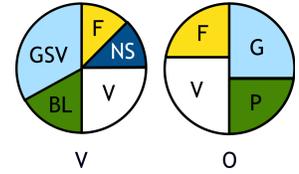




Yoghurt and Muffins



Tools

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

Ingredients

Kodiak Lemon Blueberry Muffin Mix (makes 12 muffins) plus 6 Tbsp water + 2 Tbsp soy flour or 6 Tbsp of Just Egg, 1 cup unsweetened soy milk, and 1/3 cup oil; or batch of Blueberry Muffins (see separate recipe)

- Soy yoghurt
- 1 bag granola with nuts and/or seeds (consider allergies when selecting)
- Fruit

At Home

Bake the chosen muffins.

At Camp



Check the cooler thermometer periodically to make sure that the temperature is below 40°F. If the temperature rises higher, send someone on an ice fetching mission. The yoghurt will start going bad slowly otherwise.



1. Arrange a relatively clean cooking preparation area away from any raw meat and eggs you may also have brought.



2. Wash your hands.

3. Choose the best knife for the job and dice the fruit.

4. Put out the muffins, the yoghurt, the granola, and the fruit and let people serve themselves.

