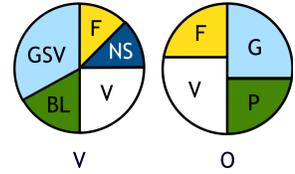




D

Yoghurt and Muffin Mix Aid



Number of campers eating breakfast:

Budget for this meal: \$2.50 * = \$

| Item | Servings in container | Servings needed | = amount needed | Buy or bring from home? | Cost |
|--|-----------------------|-----------------|-----------------|-------------------------|------|
|  Muffin mix  | 12 | | | | |
|  Soy yoghurt  | 4 | | | | |
|  Granola with nuts and/or seeds  | | | | | |
|  Just Egg or soy flour  | | | | | |
|  Unsweetened soy milk | | | | | |
|  Fruit | | | | | |
|  Oil | | | | | |
| | | | | | |

Equipment

- Cutting boards or hiking boards
- Chef's knives
- Serving spoons

