

Breakfast

Muesli (Cold cereal)

- 4 cups rolled oats
- 3/4 cup sunflower seeds
- 1 cup raisins
- 1 cup dried fruit
- 3 tbsp cinnamon
- 2 cups milk powder
- 3/4 cup brown sugar

Pre-mix everything in double plastic bags. Add warm water and mix them well. Serves 4 people for 2 days of breakfast.

Cream of wheat

- 1/3 cup of cream of wheat per person per breakfast

Add 2/3 cup of water to 1/3 cup of cream of wheat. Stirring constantly, cook for about 15 minutes until cereal becomes thick. Serve with brown sugar, powdered milk or honey. You can add raisins, dried fruits or cinnamon.

Corn Pancakes

- 2 1/4 cups cornmeal
- 1 1/2 cups white flour
- 5 tbsp oil or margarine
- 3/4 cups wheat germ
- 4 1/2 cups water
- 1 1/2 tbsp baking powder
- 3/4 tbsp salt
- 5 tbsp egg powder

Pre-mix all dried ingredients in double plastic bags. Add oil and water to dry ingredients and stir batter until just moistened. Spoon batter into a greased frying pan and fry. When bubbles appear, flip pancakes and cook the other sides. Serves 4 people for 2 days of breakfast.

Dinner

Alpine Coconut Rice

- 2 cups instant rice
- 1 1/2 tbsp powdered milk
- 1/4 lb cheese
- 1 tbsp margarine
- 2 tbsp sesame seeds
- 1/3 cup sweetened coconut shreds

Bring 5 cups of water to a boil. Add rice and cook covered with a lid until soft and fluffy. Add remaining ingredients. Sprinkle sesame seeds while you serve. Serves 4 people.

Beef Stroganoff

- 1 pack instant noodle (about 4 oz) per person
- 1 can mushrooms
- 1/4 cup milk powder
- 1/4 cup onion flakes
- 1 tbsp garlic powder
- 1/4 cup bulgur per person
- 1/4 cup dried parsley
- 3 cups water
- 3-4 tbsp cheese powder

Cook and drain noodles. Add water to milk powder and mix with all other ingredients. Cook until bulgur is tender. Serve sauce over drained noodles Serves 4 people.

Lentil and Barley Stew

- 1 cup barley
- 1/2 cup lentils
- 1/4 cup onion soup base
- 1/4 cup tomato soup base
- 1/4 dried vegetables
- 1/4 dried onion
- a handful of crushed penne pasta

Add all ingredients to 5 cups of water. Cook until barley and lentils are tender. If using fresh vegetables, sauté first and add when stew is nearly finished. Serves 4 people.

Seafood Oriental Rice

- 3/4 cup instant rice per person
- 3/4 cup water per 3/4 cup of instant rice
- 1 can tuna
- 1 can smoked oysters
- 1 sheet of sushi seaweed paper per person (you can get this in the oriental section in Safeway)
- 1 pack of instant noodle soup mix
- 1/2 lb sliced/diced fresh cucumber or zucchini

Tear seaweed paper into small pieces and pre-mix them with instant rice. Bring water to a boil, and put in the instant rice mixture. Cook until the rice becomes soft, add the remaining ingredients and simmer for about 2 minutes. Serves 4 people.

Dessert

Banana Boats

- bananas (amount desired)
- chocolate bars (1/2 for each banana)
- marshmallows (mini work best)

Peel one piece of banana and keep the peel intact and scoop out about 1/3 of the banana. Place broken pieces of chocolate bar and some marshmallows inside and cover with the banana peel wrap in aluminum foil

Throw it into the fire. Take out in about 30 min. You can use peanut butter chips, colored marshmallows or add nuts.

Fudge in a plastic Bag

- 1 1/2 oz pkg of cream cheese
- 1/2 lb box of powdered sugar
- 1 packets of cocoa mix or 1/4 cup of cocoa
- 1 tablespoons of butter
- Two 2-Litre plastic bags

Place all ingredients in one of the plastic bags, close and put it in the next bag. Give everyone a turn at squishing the bags to mix. Mix until smooth.

Backpacker Rice Pudding

- 2/3 Cup powdered milk
- 1 Cup instant rice
- 1/2 Teaspoon cinnamon
- 1 Pinch nutmeg
- 1/2 Cup instant vanilla pudding
- 1 Cup raisins
- 2 Cups water

Combine all ingredients in a pot and bring to a light boil over medium heat. Remove from stove, cover, and let stand for 5 minutes. Serve hot on a cold morning for breakfast or on a cold night for dessert.

Dessert Cherry Almond Couscous

- 1/2 cup whole wheat couscous
- 1/2 cup powdered milk
- 1/2 cup dried cherries
- 1/3 cup chopped almonds
- 2 1/2 tablespoons brown sugar
- 1/8 or less teaspoon salt
- 1 cup hot water

Combined all dry ingredients in a heavy freezer Ziploc bag. Add 1 cup of boiling water into the baggy. Zip up and set aside for 10 minutes.