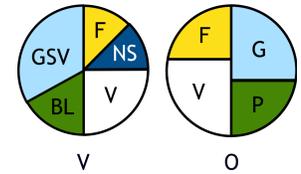




D

Yoghurt and Oat Muffin Aid



Number of campers eating breakfast:

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

Item	Amount needed	= amount needed	Buy or bring from home?	Cost
 Oat flour	2 cups			
Baking soda	1/2 tsp			
Baking powder	1/2 tsp			
Salt	1/2 tsp			
Ground cinnamon	1 tsp			
Ground nutmeg	1/2 tsp			
Ground ginger	1/4 tsp			
 Medium banana	1			
Pure maple syrup	1/4 cup			
Vanilla extract	1 tsp			
 Sweet potatoes	2			
 Fresh or frozen blueberries	1 cup 			
 Soy yoghurt 				
 Granola with nuts and/or seeds				
 Fruit				



Equipment

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

