar, baking powder and salt.
3. Mix thoroughly and store this into an airtight container.

At the Campground:

1. Heat the dutch oven until it reaches to about 400 degrees Fahrenheit. Put a metal grill inside so that there is a space between the bottom of the dutch oven and the muffin pan once you put it into the oven.
2. In a small pot, melt the butter and then allow this to cool. Don't throw the wrapping away.
3. Beat the egg in a large bowl.
4. Add the milk, vanilla extract and the cooled butter and mix together.
5. Add the flour mixture into the bowl. Mix lightly for no more than 10 seconds. The batter should be lumpy.
6. Using the wrapping of the stick of butter, grease the muffin pan.
7. Pour the batter into the muffin pan until it's $\frac{3}{4}$ full.
8. Gently put this into the dutch oven. Cover with a lid and allow it to bake for about 30 minutes.
9. To check if the muffins are done, insert a toothpick into the middle of the muffins. The toothpick should come out clean.
10. Allow the muffins to cool on a rack or grill.

Bread Pudding Muffins

Aside from being a really filling breakfast, this easy to make camping food can also be a handy snack to take with you while enjoying your favorite outdoor activity.

Serves 6 (Adjust based on your patrol size)

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Ingredients:

- 1 lb. loaf of sourdough bread
- 1 cup whole milk
- 4 large eggs
- 1 4-ounce can diced green chilies
- 1 cup ham, diced
- 8 ounces cheddar cheese, grated
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Instructions:

1. Pre-heat a dutch oven at 400 degrees Fahrenheit. Place a metal grill inside the dutch oven so that there is a space between the bottom of the pan and the muffin pans.
2. Cut the sourdough bread loaf into $\frac{1}{2}$ inch cubes.
3. Beat the eggs in a large bowl. Add the milk, salt and pepper and stir together.
4. Add the sourdough bread loaf into the egg and milk mixture and allow this to soak in the mixture for 10 minutes.
5. Add the remaining ingredients into the mixture.
6. Grease and flour the muffin pan. Fill the muffin pan with $\frac{3}{4}$ of the mixture.
7. Place the muffin pan into the dutch oven. Cover with a lid and allow this to bake for 30 minutes. Insert a toothpick into the middle of the muffin. The muffins are ready when the toothpick comes out clean.

Fried Biscuits

You don't need an oven for this Southern breakfast favorite.

Serves 4 (adjust based on your patrol size)

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Ingredients:

- 1 Large can of biscuits
- $\frac{1}{2}$ stick of butter or margarine

Instructions:

1. Add a teaspoon of butter in a pan, moving it around and allowing the butter to coat the bottom of the pan.
2. Slice the biscuits in half and place them in the pan. Make sure that you don't overcrowd the pan.
3. Cook over a low fire for about 5 minutes on each side.

Lunch Menu Ideas

Tip: Lunch recipes can also be used for dinner.

Optional Condiments: Butter, Mayo, Mustard, Catsup, Hot Sauce, Cheese, Nuts, etc...

LUNCH:

- Sandwiches: PBJ, Ham & Cheese, Chicken lettuce & tomato, etc...
- Tortilla Wraps (same as sandwiches, but use tortillas instead of bread)
- Instant rice meals
- Tacos in a bag
- Mac & Cheese
- Foil Wrapped Camping Hotdogs
- Sloppy Joes
- Pretzels / Chips
- Fresh Fruit (apples, oranges, etc...)

Light food also good for Backpacking:

- Trail Mix / Granola / GORP (Good Ol' Raisins and Peanuts)
- Protein/Fiber/Power/Clif Bars
- Instant Soup / Ramen
- Instant Rice Meals (Chicken Broccoli, Cheddar Broccoli, Spanish Style, etc...)
- Dried Fruits (apples, cherries, cranberries, goji berries, blueberries, strawberries, apricots, figs, pineapple chunks, mango, dates, etc...)
- Veggies - Baby Carrots , Broccoli, Cauliflower, Sliced Green Peppers
- Beef Jerky
- Salami & Crackers
- Fig Bars
- Energy Gels
- Peanut butter
- Tuna in a pouch

DRINKS:

- Water
- Powered drink mix (Gatorade, Crystal Light, Lemonade, Iced Tea, Kool-Aid, etc...)
- Tea Bags
- Juice Pouches

Send us your recipes for a great camping or hiking lunch!

Taco in a Bag

Source: <http://mylitter.com/recipes/taco-salad-in-a-bag-perfect-for-camping-and-kids/>



You can prepare all or part of the ingredients ahead of time, or at the campsite if you're organized. Be sure to bring extra spoons so each container has one.

Ingredients:

Small individual bags of Doritos and/or Fritos (1 to 3 per person)

Optional: Buy large bags of chips and each person uses his own bowl or plate.

2 lbs Ground Beef or Ground Turkey

Taco Seasoning

Chopped Onions

Shredded Cheese

Sour Cream

Salsa

Lettuce

Tomatos

Steps:

1. Chop up and store in separate containers, the Onions, Lettuce and Tomatos
2. These items can stay in the containers they came in: Shredded Cheese, Sour Cream, Salsa
3. Brown the ground beef with the taco seasoning following the directions on the seasoning packs
4. When all of the ingredients are chopped and cooked, spread them out on the table buffet style
5. Take the bag and break up the chips a bit.
6. Open the bag and add the meat and toppings. Enjoy!

Camping Mac n' Cheese

Source: <http://www.laurenslatest.com/camping-mac-n-cheese/>



Yield: 4 servings **Prep Time:** 20 minutes **Cook Time:** 10 minutes **Total Time:** 30 minutes

Ingredients:

- 1 1/2 cups elbow macaroni
- 8 oz prepared Alfredo sauce {just over half a jar}
- 1/2 cup grated sharp cheddar cheese
- 1/2 cup grated Parmesan cheese
- 1/4 cup mozzarella cheese
- 1/4-1/2 cup half and half or whole milk
- Salt and pepper, to taste

Directions:

1. Cook pasta according to package directions. Drain and rinse with cold water.
2. Stir Alfredo sauce into the cooked pasta with the three cheeses and enough milk to keep things loosey goosey. {This is so your mac and cheese doesn't dry out while it's staying cool.} Stir in salt and pepper to taste. Divide between four mini aluminum pie tins {or one big one}, sprayed with nonstick cooking spray. Spray one side of aluminum foil with more nonstick cooking spray and cover each individual mac and cheese portion, sprayed side down, facing the food. Seal well. Store in a large plastic food storage bag in a cooler until ready to cook.
3. Prepare a fire and let it burn down to the coals. Place a cooking rack over top that would be 2-3 inches above. Place each pie tin over the hot coals and cook 8-10 minutes or until hot. Remove from fire and serve immediately.
4. ****SHORTCUT MAC AND CHEESE DIRECTIONS****You can also just bake these at home in a glass or ceramic baking dish at 350 degree oven for 20-25 minutes or until hot and melted. Easy peasy!

Foil-Wrapped Camping Hotdogs

Source: <http://www.frugalcouponliving.com/camping-hot-dog-recipe/>

Author: Ashley at Frugal Coupon Living

FOIL-WRAPPED CAMPING HOT DOGS



Ingredients:

- Hot dogs
- Pillsbury crescent rolls

Instructions:

1. Place a skewer in the ends of your hot dogs about $\frac{3}{4}$ the way in.
2. Open your crescent rolls and wrap one long pre-cut triangle around each hot dog, starting with the flat end of the crescent and ending with the tip of the triangle.
3. Wrap your crescent wrapped hot dogs loosely in aluminum foil.
4. Roast over the fire while turning your stick just like you would to cook a hot dog.
5. Cook for 15-20 minutes.
6. Serve with a side of ketchup and mustard

Dinner Menu Ideas

Tip: Dinner recipes can also be used for lunch if your time allows.

Tip: Some recipes require a Dutch Oven, so be sure to pack one, and bring charcoal with a way to light it.

Optional Condiments: Butter, Mayo, Mustard, Catsup, Hot Sauce, Salt, Pepper, etc...

Dinners:

- Simple Dutch Oven Pizza
- Spaghetti with butter, pesto, or a plastic jar of spaghetti sauce, and veggies
- Campfire Pizza Nachos
- Cheesy Potatoes and Ham Foil Pack
- Chilli Campfire Bake
- Chicken Cordon Bleu Foil Pack
- Spicy Meatball Foil Packs
- Sweet Potato & Bacon Foil Packs
- Texas Pioneer Pie
- Chilly Dogs

Light food good for Backpacking:

- Freeze Dried meals in a pouch
- Instant Soup / Ramen
- Instant Rice Meals (Chicken Broccoli, Cheddar Broccoli, Spanish Style, etc...)
- Instant Potatoes
- Boxed Mac & Cheese

DRINKS:

- Water
- Powered drink mix (Gatorade, Crystal Light, Lemonade, Iced Tea, Kool-Aid, etc...)
- Milk, Hot chocolate / Nestle Nesquik
- Tea Bags

Send us your recipes for a great camping dinner!

Simple Dutch Oven Pizza

Ingredients:

- Parchment Paper
- 1 pkg. Pizza Dough
- 1 can Spaghetti Sauce
- 1/2 lb Shredded Cheese
- Selected pizza toppings - pepperoni, olives, ...

Instructions:

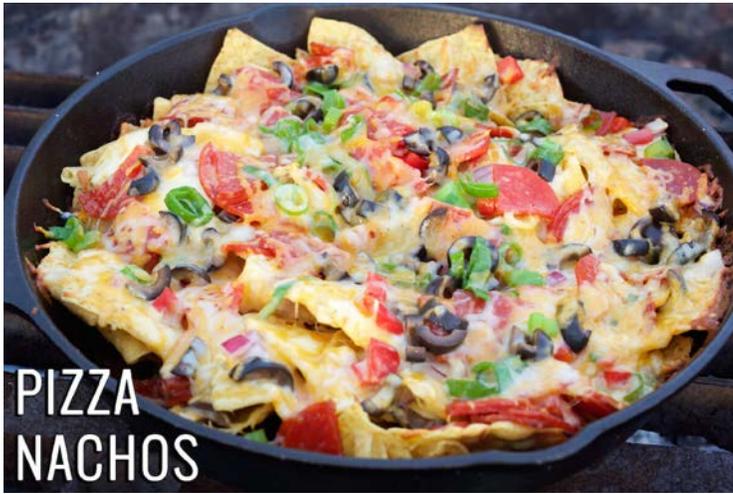
- Warm the dutch oven over a few coals.
- On a large piece of parchment paper, stretch pizza dough into a round crust
- Spread sauce onto dough.
- Add cheese and toppings.
- Place pizza in the dutch oven
- Cook for 8 minutes, longer if the cheese has not melted.

All dutch oven recipes use a 12-inch dutch oven, unless specified. If you have a 10-inch dutch oven, use about 2/3 to 3/4 of the ingredient amounts but keep the temperature and time about the same.

If no temperature is listed, use 350 degrees.

Campfire Pizza Nachos Recipe

Source: <http://cookingwithjanica.com/campfire-pizza-nachos-recipe/>



Garlic Cream Sauce Ingredients:

- 1.5 Tablespoons Unsalted Butter
- ½ Tablespoons Olive Oil
- 2-3 Garlic Cloves, Minced
- ½ cups Heavy Cream
- ¼ cup Milk
- 1/4 Cup Parmesan Cheese
- Salt
- Pepper
- Red Pepper Flakes

Nacho Ingredients:

- 1 Bag of Tortilla Chips
- ½ cups Garlic Cream Sauce (recipe below)
- ¼ cups Onion, diced
- ½ cups Pepperoni, cut into quarters
- ½ cups Black Olives, sliced
- ½ whole Bell Pepper, diced
- 2 Green Onions, sliced
- 1 cup Colby-Jack Cheese, Shredded

Directions:

Garlic Cream Sauce:

- 1) Melt the butter and olive oil in a sauce pan.
- 2) Once the butter is melted, add the minced garlic. Stir.
- 3) After a minute or two, add in the cream and milk. Stir until it comes to a boil.
- 4) Add salt, pepper, red pepper flakes, and cheese. Stir until sauce has thickened. Once it has thickened, remove from fire and set aside.

Nachos:

- 1) Grab your cast iron skillet and add the tortilla chips. Drizzle the garlic cream sauce all over the chips.
- 2) Top with the onions, pepperoni, olives, bell pepper, and colby jack cheese.
- 3) TIP: The best approach is to layer it between tortilla chips so every bit gets plenty of toppings.
- 4) Place over the open fire and cover. Cook until the cheese is nice and bubbly and the veggies are warm, about 5-8 minutes.

Adapted From: [The Tasty Kitchen](#)

Cheesy Potatoes and Ham Foil Packs

Source: [Tablespoon.com](https://www.tablespoon.com)

<https://www.tablespoon.com/recipes/cheesy-potatoes-and-ham-foil-packs/d9a41a5c-670d-4414-952f-90dd714ba408>



Prep 15 min Total 45 min Servings 4

Ingredients:

2 tablespoons butter, melted Save \$
2 tablespoons Dijon mustard
1/2 teaspoon salt Save \$
1/2 teaspoon ground black pepper
4 medium (about 7 oz each) Yukon gold potatoes, cut in 1-inch pieces
2 cups (about 12 oz) diced ham, (3/4-inch dice) Save \$
1 1/3 cups shredded Gouda cheese
2 tablespoons chopped fresh chives

Steps:

- 1 Heat gas or charcoal grill. Cut 4 (18x12-inch) sheets of heavy-duty foil. Spray with cooking spray.
- 2 In large bowl, mix melted butter, mustard, salt and pepper. Add potatoes and ham; stir until evenly coated. Divide mixture among sheets of foil.
- 3 Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- 4 Place packs on grill over medium heat. Cover grill; cook 12 minutes. Rotate packs 1/2 turn; cook 8 to 10 minutes longer or until potatoes are tender. Remove packs from grill; cut large X across top of each pack. Carefully fold back foil; sprinkle potatoes with cheese. Loosely close; let stand 3 to 5 minutes or until cheese is melted. Garnish with chives.
- 5 To make in oven, place packs on cookie sheet. Bake at 375°F 40 to 45 minutes or until potatoes are tender. Add cheese and chive garnish as directed above.

Expert Tips:

For extra flavor, try using an aged Gouda cheese in this recipe.

Two-bite Yukon potatoes can be substituted for regular Yukon potatoes in this recipe. Cut each potato in half, and prepare as directed in recipe.

Chili Campfire Bake

Source: Six Sisters Stuff http://www.sixsistersstuff.com/2016/04/chili-campfire-bake.html#_a5y_p=5232760



Serves: 6 servings 1 minPrep Time 15 minCook Time 16 minTotal Time

Ingredients:

- 1 (16 oz) box elbow macaroni pasta
- 1 (15 ounce) can chili
- 1 (7 ounce) bag corn chips
- 1/2 cup cheddar cheese, shredded
- Salt to taste

Instructions:

1. Pour the whole box of pasta into a large skillet (approximately 12 inches in diameter). Pour 3 cups of cold water into skillet. Make sure the water covers the pasta. Turn the burner to high, then set your timer for 10 minutes (optional: add a bit of salt to taste).
2. Cook on high, stirring occasionally, until almost all of the liquid has evaporated.
3. Add chili and bring to a simmer.
4. Remove from heat and top with corn chips and Cheddar cheese. Serve immediately.

Chicken Cordon Bleu Foil Packs

Source: [Tablespoon.com](https://www.tablespoon.com)

<https://www.tablespoon.com/recipes/chicken-cordon-bleu-foil-packs/a5bc36da-17fc-406a-bf83-4708f93b5cc4>

Prep 20 min

Total 45 min

Servings 4



Ingredients:

- 4 boneless skinless chicken breasts (6 oz each)
- 4 slices Swiss cheese (1 oz each)
- 4 slices deli ham (1 oz each)
- 2 tablespoons Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon smoked paprika
- 4 tablespoons butter, melted
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 lb multicolored fingerling potatoes, cut in 3/4-inch pieces
- 2 tablespoons chopped fresh Italian (flat-leaf) parsley leaves

Steps:

- 1 Heat gas or charcoal grill. Cut 4 (18x12-inch) sheets of heavy-duty foil. Spray with cooking spray.
- 2 In thick side of each chicken breast, cut 3-inch-long pocket to within 1/4 inch of opposite side of breast. For each breast, cut 1 slice of cheese in half, and add to pocket; cut 1 slice ham in half, and add to pocket. Secure with toothpicks. In small bowl, mix 1 tablespoon of the mustard, the Worcestershire sauce and smoked paprika. Brush chicken breasts with Dijon mixture.
- 3 In medium bowl, mix remaining 1 tablespoon mustard, the melted butter, salt and pepper. Add potatoes, and toss to coat. Place chicken on center of each sheet of foil. Spoon potato mixture equally around each chicken breast.
- 4 Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- 5 Place packs on grill over medium heat. Cover grill; cook 12 minutes. Rotate packs 1/2 turn; cook 9 to 11 minutes longer or until potatoes are tender and juice of chicken is clear when center of thickest part is cut (at least 165°F). Remove packs from grill; cut large X across top of each pack. Carefully fold back foil, and garnish with parsley.
- 6 To make in oven, place packs on cookie sheet. Bake at 375°F 30 to 35 minutes or until potatoes are tender and juice of chicken is clear when center of thickest part is cut (at least 165°F); garnish with parsley.

Expert Tips:

- To make the pockets in the chicken breasts, use a small paring knife for better control.
- Make sure all the filling stays inside, where it belongs. Stuff cheese in pocket before adding ham so the ham blocks the exit.

Spicy Meatball Foil Packs

Source: [Tablespoon.com](https://www.tablespoon.com)

<https://www.tablespoon.com/recipes/spicy-meatball-foil-packs/1dbc17f0-5409-4ac3-8338-dfbc3bce49ce>



Prep 20 min Total 45 min Servings 6

Ingredients:

- 1 can (14.5 oz) Muir Glen™ fire roasted diced tomatoes, undrained
- 4 cloves garlic
- 1 teaspoon red pepper flakes
- 1 lb lean (at least 80%) ground beef
- 1/2 cup Progresso™ Italian style panko crispy bread crumbs
- 2 tablespoons finely chopped onion
- 1/2 teaspoon salt
- 1 egg
- 12 (1/2-inch) bocconcini (small fresh mozzarella cheese balls) (1 oz)
- 2 tablespoons chopped fresh basil leaves

Steps:

- 1 Heat gas or charcoal grill. Cut 2 (18x12-inch) sheets of heavy-duty foil.
- 2 Place tomatoes, garlic and red pepper flakes in blender. Cover and blend until smooth; set aside.
- 3 In large bowl, mix beef, bread crumbs, onion, salt and egg. Shape mixture into 12 (2-inch) balls. Press 1 cheese ball into center of each meatball, sealing it inside.
- 4 Divide meatballs evenly between sheets of foil. Pull up all 4 sides of each sheet of foil. Pour sauce over meatballs. Wrap foil securely around mixture. Pierce top of foil once or twice with fork to vent steam. Place packs on grill seam sides up over medium heat. Cover grill; cook 20 to 25 minutes or until meatballs are thoroughly cooked and no longer pink in center. Remove packs from grill. Carefully fold back foil. Sprinkle with basil.
- 5 Serve meatballs and sauce over cooked spaghetti with Parmesan cheese, or serve as an appetizer.

Expert Tips:

Can't take the heat? Reduce the red pepper flakes to 1/2 teaspoon.
Grilling burgers, dogs and brats, too? These meatballs hold well, unopened in their foil packs, in a 200°F oven for up to 2 hours.

Sweet Potato and Bacon Foil Packs

Source: [Tablespoon.com](https://www.tablespoon.com)

<https://www.tablespoon.com/recipes/sweet-potato-and-bacon-foil-packs/8ea5ed53-ff2b-435e-bed8-07ce3aa2c156>



- Prep 15 min Total 50 min Servings 4

Ingredients:

- 2 tablespoons butter, melted
- 1 tablespoon real maple syrup
- 1/2 teaspoon salt
- 1/8 teaspoon ground red pepper (cayenne)
- 1 1/2 lb sweet potatoes, peeled and cut in 1-inch pieces
- 3 slices bacon, chopped
- 1 cup shredded Fontina cheese (4 oz)
- 2 tablespoons chopped green onions

Steps:

- 1 Heat gas or charcoal grill. Cut 2 (18x12-inch) sheets of heavy-duty foil. Spray with cooking spray.
- 2 In medium bowl, mix melted butter, syrup, salt and red pepper. Add potatoes and bacon; stir until evenly coated. Divide mixture evenly among sheets of foil.
- 3 Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- 4 Place packs on grill over medium heat. Cover grill; cook 12 minutes. Rotate packs 1/2 turn; cook 10 to 12 minutes longer or until potatoes are tender. Remove packs from grill, cut large X across top of each pack. Carefully fold back foil. Sprinkle potatoes with cheese; loosely close, and let stand 3 to 5 minutes or until cheese is melted. Garnish with green onions.
- 5 To make in oven, place packs on cookie sheet. Bake at 375°F 40 to 45 minutes or until potatoes are tender. Add cheese and green onion garnish as directed above.

Expert Tips:

- If you like a little more spice, use 1/4 teaspoon of ground red pepper in this recipe.
- In the produce section, orange flesh sweet potatoes are often labeled as yams. Any style of sweet potato will work in this recipe.

Texas Pioneer Pie

from "The Scout's Outdoor Cookbook" pg 113

Required Equipment: 12 inch Dutch oven, Medium-sized mixing bowl, Charcoal, way to light it.

Ingredients:

- 1 pound ground beef or turkey
- 1 pound ground sausage
- 1 small onion, chopped
- 2 (15 oz) cans pinto beans
- 1 (15 oz) can tomato sauce
- 1 (15 oz) can whole kernel corn, drained
- 2 (4 oz) cans sliced ripe olives, drained
- 1 (1 ¼ oz) package dried chili seasoning
- 1 (8 ½ oz) package Jiffy corn muffin mix
- 1 egg
- 1/3 cup milk
- 1 cup shredded cheddar cheese

Directions:

- Brown ground beef, sausage, and onion in Dutch oven over 25 coals. Drain excess grease.
- Add beans, tomato sauce, cor, olives, and chili seasoning. Stir. Simmer for 15 minutes.
- Mix corn muffin mix with egg and milk in a medium sized bowl.
- Pour muffin batter evenly over the top of the beef sausage mixture in oven. Do not stir.
- Using 8 briquettes under the oven, and 17 coals on the lid, bake for 30 - 40 minutes or until the corn bread topping is golden brown. Refresh coals as needed.
- Sprinkle corn bread topping with cheddar cheese and replace lid, baking for a few additional minutes until cheese is melted.
- Remove from heat and let set, uncovered, for 5 minutes before serving.

Desert and Snack Menu Ideas

Tip: Some deserts require a Dutch Oven, so be sure to pack one, and bring charcoal with a way to light it.

Deserts:

- Apple Crisp
- Peach Cobbler
- Pineapple Upside Down Cake
- Monkey Bread (see breakfast menu for recipe)
- Cornbread
- S'mores
- S'mores Campfire Cones
- Campfire Eclairs
- Cinnamon Rolls on a Stick

Snacks:

Snacks should be healthy & full of energy-dense ingredients like dried fruit, nuts & chocolate

- Trail Mix / Granola / GORP (Good Ol' Raisins and Peanuts)
- No Bake Monster Cookie Energy Bites
- Nuts (peanuts, cashews, almonds, walnuts, pecans, pistachios, pine nuts, etc...)
- Seeds (sunflower, pumpkin, sesame, flax, etc...)
- Crackers (Multi Grain, Whole Grain, etc...)
- Protein/Fiber/Power/Clif Bars
- Dried Fruits (apples, cherries, cranberries, goji berries, blueberries, strawberries, apricots, figs, pineapple chunks, mango, dates, etc...)
- Fresh Fruit that travels best - Apples, Oranges, Clementines, Cherries
- Veggies - Baby Carrots , Broccoli, Cauliflower, Sliced Green Peppers
- Celery Sticks with Peanut Butter
- Wasabi Peas
- Beef Jerky
- Pretzels
- Yogurt-covered raisins, dark chocolate-covered nuts
- Fig bars
- Cereal (Shredded wheat, Cheerios, Chex, bran flakes, etc...)
- Peanut butter
- Dark chocolate
- Best Candy Bars: KIND bars, Snickers, Peanut M&Ms, Pay Day, Milky Way
- Hard Cheeses Last Longer (not sliced) - Cheddar, Mozzarella, Parmesan

Send us your recipes for great camping deserts and snacks!

Dutch Oven Apple Crisp Recipe

(from boyscouttrail.com)



Serves about 8

Ingredients:

- 6 apples
- 2 tsp cinnamon
- 2 tsp nutmeg
- 3 cup quick oats
- 1 cup flour
- 2 cup brown sugar
- 1 tsp baking powder
- 1 tsp salt
- 1 cup melted butter

Instructions:

- Slice apples.
- Mix apple slices, cinnamon, and nutmeg in a bowl.
- Mix oats, flour, sugar, baking powder, salt, and butter to make crust.
- Press half the crust mix into the bottom and up the sides of the dutch oven about an inch.
- Spread the apples onto the crust.
- Completely cover apples with the rest of the crust mix.
- *Bake* covered about 45 minutes at 350 degrees, until top crust is light brown and apples are tender.

Wim from the Netherlands made this

All dutch oven recipes use a 12-inch dutch oven, unless specified. If you have a 10-inch dutch oven, use about 2/3 to 3/4 of the ingredient amounts but keep the temperature and time about the same.

If no temperature is listed, use 350 degrees.

See [Heat Settings](#) page for temperature and coal placement for *Frying, Stewing, Roasting, Baking, and Simmering*.

Peach Cobbler Recipe (from boyscoutstrail.com)

Ingredients:

Filling:

2 quarts of canned sliced peaches
3/4 cup sugar
3/4 cup water
3 tsp corn starch

Crust:

2 cups flour
3 Tbsp sugar
1 Tbsp baking powder
6 Tbsp butter
3/4 cup condensed milk

Instructions:

Filling:

Preheat dutch oven to 250 degrees.
Dump peaches and juice into D.O.
Dissolve cornstarch into water and stir into peaches.
Sprinkle sugar, covering the surface.
Cover and simmer.

Crust:

Mix all ingredients except milk in a large bowl.
Add about half the milk and mix.
Mix in more milk as needed until a soft dough is formed.
Pat the dough out onto a floured board until it is 1/2 inch thick.
Cut into 1/2 inch wide strips.
Open the D.O. and crisscross the strips on the peaches.
Cover and cook 20 minutes until crust is browned.

All dutch oven recipes use a 12-inch dutch oven, unless specified. If you have a 10-inch dutch oven, use about 2/3 to 3/4 of the ingredient amounts but keep the temperature and time about the same.

If no temperature is listed, use 350 degrees.

Dutch Oven Pineapple Upside Down Cake Recipe



Ingredients:

- 1 yellow cake mix
- 3 eggs
- 1/3 cup oil
- 1 20-ounce can pineapple slices
- 2 tablespoons butter
- 3/4 cup brown sugar
- 12 maraschino cherries

Instructions:

- In a large bowl, blend the dry cake mix, eggs, oil, and juice from the pineapples instead of a cup of water.
- Warm the dutch oven over a few coals.
- Melt the butter in the dutch oven.
- Remove the dutch oven from the coals.
- Swirl the butter around to coat the entire bottom and at least an inch or so up the sides of the dutch oven.
- Sprinkle the brown sugar evenly over the melted butter.
- Lay eight pineapple slices in a circle with a ninth slice in the center.
- Place a maraschino cherry inside the hole of each pineapple slice.
- Pour the cake batter over the pineapple slices in a large circle, ensuring it fills out to the edges.
- *Bake* at about 350 degrees for about 40 minutes.
- The cake is done if a toothpick inserted into cake comes out clean. Bake longer as needed.
- When finished, remove the dutch oven from the heat and let the cake cool for 5 to 10 minutes.
- Open the dutch oven and lay an 11-inch dinner plate upside down on the cake.
- Holding the plate in place with one hand, and the dutch oven with the other, flip the whole thing upside down. Lift the dutch oven leaving the cake on the plate.

Options: Go ahead and place more cherries in the spaces between the pineapple slices if you want more color and flavor.

Ray M. made this cake!

All dutch oven recipes use a 12-inch dutch oven, unless specified. If you have a 10-inch dutch oven, use about 2/3 to 3/4 of the ingredient amounts but keep the temperature and time about the same. If no temperature is listed, use 350 degrees.

Cornbread Recipe (from boyscouttrail.com)



Ingredients:

- aluminum pie tin
- 1 cup corn meal
- 3 tsp baking powder
- 2 cup flour
- 1 egg
- 1/2 cup sugar
- 1/2 cup shortening
- 1 cup milk

Instructions:

Heat dutch oven to 350 degrees for *Baking*.

Combine dry ingredients.

Mix in shortening and egg.

Mix in small amounts of milk until it becomes a batter.

Pour into pie tin.

Bake about 20 minutes, until toothpick inserted in center comes out clean.

All dutch oven recipes use a 12-inch dutch oven, unless specified. If you have a 10-inch dutch oven, use about 2/3 to 3/4 of the ingredient amounts but keep the temperature and time about the same.

If no temperature is listed, use 350 degrees.

S'mores Campfire Cones

Source: <http://www.frugalcouponliving.com/smores-campfire-cones/>

Author: Ashley at Frugal Coupon Living



Ingredients:

- 12 Sugar or Waffle Cones
- 1 bag Mini Marshmallows
- 12 oz Chocolate Chips
- optional: Butterscotch Chips

Instructions:

1. Fill each cone with marshmallows and chocolate chips.
2. Wrap in aluminum foil.
3. Heat on the grill for 7 - 10 minutes. Keep away from direct flames. (This is also great in the oven!)
4. Unwrap and enjoy. Be careful as contents may be hot.

Campfire Eclairs

Source: <http://biglersrecipes.blogspot.com/2010/08/campfire-eclairs.html>



Ingredients:

Refrigerated crescent rolls

Snack pack pudding (we used vanilla, chocolate, and chocolate caramel)

Chocolate frosting

Spray whip cream

5/8" wooden dowels

Steps:

- 1 Take wooden dowel and coat cooking end with oil.
- 2 Wrap crescent roll around top and about 4" down dowel. Make sure it's not too thick and doesn't have any holes.
- 3 Cook over hot coals until golden brown, not doughy.
- 4 Remove from dowel and put your favorite flavor of pudding inside.
- 5 Frost top and add whip cream...oh, so yummy.

Cinnamon Rolls On A Stick

Source adapted from:

<http://athriftymom.com/camping-recipes-cinnamon-rolls-on-a-stick-easy-campfire-cooking/>



Ingredients:

- A can of cinnamon rolls with icing (Such as Pillsbury Grands)
- A clean stick

Steps:

- Open up your can of cinnamon rolls and wrap them securely onto your stick in a single layer.
- Make sure it is wrapped on there good so it does not fall off while cooking.
- Cook over hot fire coals about 8 minutes. Twist or slowly turn your stick to help it cook evenly.
- Avoid flames because it will burn your bread.
- Use a knife to spread the icing that comes in the can, and enjoy!

Trail Mix Recipes

These recipes do not tell you how much of each ingredient to use, except for suggestions on the spices. There are no rules for trail mix—combine whatever sounds good!

- **Nuts:** Whether they are raw or roasted, get unsalted and unsweetened.
- **Dried Fruit:** look for as little added sugar and preservatives as possible.
- Store your Trail Mix in an airtight container, like a ziplock bag or Tupperware.

- **Simple and Sophisticated:** Almonds, dried cherries, dark chocolate chips, 1/8 tsp. sea salt, 1/2 tsp. cinnamon.

- **Old-School GORP:** Peanuts, raisins, M&Ms.

- **Tropical Mix:** Cashews, Brazil nuts, dried mango, coconut flakes, banana chips.

- **Fall Flavors:** Pecans, dried apples, maple granola, pumpkin seeds, 1/4 tsp. nutmeg, 1/2 tsp. cinnamon.

- **Savory Seeds:** Almonds, pumpkin seeds, sunflower seeds, 1 tsp. garlic powder, 1/2 tsp. onion powder, 1/2 tsp. cayenne pepper.

- **Power Mix:** Goji berries, pistachios, dried blueberries, flax seeds, dark chocolate chips.

- **Rich and Creamy:** Coconut flakes, white chocolate chips, hazelnuts, chocolate-covered coffee beans, cacao nibs.

- **Beachy:** Macadamia nuts, white chocolate chips, dried pineapple, coconut flakes.

- **Nuts for Nuts:** Almonds, walnuts, peanuts, cashews, pecans, raisins.

- **Exotic:** Peanuts, raisins, puffed rice, pretzels, 1/2 tsp. curry powder, 1/2 tsp. chili powder.

- **Spicy and Savory:** Almonds, wasabi peas, sesame seeds, dried ginger, Chex cereal.

- **Raw Energy:** Walnuts, pumpkin seeds, sunflower seeds, 1/2 tsp. cinnamon, 1/4 tsp. nutmeg, 1/8 tsp. sea salt, dried apricots, dried cranberries.

- **Peanut Butter Friend:** Banana chips, peanut butter chips, peanuts, almonds, dark chocolate chips.
- **Coffee Shop:** Hazelnuts, almonds, raisins, chocolate-covered coffee beans, white chocolate chips.
- **Chocolate Lover:** Hazelnuts, dried cranberries, chocolate-covered almonds, M&Ms, cacao nibs.
- **Monkey Munch:** Banana chips, peanuts, 1/8 tsp. sea salt, almonds, dark chocolate chips, raisins, coconut flakes.
- **Movie Night:** Popcorn, peanuts, M&Ms, dried cranberries.
Pro tip: Use hot popcorn to melt the chocolate.
- **Cereal Lover:** Bran flakes, shredded wheat cereal, puffed rice, granola, cashews, dried cherries, dried cranberries, dried blueberries.
- **Deconstructed Puppy Chow:** Almonds, whole-grain Chex or wheat cereal, dark chocolate chips, peanut butter chips, cacao nibs, dried cranberries.
- **PB&J:** Peanuts, dried strawberries, peanut butter chips, shredded wheat cereal.
- **Cajun Blend:** Almonds, pecans, walnuts, sunflower seeds, pumpkin seeds, 1/4 tsp. sea salt, 1 tsp. garlic powder, 1.2 tsp. chili powder, 1/4 tsp. ground cumin, 1/2 tsp. cayenne pepper.

No Bake Monster Cookie Energy Bites

Source: <http://lovetobeinthekitchen.com/2016/02/23/no-bake-monster-cookie-energy-bites/>



Author: Becky

Serves: 15

Ingredients:

- ½ cup creamy Peanut Butter
- ½ cup honey
- 1 teaspoon vanilla extract
- 1 cup old fashioned oats
- ½ cup ground flaxseed
- 1 Tablespoon chia seeds
- optional: 2 Tbsp. wheat germ
- ¼ cup mini chocolate chips
- ¼ cup mini M&M's

Instructions:

1. Mix all ingredients together in a large bowl.
2. Refrigerate for 15-30 minutes then roll into balls.
3. Keep energy bites stored in an air tight container in the fridge or freezer.

Notes:

This recipe can easily be adapted to your preference. M&M's can be omitted and substituted with your favorite nut or dried fruit etc. I usually add shredded coconut instead.