

Expedition Breakfast

This is the most important meal of the day,
You will need a lot of carbohydrates; these give you the energy you need for a morning of walking.

Muesli

Using a bowl (the same as you use for breakfast) to measure the correct amount of muesli you want, add some dried powdered milk (about 2 level tablespoons) to the muesli, add sugar if required and empty the ingredients into a food bag and seal the top.

At the camp just pour the ingredients into a bowl, add about 8 fl oz of water and stir.

Porridge

Add 3 level tablespoons of porridge oats, 2 level tablespoons of powder milk add sugar to taste and put it in a food bag and seal top.

At camp pour the oats and milk powder into a tin, add 8 fl oz of water and heat. Keep stirring the porridge to stop it burning at the bottom.

Or bring your favourite cereal and add power milk to it and put it in a food bag and just add water to it at camp.

You can also buy **Tins of all day breakfast** or **Wayfayrer** (ready made meals) they make two types of breakfast Beans & Bacon and Beans & Sausage

(these will be a lot heavier than Muesli or Porridge)

