



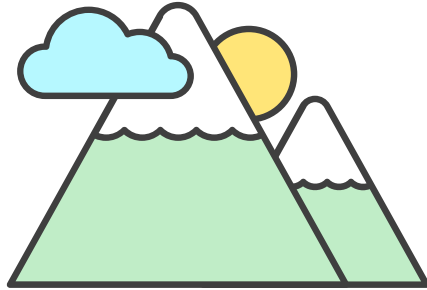
GirlVentures

ADVENTURE • DISCOVERY • ACTION

recipes for the field



THE BASICS

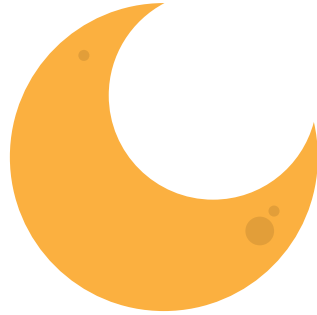




“WHEN I DARE TO BE POWERFUL, TO USE MY STRENGTH IN THE SERVICE OF MY VISION, THEN IT BECOMES LESS AND LESS IMPORTANT WHETHER I AM AFRAID.”

-AUDRE LORDE

DEHYDRATED BEANS

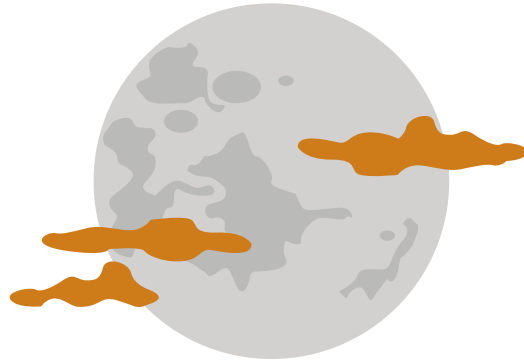


1 PART BEANS TO 2 PARTS WATER

ADD BEANS TO WATER IN POT AND SIMMER FOR 15 MINUTES

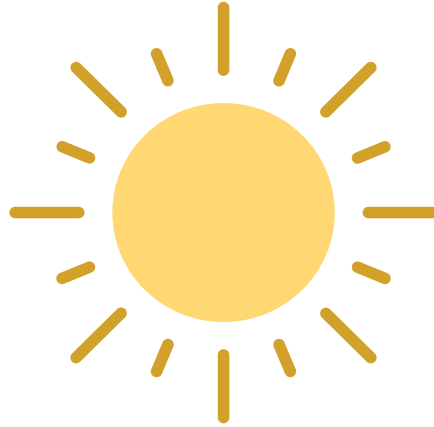
NO RINSING, SORTING, OR SOAKING NECESSARY

D E H Y D R A T E D
C R E A M C H E E S E



1 1/3 CUP CREAM CHEESE POWDER WITH 1/2 CUP WATER
= 8 OZ CREAM CHEESE

I N S T A N T R I C E

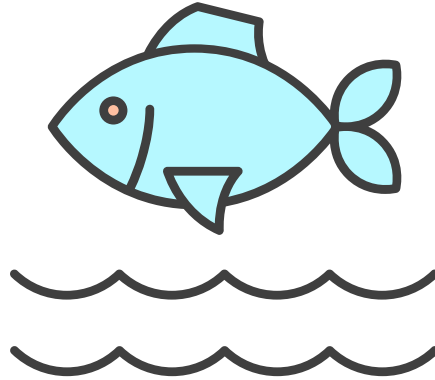


1 PART RICE TO 1 PART WATER

BRING WATER TO A BOIL AND ADD SALT. MIX IN RICE
AND COVER. REMOVE FROM HEAT.
LET STAND FOR 5 MINUTES UNTIL WATER IS ABSORBED.

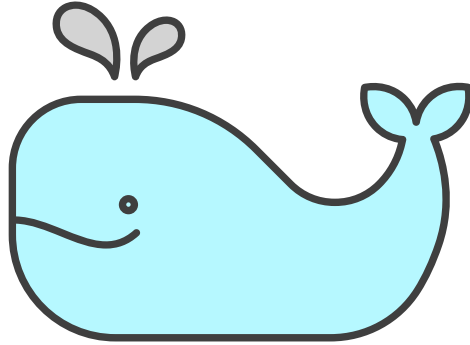
FLUFF WITH A FORK!

PEANUT BUTTER POWDER



2 TABLESPOONS POWDERED PEANUT BUTTER
TO
1 TABLESPOON WATER
MIX UNTIL THE CONSISTENCY IS
SPREADABLE.

ALMOND BUTTER POWDER



2 TABLESPOONS POWDERED ALMOND BUTTER
TO
1.5 TABLESPOON WATER
MIX UNTIL THE CONSISTENCY IS
SPREADABLE.

D E H Y D R A T E D V E G G I E S



PLACE DESIRED AMOUNT OF DRIED VEGGIES IN A BOWL
AND COVER WITH ALMOST TWICE AS MUCH BOILING
WATER. DRAIN OFF ANY EXCESS WATER, UNLESS USING
IN A SOUP.

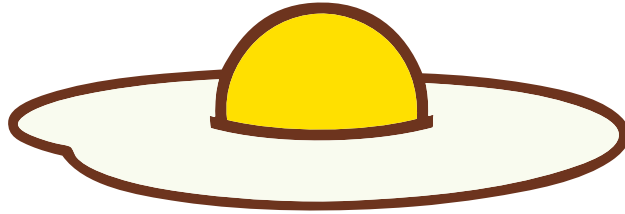
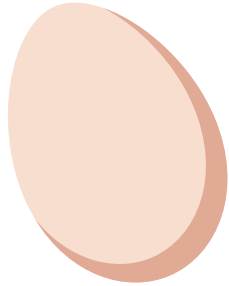
P O W D E R E D M I L K



1 CUP COOL WATER TO 1/3 CUP POWDERED MILK
(COW'S, SOY, COCONUT)
= 1 CUP MILK

ADD MORE POWDER FOR A CREAMIER MILK. AFTER PRE-
MIXING MILK POWDER WITH COOL WATER, MILK CAN BE
WARMED UP TO USE FOR COLD MORNINGS!

D E H Y D R A T E D
E G G S

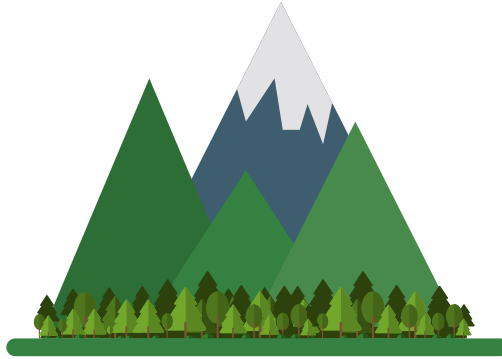


DEHYDRATED EGGS CAN BE USED IN ANY RECIPE THAT
CALLS FOR EGGS.

2 TABLESPOONS EGG POWDER + 3 TABLESPOONS COLD
WATER = 1 EGG

MIX 2 PARTS (2 TABLESPOONS) EGG POWDER WITH 3
PARTS (3 TABLESPOONS) COLD WATER.
MIX THOROUGHLY UNTIL ALL CLUMPS ARE GONE.

DEHYDRATED HUMMUS



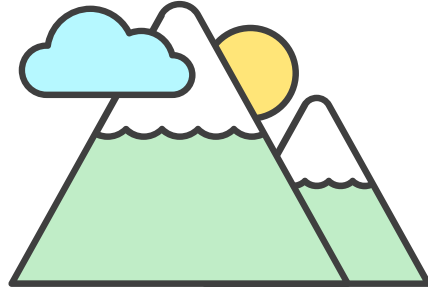
1 PART HUMMUS POWDER TO 1.5 PARTS WARM WATER

ADD HUMMUS POWDER TO BOWL.

ADD WARM WATER AND 3 TABLESPOONS OLIVE OIL.

MIX WELL.

BREAKFASTS



BREAKFAST SAMMIES

INGREDIENTS

ENGLISH MUFFINS

EGGS

CHICKEN SAUSAGE PATTIES

CHEESE

TOMATOES

BELL PEPPERS

SALT

BLACK PEPPER

METHOD

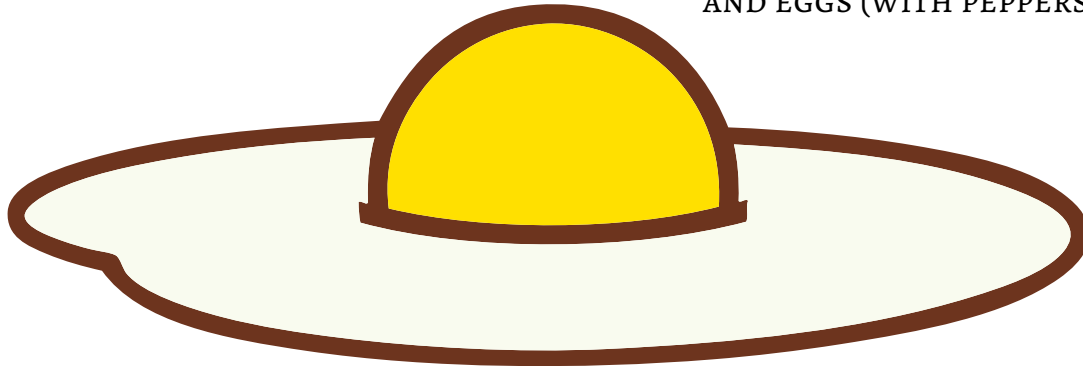
CHOP UP BELL PEPPERS AND COOK WITH EGGS.
ADD SALT AND PEPPER TO TASTE.

IN A SEPERATE PAN, HEAT UP CHICKEN SAUSAGE
PATTIES BY COOKING ON BOTH SIDES.

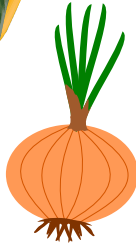
OPTIONAL: TOAST ENGLISH MUFFINS IN A
SEPARATE PAN USING OIL OR BUTTER.

SLICE TOMATOES AND CHEESE.

SERVE ENGLISH MUFFINS WITH SLICED
TOMATO, SLICED CHEESE, CHICKEN SAUSAGES,
AND EGGS (WITH PEPPERS).

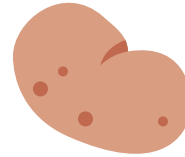


BREAKFAST BURRITOS



INGREDIENTS

BLACK BEANS
EGGS
CHEESE
VEGGIES (PEPPERS, ONIONS)
DRIED SHREDDED POTATOES
SALSA
LARGE FLOUR TORTILLAS
SPICES: SALT, BLACK PEPPER,
GARLIC POWDER,
CHILLI/CAYENNE



METHOD

SOAK POTATOES THE NIGHT BEFORE FOR EASIER MORNING COOKING. YOU CAN ALSO ADD POTATO SHREDS TO BOILING WATER AND SIMMER ON LOW HEAT UNTIL SOFT. DRAIN EXCESS WATER AND SAUTEE IN OIL UNTIL GOLDEN BROWN.

CHOP UP VEGGIES & SAUTE IN OIL. ADD SALT, BLACK PEPPER, GARLIC POWDER, CHILLI/CAYENNE. ADD BLACK BEANS (IF USING DEHYDRATED, COOK ACCORDING TO DIRECTIONS FOUND IN THIS BOOK, IF USING CANNED BLACK BEANS, STRAIN AND ADD DIRECTLY TO THE VEGGIE MIXTURE).
COOK UNTIL WARM.

IN A SEPARATE PAN, SCRAMBLE EGGS USING A LITTLE BIT OF OIL OR BUTTER.

SERVE IN A TORILLA WITH SALSA AND CHEESE.

BAGELS, BUTTERS, CREAM CHEESE & JAM



INGREDIENTS

BAGELS
BUTTER
JAM
NUT BUTTER
CREAM CHEESE



METHOD

OPTIONAL: TOAST BAGELS/ENGLISH
MUFFINS IN A PAN WITH BUTTER OR
OLIVE OIL.

SERVE WITH CREAM CHEESE,
BUTTER, JAM, AND NUT BUTTER.

CHEESY GRITS



INGREDIENTS

INSTANT GRIT PACKETS
CHEESE
WATER
OLIVE OIL / BUTTER
SALT
PEPPER

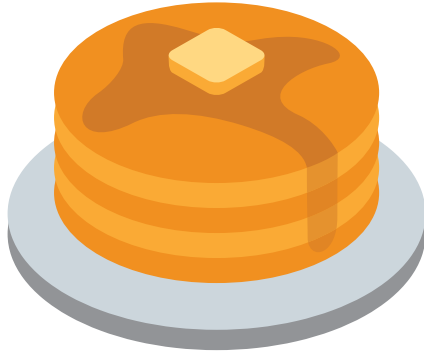


METHOD

RATIO: 1/2 CUP VERY HOT WATER TO 1 PACKET OF INSTANT GRITS

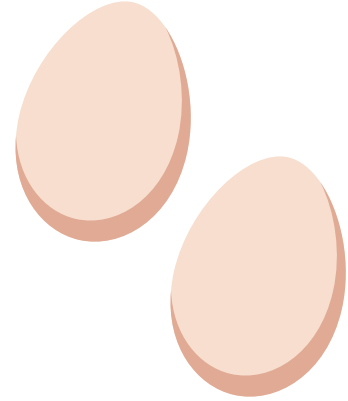
CHOP UP CHEESE. HEAT WATER. ADD INSTANT GRITS TO BOWLS AND ADD HOT WATER. STIR TO COMBINE. AFTER THE WATER HAS BEEN ABSORBED INTO THE GRITS, ADD CHEESE, SALT AND PEPPER TO TASTE. STIR TO COMBINE AND ALLOW TO REST UNTIL CHEESE IS MELTED.

CHOCOLATE CHIP PANCAKES



INGREDIENTS

PANCAKE MIX
CHOCOLATE CHIPS
OATS/GRANOLA
CANOLA OIL (FOR COOKING)
MAPLE SYRUP
NUT BUTTER
EGGS



METHOD

RATIO: 2 CUPS MIX TO 1 1/3 CUP WATER (MAKES ABOUT 20 PANCAKES)

HEAT PAN. YOU WILL KNOW IT'S READY WHEN A DROP OF WATER SIZZLES AND DISAPPEARS.

MIX PANCAKE MIX, CHOCOLATE CHIPS, AND WATER UNTIL COMBINED. BATTER WILL BE SLIGHTLY LUMPY. LET BATTER SIT A FEW MINUTES BEFORE MAKING.

ADD OATS/GRANOLA TO BATTER FOR EXTRA PROTEIN.

POUR BATTER ONTO PAN INTO 4 INCH CIRCLES. FLIP WHEN THE EDGES START TO DRY AND THE BOTTOMS ARE GOLDEN BROWN.

SERVE PANCAKES WITH NUT BUTTER AND MAPLE SYRUP.
SCRAMBLE EGGS AND SERVE ON THE SIDE.

GRANOLA & MILK

INGREDIENTS

GRANOLA
DRIED BANANAS
MILK
BROWN SUGAR
CINNAMON



METHOD

MIX GRANOLA AND DRIED BANANAS WITH MILK IN INDIVIDUAL BOWLS. ADD BROWN SUGAR AND CINNAMON TO TASTE.

OATMEAL

INGREDIENTS

PLAIN INSTANT OATMEAL PACKETS
BROWN SUGAR
CINNAMON
PEANUT BUTTER OR ALMOND BUTTER POWDER
CHOCOLATE CHIPS

METHOD

RATIO: 1 PACKET INSTANT OATMEAL TO 1/2 CUP
BOILING WATER.

BOIL WATER.

ADD OATS TO INDIVIDUAL BOWLS. MIX IN
WATER. LET STAND FOR 60 SECONDS.

ADD BROWN SUGAR, CINNAMON, NUT BUTTER
POWDER, AND CHOCOLATE CHIPS TO TASTE



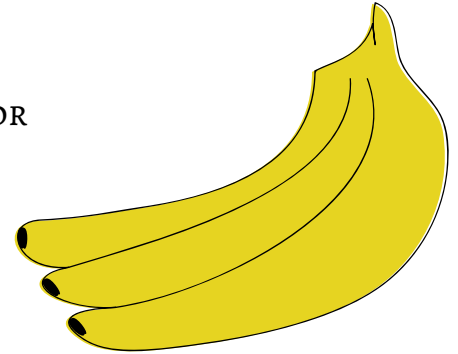
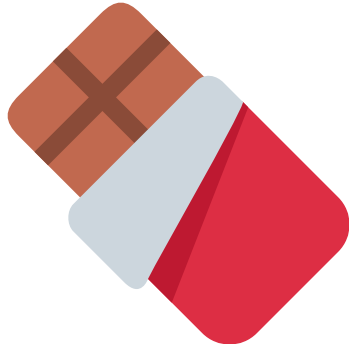
CHOCOLATE BANANA CREPES

INGREDIENTS

LARGE FLOUR TORTILLAS

BANANA CHIPS

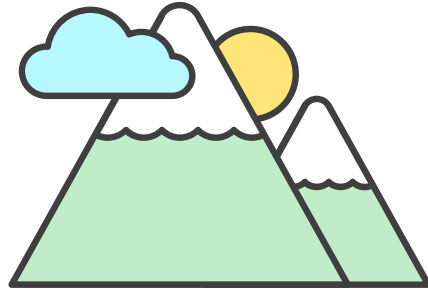
NUTELLA OR CHOCOLATE PEANUT BUTTER OR
CHOCOLATE ALMOND BUTTER POWDER



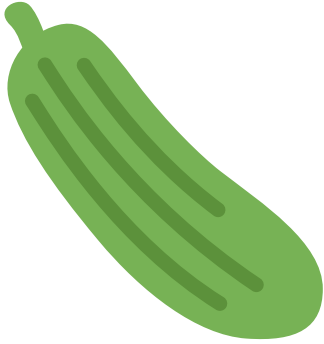
METHOD

SPREAD NUT BUTTER CHOCOLATE ONTO A TORTILLA.
SPRINKLE WITH BANANA CHIPS.

LUNCH

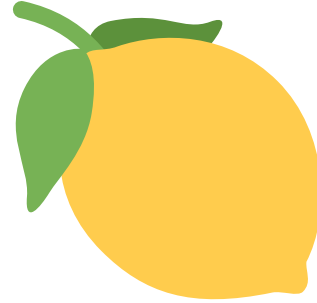


BACKCOUNTRY FALAFEL



INGREDIENTS

FALAFEL MIX
OLIVE OIL
PITA BREAD
TAHINI SAUCE
(TAHINI, LEMON
JUICE, WATER,
GARLIC POWDER,
SALT, PEPPER)
CUCUMBER



METHOD

RATIO: 1 CUP FALAFEL MIX TO 3/4 WATER (MAKES 9 PATTIES)

ADD FALAFEL MIX AND WATER TO A CONTAINER (OR ZIPLOCK BAG)
& STIR CAREFULLY TO BLEND.

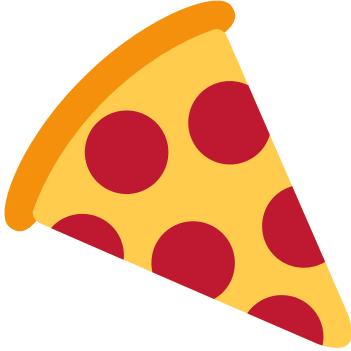
SEAL AND SET ASIDE UNTIL WATER IS ABSORBED
INTO A THICK PASTE (ABOUT 30-60 MINUTES)

ADD OIL TO A FRYING PAN AND HEAT OVER MEDIUM TEMPERATURE. FORM SMALL PATTIES, ABOUT 2.5 INCHES WIDE AND .5 INCH THICK. WHEN THE OIL IS HOT ENOUGH, PLACE PATTIES INTO THE HOT OIL AND COOK FOR ABOUT 2 MINUTES ON EACH SIDE, UNTIL GOLDEN BROWN. TO AVOID BURNING YOURSELF WITH HOT OIL. USE A FORM TO TURN THE PATTIES AND TURN THEM AWAY FROM YOU WHEN FLIPPING.

TO MAKE TAHINI DRESSING, MIX TAHINI, LEMON JUICE, GARLIC POWDER, SALT, & PEPPER. ADD WATER IF NECESSARY FOR CONSISTENCY.

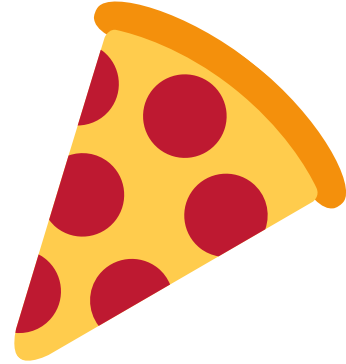
CHOP UP CUCUMBERS. SERVE WITH PITA BREAD.

PITA PIZZA



INGREDIENTS

PITA BREAD
TOMATO SAUCE
SHREDDED MOZZARELLA CHEESE
PEPPERONI/SUMMER SAUSAGE

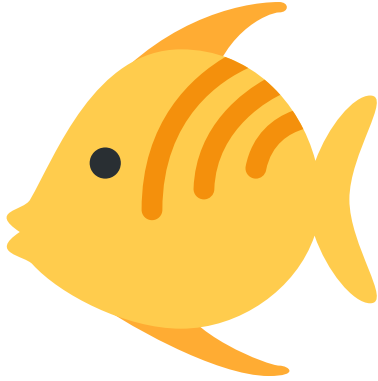


METHOD

MAKES FOR A QUICK LUNCH - NO
NEED TO HEAT INGREDIENTS.

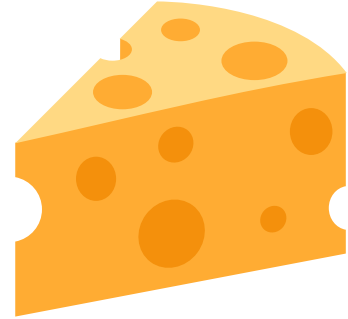
SPREAD TOMATO SAUCE INSIDE PITA
POCKET. SPRINKLE WITH
SHREDDED CHEESE. ADD SLICED
PEPPERONI/SUMMER SAUSAGE.

TUNA & CHEESE



INGREDIENTS

TUNA
JACK CHEESE
BELL PEPPERS
MAYO
TUBE OF PESTO
LARGE FLOUR TORTILLAS



METHOD

CHOP UP BELL PEPPERS AND CHEESE.

OPEN UP TUNA POUCHES.

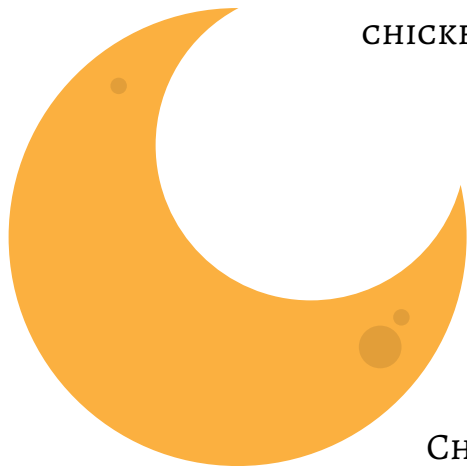
SERVE PEPPERS WITH CHEESE AND TUNA IN
TORTILLAS. ADD PESTO AND MAYO.

SUGGESTION: WARM UP WRAPS SO THAT THE
CHEESE MELTS.

G O D D E S S W R A P S

INGREDIENTS

LARGE FLOUR TORTILLAS
CHICKEN/TUNA/BAKED TOFU/GARBANZO BEANS
GODDESS DRESSING
ROMAINE LETTUCE
CUCUMBERS
PEPPERS
CHEESE

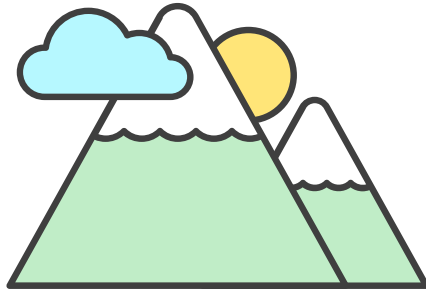


METHOD

CHOP UP VEGGIES, CHEESE, AND TOFU.
OPEN UP CHICKEN OR TUNA POUCHES.

ADD INGREDIENTS TO TORTILLA WITH
GODDESS DRESSING.

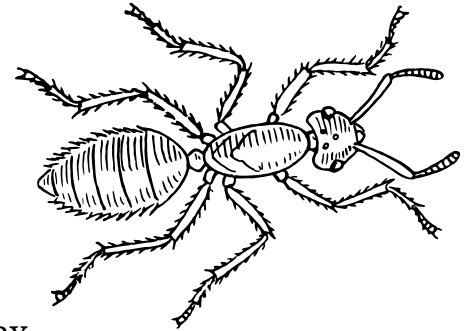
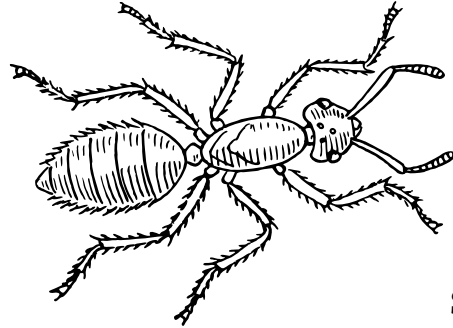
SNACKS



ANTS ON A STUMP / LOG

INGREDIENTS

NUT BUTTER
CELERY STICKS (LOG)
SALTY CRACKERS (STUMP)
RAISINS (ANTS)



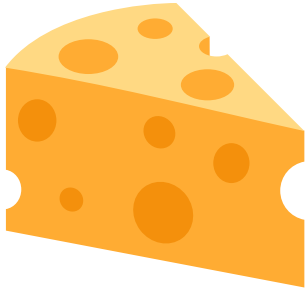
METHOD

SPREAD NUT BUTTER ONTO CELERY
STICKS OR SALTY CRACKERS. SPRINKLE
WITH RAISINS.

CHARCUTERIE BOARD

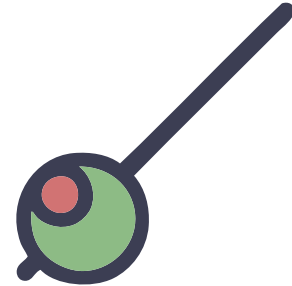
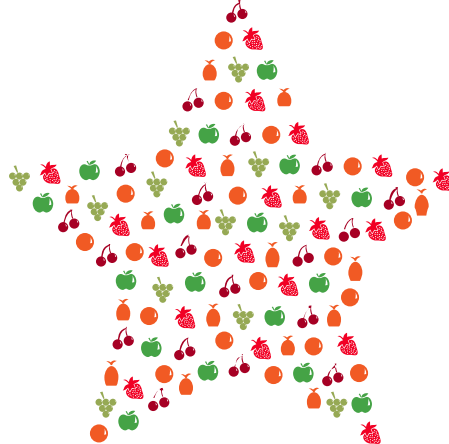
INGREDIENTS

DRIED FRUIT
JERKY
OLIVES
SALTED ALMONDS
BABYBEL CHEESE

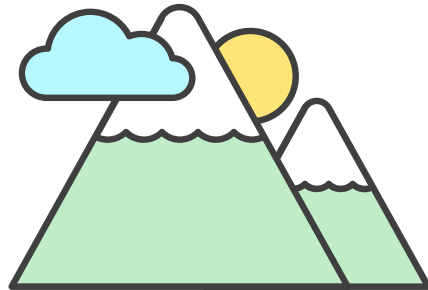


METHOD

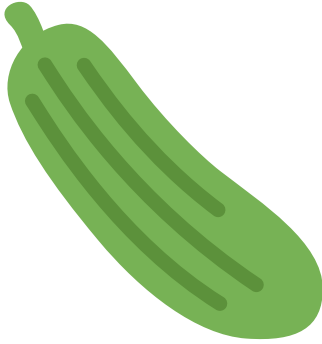
SET OUT CHEESE, DRIED FRUIT, JERKY, OLIVES,
& ALMONDS TO SHARE.



DINNER

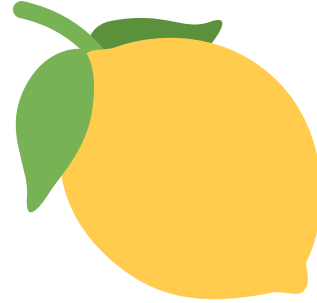


BACKCOUNTRY FALAFEL



INGREDIENTS

FALAFEL MIX
OLIVE OIL
PITA BREAD
TAHINI SAUCE
(TAHINI, LEMON
JUICE, WATER,
GARLIC POWDER,
SALT, PEPPER)
CUCUMBER



METHOD

RATIO: 1 CUP FALAFEL MIX TO 3/4 WATER (MAKES 9 PATTIES)

ADD FALAFEL MIX AND WATER TO A CONTAINER (OR ZIPLOCK BAG)
& STIR CAREFULLY TO BLEND.

SEAL AND SET ASIDE UNTIL WATER IS ABSORBED
INTO A THICK PASTE (ABOUT 30-60 MINUTES)

ADD OIL TO A FRYING PAN AND HEAT OVER MEDIUM TEMPERATURE. FORM SMALL PATTIES, ABOUT 2.5 INCHES WIDE AND .5 INCH THICK. WHEN THE OIL IS HOT ENOUGH, PLACE PATTIES INTO THE HOT OIL AND COOK FOR ABOUT 2 MINUTES ON EACH SIDE, UNTIL GOLDEN BROWN. TO AVOID BURNING YOURSELF WITH HOT OIL. USE A FORM TO TURN THE PATTIES AND TURN THEM AWAY FROM YOU WHEN FLIPPING.

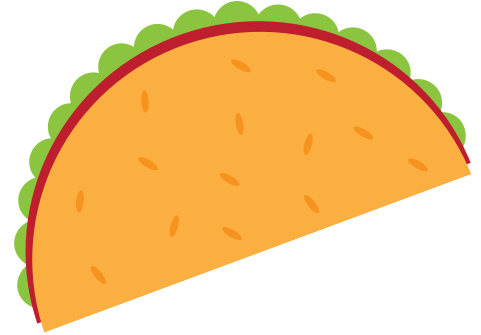
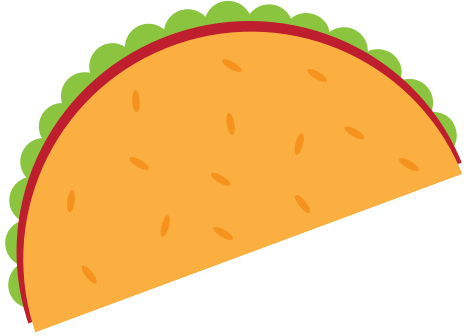
TO MAKE TAHINI DRESSING, MIX TAHINI, LEMON JUICE, GARLIC POWDER, SALT, & PEPPER. ADD WATER IF NECESSARY FOR CONSISTENCY.

CHOP UP CUCUMBERS. SERVE IN PITA BREAD.

TRAIL TACOS

INGREDIENTS

SMALL FLOUR/CORN TORTILLAS
CHEESE
BLACK BEANS
TACO SEASONING MIX
CHICKEN
VEGGIES (PURPLE CABBAGE,
ONION, BELL PEPPER)
LIMES



METHOD

SAUTE PEPPER AND ONIONS IN OIL WITH TACO SEASONING MIX (SAVE SOME FOR THE CHICKEN).

ADD BLACK BEANS (IF USING DEHYDRATED, COOK ACCORDING TO DIRECTIONS FOUND IN THIS BOOK, IF USING CANNED BLACK BEANS, STRAIN AND ADD DIRECTLY TO THE VEGGIE MIXTURE).

SAUTE CHICKEN SEPARATELY WITH OIL AND SOME OF THE TACO SEASONING MIX.

GARNISH WITH CHEESE AND SHREDDED CABBAGE.

NUT BUTTER NOODLES

INGREDIENTS

RICE NOODLES

SAUCE:

NUT BUTTER, TAMARI, LIME
JUICE, COCONUT MILK,
GINGER POWDER, GARLIC
POWDER

VEGGIES (SCALLIONS,
BROCCOLI, CARROTS)

METHOD

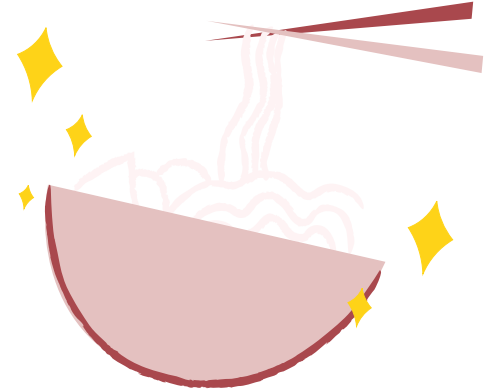
SOAK RICE NOODLES IN WARM WATER FOR 60 MINUTES.

MIX TOGETHER SAUCE INGREDIENTS: NUT BUTTER, TAMARI, LIME JUICE, COCONUT MILK, GINGER POWDER, & GARLIC POWDER UNTIL EMULSIFIED. ADJUST THE CONSISTENCY AS DESIRED ADDING ADDITIONAL WATER OR COCONUT MILK.

CHOP UP VEGGIES.


HEAT OIL AND COOK VEGGIES (EVERYTHING BUT THE SCALLIONS) FOR 3-5 MINUTES. DRAIN THE WATER FROM THE RICE NOODLES AND ADD THE NOODLES TO THE VEGGIE MIXTURE. CONTINUE TO COOK FOR ANOTHER 4-5 MINUTES.

SERVE WITH SAUCE AND GARNISHED WITH SLICED SCALLIONS.




PESTO PASTA

INGREDIENTS



PASTA
TUBE OF CONCENTRATED
PESTO PASTE
SUNDRIED TOMATOES
OLIVE OIL
PARMESAN CHEESE



METHOD

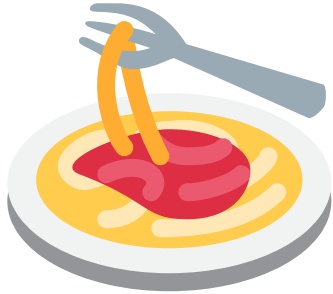
FILL A POT $\frac{2}{3}$ THE WAY WITH WATER. BRING TO A BOIL.
ADD PASTA.

COOK APPROXIMATELY 8-10 MINUTES UNTIL PASTA IS AT A
DESIRED CONSISTENCY.

IN A SEPERATE BOWL, COMBINE PESTO PASTE WITH SOME OLIVE
OIL TO THIN IT. WARM THIS MIXTURE UP WITH THE SUNDRIED
TOMATOES.

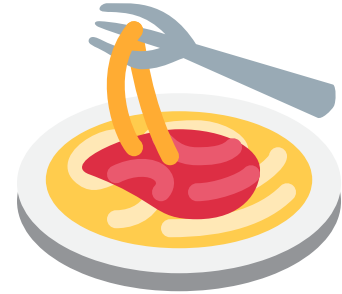
COMBINE PASTA WITH PESTO. SERVE WITH PARMESAN CHEESE.

PASTA WITH RED SAUCE



INGREDIENTS

PASTA
RED SAUCE
SUNDRIED TOMATOES
PARMESAN CHEESE



METHOD

FILL A POT 2/3 THE WAY WITH WATER. BRING TO A BOIL. ADD PASTA.

COOK APPROXIMATELY 8-10 MINUTES UNTIL PASTA IS AT A DESIRED CONSISTENCY.

IN A SEPARATE POT, ADD RED SAUCE AND SUNDRIED TOMATOES, AND HEAT UNTIL WARM.

COMBINE PASTA WITH RED SAUCE MIXTURE AND SERVE WITH PARMESAN CHEESE.

TOMATO SOUP & GRILLED CHEESE / QUESADILLAS

I N G R E D I E N T S

DEHYDRATED TOMATO SOUP MIX

(TOMATO POWDER, RED BELL PEPPER POWDER, ONION POWDER)

ITALIAN SEASONING

BLACK PEPPER

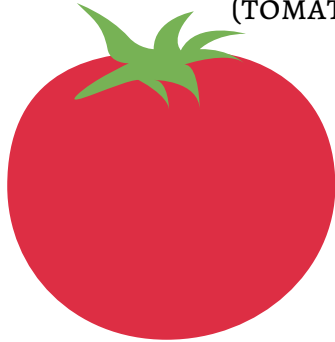
SALT

GARLIC POWDER

ENGLISH MUFFINS / TORTILLAS

CHEESE

BUTTER / OLIVE OIL FOR FRYING



METHOD

RATIO FOR TOMATO SOUP MIX: 2 TABLESPOONS TOMATO POWDER, 1 TEASPOON RED BELL PEPPER POWDER, 1/4 TEASPOON ONION POWDER (OR MORE TO TASTE)
+ 1 1/4 CUPS WATER
(MAKES 1 SERVING - MULTIPLY AS NECESSARY)

BRING WATER TO A BOIL. ADD TOMATO SOUP MIX AND STIR UNTIL DISSOLVED. ADD SALT, PEPPER, & GARLIC POWDER TO TASTE. SLICE UP CHEESE AND COOK GRILLED CHEESE / QUESADILLAS USING OLIVE OIL OR BUTTER.

JAMBALAYA



INGREDIENTS

JAMBALAYA MIX
SUMMER SAUSAGE / CHICKEN
TOFU / CHICKPEAS
TOMATO PASTE
TOMATOES
BELL PEPPERS



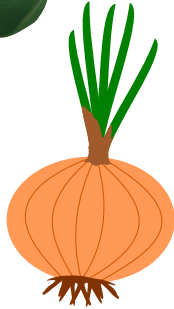
METHOD

USE RATIOS FROM THE JAMBALAYA MIX PACKAGE.
MIX THE WATER AND JAMBALAYA MIX TOGETHER. COOK UNTIL
THE RICE IS DONE. ADD TOMATOES AND TOMATO PASTE.

IN A SEPARATE PAN, COOK SAUSAGE/CHICKEN. IN ANOTHER PAN,
COOK CHICKPEAS/TOFU.

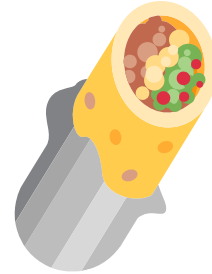
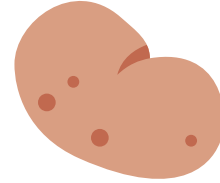
COOK EXTRA RICE SEPARATELY AFTER COOKING
THE JAMBALAYA MIX PACKETS DEPENDING ON QUANTITY NEEDS.
USE INSTANT RICE RATIOS.

DINNER BURRITOS



INGREDIENTS

BLACK BEANS
CHICKEN
CHEESE
VEGGIES (PEPPERS, & ONIONS)
INSTANT RICE
SALSA
LARGE FLOUR TORTILLAS
SPICES: GARLIC POWDER, SALT,
BLACK PEPPER, CHILLI/CAYENNE



METHOD

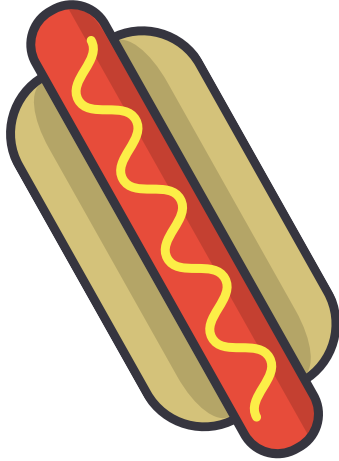
COOK RICE (USE INSTANT RICE RATIOS).
CHOP UP VEGGIES & SAUTE IN OIL. ADD GARLIC POWDER, SALT, BLACK PEPPER, AND
CHILLI OR CAYENNE

ADD BLACK BEANS (IF USING DEHYDRATED, COOK ACCORDING TO DIRECTIONS
FOUND IN THIS BOOK, IF USING CANNED BLACK BEANS, STRAIN AND ADD DIRECTLY
TO THE VEGGIE MIXTURE).

IN A SEPARATE PAN, COOK CHICKEN WITH OLIVE OIL & GARLIC POWDER, SALT,
BLACK PEPPER, AND CHILLI OR CAYENNE.

SERVE IN A TORTILLA WITH SALSA AND CHEESE.

HOT DOGS, BAKED BEANS & COLESLAW



INGREDIENTS

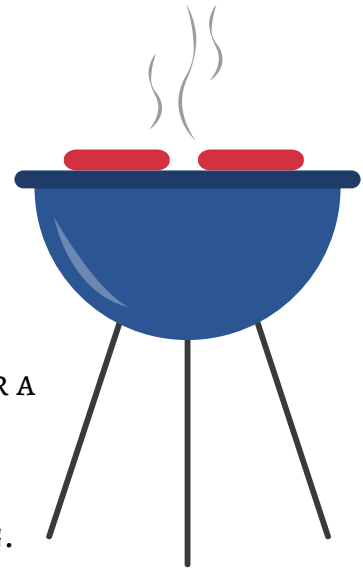
HOT DOGS
HOT DOG BUNS
BAKED BEANS
SHREDDED CABBAGE
COLESLAW DRESSING
MUSTARD

METHOD

COOK HOT DOGS BY EITHER ROASTING OVER A CAMPFIRE OR SAUTEING IN A FRY PAN.

WARM UP BAKED BEANS IN A POT.
MIX SHREDDED CABBAGE WITH DRESSING.

SERVE HOT DOGS IN BUNS WITH MUSTARD,
AND BAKED BEANS/COLESLAW ON THE SIDE.



B B Q S A M M I E S



I N G R E D I E N T S

CHICKEN (MEAT ALTERNATIVE:
TUNA, BAKED TOFU, GARBANZO
BEANS)
CHEESE
BBQ SAUCE
SHREDDED CABBAGE
ENGLISH MUFFINS



M E T H O D

ON LOW HEAT, COOK CHICKEN OR MEAT ALTERNATIVE WITH
BBQ SAUCE IN A FRY PAN UNTIL WARM.

SUGGESTION: CHOP UP CHEESE AND ADD IT TO THE PAN TO
MELT CHEESE IN WITH THE MIXTURE.

SERVE ON ENGLISH MUFFINS WITH SHREDDED CABBAGE.

"TORTILLA" SOUP

INGREDIENTS

TORTILLA SOUP MIX (BLACK BEANS, CORN,
BELL PEPPERS, ONIONS, GARLIC, EPAZOTE,
CHILLI)

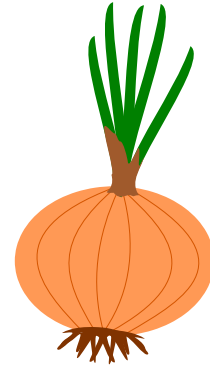
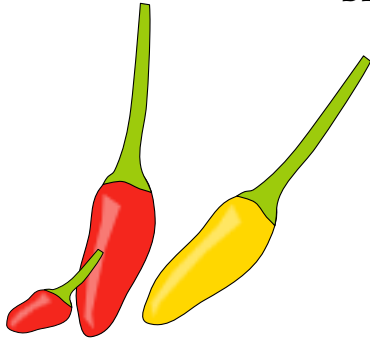
BOULLION CUBES

CHICKEN POUCHES

SALSA

LIMES

TORTILLA OR PLANTAIN CHIPS



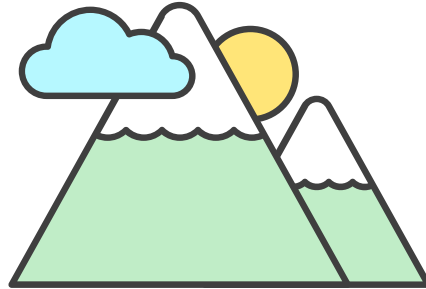
METHOD

BRING WATER TO A BOIL AND ADD BOULLION CUBES. STIR UNTIL DISSOLVED. ADD TORTILLA SOUP MIX AND SALSA. REDUCE TO MEDIUM HEAT. LET SIMMER FOR 15-20 MINUTES.

IN A SEPERATE PAN, SAUTEE CHICKEN WITH OIL, SALT, PEPPER, CHILLI POWDER.
ADD TO SOUP OR KEEP SEPERATE DEPENDING ON DIETARY NEEDS.

POUR INTO BOWLS AND GARNISH WITH TORTILLA OR PLANTAIN CHIPS.
LIME CAN BE ADDED TO SOUP OR USED AS A GARNISH FOR INDIVIDUAL BOWLS.

DESSERT / BAKED



C O R N B R E A D

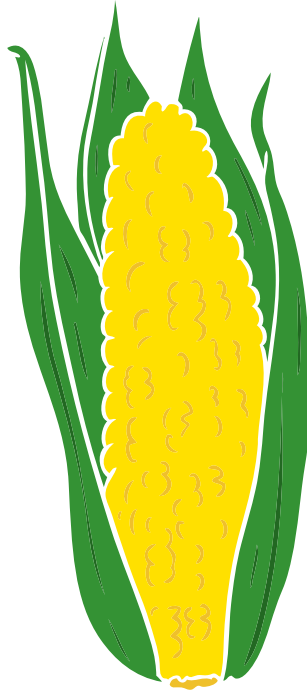
I N G R E D I E N T S

1 PACKAGE CORN BREAD MIX

1 1/2 CUPS MILK

2 EGGS

1/2 CUP MELTED BUTTER OR CANOLA OIL



M E T H O D

COMBINE DRY MIX WITH LIQUID
INGREDIENTS AND MIX WELL.

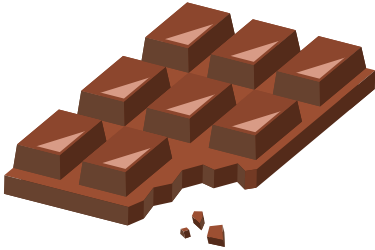
POUR INTO A GREASED FRY BAKE.

BAKE FOR 15-25 MINUTES WITH HOT
COALS ON THE LID AND UNDERNEATH
THE FRY BAKE.

ANOTHER OPTION IS TO USE A STOVE
ON THE BOTTOM AND A TWIGGY FIRE
OR HOT COALS ON THE LID.

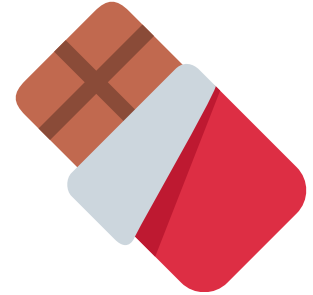
LET COOL BEFORE REMOVING FROM
THE PAN.

CHOCOLATE BROWNIES



I N G R E D I E N T S

ONE PACKAGE CHOCOLATE BROWNIE MIX
1 STICK MELTED BUTTER OR 1/2 CUP CANOLA OIL
2 EGGS



METHOD

COMBINE DRY BROWNIE MIX WITH LIQUID INGREDIENTS AND MIX WELL.
POUR BATTER MIX EVENLY IN A GREASED FRY BAKE.

BAKE FOR 15-25 MINUTES WITH HOT COALS ON THE LID AND UNDERNEATH THE FRY BAKE. ANOTHER OPTION IS TO USE A STOVE ON THE BOTTOM AND A TWIGGY FIRE OR HOT COALS ON THE LID.

LET COOL BEFORE REMOVING FROM THE PAN.

NO BAKE CHEESECAKE



I N G R E D I E N T S

ONE PACKAGE NO BAKE CHEESECAKE MIX
2 TBS SUGAR
5 TBS BUTTER/CANOLA OIL
1 1/2 CUPS MILK

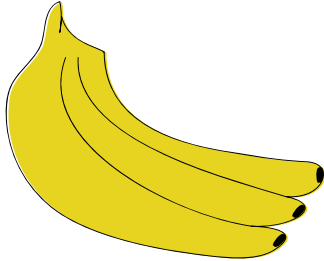


METHOD

COMBINE CRUST MIX WITH MELTED BUTTER/CANOLA OIL AND SUGAR.
PRESS CRUST EVENLY ONTO BOTTOMS AND SIDES OF A GREASED FRY BAKE.

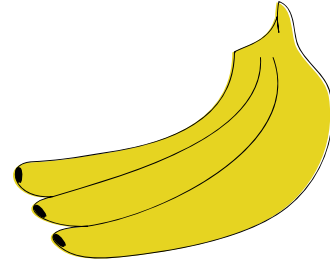
COMBINE MILK AND FILLING MIX TOGETHER AND MIX WELL UNTIL IT BECOMES THICK.
POUR FILLING INTO CRUST.

BANANAS FOSTER FRUIT CRISP



INGREDIENTS

GRANOLA
DRIED BANANAS
BROWN SUGAR
CINNAMON



METHOD

COOK FRUIT WITH A LITTLE WATER + BROWN SUGAR + CINNAMON, UNTIL SOFT.

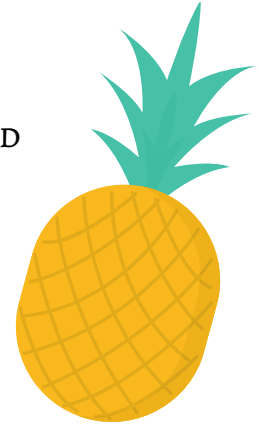
WHEN FRUIT IS COOKED, REMOVE FROM HEAT,
AND STIR IN GRANOLA.

PINEAPPLE UPSIDE-DOWN CAKE



I N G R E D I E N T S

ONE BOX VANILLA CAKE MIX
1 CUP LIQUID (USE JUICE FROM CANNED PINEAPPLE AND
FILL THE REST WITH WATER)
3/4 CUP CANOLA OIL
4 EGGS
1 LARGE CAN OF PINEAPPLE SLICES



METHOD

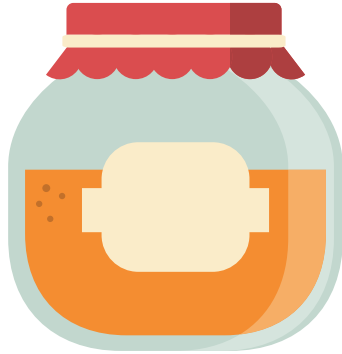
COMBINE DRY CAKE MIX WITH LIQUID INGREDIENTS AND MIX WELL.

LINE A GREASED FRY BAKE WITH PINEAPPLE SLICES. POUR CAKE BATTER ON TOP.

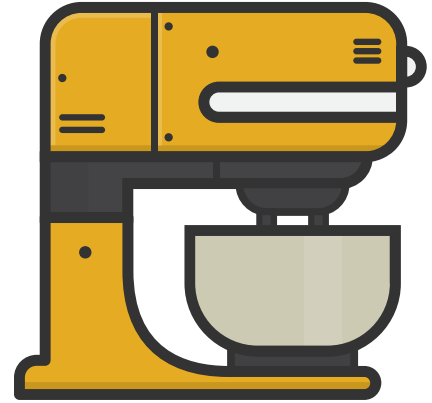
BAKE FOR 15-25 MINUTES WITH HOT COALS ON THE LID AND UNDERNEATH THE FRY BAKE.
ANOTHER OPTION IS TO USE A STOVE ON THE BOTTOM AND A TWIGGY FIRE OR HOT COALS ON THE LID.

LET COOL BEFORE REMOVING FROM THE PAN.

BUTTERMILK BISCUITS & JAM



INGREDIENTS
BUTTERMILK BISCUIT MIX
1-2 STICKS OF BUTTER
JAR OF JAM



METHOD

COMBINE BUTTERMILK BISCUIT MIX WITH WATER UNTIL A LOOSE DOUGH FORMS.

FRY METHOD: HEAT A FRY BAKE WITH BUTTER. FORM BALLS OF DOUGH AND DROP ONTO HEATED BUTTER. MAKE SURE THEY ARE NOT TOUCHING. COOK ON EACH SIDE UNTIL GOLDEN BROWN.

BAKING METHOD: FORM BALLS OF DOUGH AND PLACE ON A GREASED FRY BAKE. MAKE SURE THEY ARE NOT TOUCHING. BAKE UNTIL GOLDEN BROWN (APPROXIMATELY 15-25 MINUTES) WITH HOT COALS ON THE LID AND UNDERNEATH THE FRY BAKE. ANOTHER OPTION IS TO USE A STOVE ON THE BOTTOM AND A TWIGGY FIRE OR HOT COALS ON THE LID.

LET COOL BEFORE REMOVING FROM THE PAN.

