

KELLY'S CAMPSTOVE BISCUITS

(Contributed by Betty Baker)

Make a "poor man's oven" with your nesting pots and campstove. Find several small pebbles about the size of marbles and place in the bottom of your larger pot (2 litre size). Place your smaller pot inside to rest evenly on the pebbles. Do not add any water. Make your biscuits with bisquick mix. Mix 1 cup of mix and 1/4 cup of milk to form 4 rolled biscuits. Place these in the bottom of the smaller pot. Do not grease the pot. Place the lid on the pot and cover both pots with a large piece of foil. Place a folded towel over the top, careful so the sides are not near the flame. The towel keeps the heat and moisture in the "oven". Turn on the stove at medium heat and time the biscuits to cook for 20 minutes. You should be able to smell the fresh-baked aroma when they are done. NO PEEKING! Enjoy with cream cheese, honey or jam.

HEAVY BREAD

(Jeanette Bosch)

Heavy bread is solid and moist. Yield: 2 loaves

2 ½ cups plain yogurt
3 – 4 mashed bananas
¼ cup oil
¼ cup honey
1 tablespoon honey
1 tablespoon salt
1 cup coarsely chopped walnuts
1 cup dried apricots, quartered
1 cup raisins
9 – 10 cups whole wheat flour

Mix together: yogurt, bananas, oil, honey and salt. Add walnuts, apricots and raisins.

Stir in flour 1 cup at a time.

When dough holds together, knead until it becomes elastic.

Shape into 2 loaves.

Place on greased cookie sheet or in greased bread pans.

Bake for 1 ¼ to 1 ½ hours at 350 degrees.

Cool completely before packing in plastic bag.

OMELET IN A ZIPLOC FREEZER BAGGIE

(Sharon Ellis)

I use the freezer ziploc baggies and prepare them at home before our kayak trip!
In each baggie I put dehydrated onion , red pepper & green pepper flakes
I carry the eggs whole in a plastic egg carton in the boat, if you turn them every day you can keep fresh eggs unrefrigerated for a week.
When ready to make the omelet, I crack one or two eggs (your preference) into the baggie
add a couple of strips of precooked bacon (or you can use bacon bits)
In a pot of boiling water put the baggie with the eggs in it and boil until cooked
When done I dump them onto a tortilla soft shell with a cheese stick
Roll up the tortilla and enjoy!!
Clean up is fast and easy, the baggie is garbage and the water you used to boil the baggies you can make coffee or tea in the morning
No waste of water or fuel.....

Enjoy!!

WHITEWATER GRANOLA BARS

(Linda McElvoy)

INGREDIENTS:

1 Cup of Butter	1 Cup Coconut, toasted
1 1/2 Cups peanut butter	1 Cup Sunflower Seeds, toasted (1)
1 1/2 Tbsp. Vanilla	1 Cup Sesame Seeds, toasted
2 Cups Brown Sugar	2 Cups Chocolate Chips (or 1 cup each raisins & chocolate chips)
(2)	
1 Cup Corn Syrup	
6 Cups Oats	

METHODOLOGY:

In a skillet, toast coconut, sunflower seeds and sesame seeds and set aside to cool. In a **large** mixing bowl, cream together the butter, peanut butter, vanilla and brown sugar. Add corn syrup and then mix in remaining ingredients, blending well. Press into greased **12 X 18 inch** cookie sheet. Bake in a 350F oven for approximately 20 minutes or until golden brown. Let cool slightly and cut while still warm.

Substitution Options:

- (1) *You can substitute toasted almonds and 1 tsp. almond extract for the sunflower seeds and vanilla if you want to switch it up a little.*
- (2) *For **summer** substitute chocolate chips with 2 cups of raisins OR 1 cup each of raisins and dried cranberries.*

ENJOY !

LEMON RICE PILAF

(Loretta Wittur)

2 tsp. butter
1 small onion, finely chopped
2 cups minute rice
2 cups vegetable or chicken stock
2 tbsp. lemon juice
1 tsp. grated lemon rind
½ tsp. salt
¼ tsp. pepper
Slivered lemon zest
2 tbsp. minced parsley

In medium pot, melt butter. Add onion and sauté for 5 minutes.
Add rice; stir for 5 minutes until well coated.

In separate pot, bring to a boil: stock, lemon juice, lemon rind, salt & pepper.
Pour over rice mixture.
Cover with pot lid and place in warming oven for 15 to 20 minutes.

SWEET CORN CHOWDER

(Phil Franke)

This is EASY, QUICK and PERFECT to warm up with if you've been paddling on a cold and wet day.

Purchase (Gluten Free / no MSG) Corn Chowder soup mix at Springfield Bulk Foods.
Ingredients: Precooked yellow peas, sweet corn, carrots, onion, sea salt, black pepper and parsley.

You'll need 1 cup soup mix and 1 ½ cups water per serving.

Directions:

In saucepan, bring water to a boil. Add soup mix. Simmer 5 minutes, stirring occasionally.

Remove from heat, stir and serve.