

Breakfast		Lunch		Dinner		Snacks		Desserts	Basics	Basics
Oatmeal red river		wraps		Canned Hams		Popcorn		apples	Coffee	Wraps
Pancakes (pre Mixed)		Canned Hams		Beans		Nuts		Oranges	Tea	dried sausage or meat
Granola		Dried soup mix		Canned beans		Trail Mix		Dried Fruit	Spices	cheese
scrambled Dried eggs		Pita Bread		Chile		Fruit leather		Cinnamon Buns	Hard Margarine	canned tomatoes
bannock (pre mixed)		Ryvita crackers		Rice		Pepperoni		Brownies	Drink Crystals	olives
Dried bacon		Canned Salmon		Gravy mixes		Sausage		Cake	Onion flakes	dried refried beans
Dried Ham		Canned Tuna		Potatoes		Hot Chocolate		sweet bannock	Montreal spice	hot sauce
Beef Jerky		carrots		Frozen Hamburger meat		Granola bars		pies	Flour	
Canned Hams		Smokies		Taco Seasoning		Raisons		Pudding mixes	pancake syrup	
Hash browns		Cheese		tacos		Cinnamaon chips		choc pudding oreos	Sugar	
Dried fruit		Bread		Instant Refried Beans		lemon worms			rasons	
powdered milk		Corn Chowder with bacon		#REF!					Marshmallows	
cereal				macaroni and Cheese					Garlic	
				large sausage					Milk Powder	
				pizza - camp oven					Baking Powder	
				Instant mashed potatoes					Cooking Oil	
				Foil cooked Chicken mix					Tea Biscuit Mix	
				Chicken "pie"					Cinnamon	

Day 1	km	Day 2	km	Day 3	km	Day 4	km		What people love	What people hate
Breakfast		Breakfast		Breakfast		Breakfast				
Bacon and Eggs		Bacon and Eggs		Oatmeal red river		Oatmeal				
		Bannock		bannock						
		Drink Crystals		Drink Crystals		Drink Crystals				
Lunch		Lunch		Lunch		Lunch				
trail mix		trail mix		trail mix		trail mix				
		Bread		Pita Bread		wraps				
		Cheese		Smokies						
Dinner		Dinner		Dinner		Dinner				
frozen hamburger patties		Chicken Pot Pie		taco wraps		Canned Hams				
instant mashed		Bannock		dried mix - olives		potatoes, carrots				
Carrots		Carrots, mashed pot		Dried ground beef		bannock				
Evening Snack		Evening Snack		Evening Snack		Evening Snack				
Fruit pies				Choc Pudding mix		Chocolate Cake				
English muffins?										

Day 5	km	Day 6	km	Day 7	km	Day 8	km
Breakfast		Breakfast		Breakfast		Breakfast	
Oatmeal red river		Oatmeal		Oatmeal		Oatmeal	
Dried eggs - bacon				Dried eggs - bacon		Oatmeal	
Drink Crystals		Drink Crystals		Drink Crystals		Drink Crystals	
Lunch		Lunch		Lunch		Lunch	
trail mix		trail mix		trail mix		trail mix	
Canned Tuna		Canned Salmon					
Dinner		Dinner		Dinner		Dinner	
Corn Chowder		pasta with dried tomato		Pizza / calzone		Chili	
Soup		sausage or bacon				Bannock	
		Italian spices				mashed potatoes	
Evening Snack		Evening Snack		Evening Snack		Evening Snack	
				brownies		Cheesecake	

Boxes	Desserts and Snacks
	Condements
	Breakfast things

macaroni and Cheese
sausage - Dry
carrots - dried com

		Breakfast		Lunches		Dinner	
Dinner 1		Bacon and Eggs		GORP		frozen hamburger patties	Buy day before
Dinner 2		Oatmeal red river		GORP		taco wraps	Meat Done
Dinner 3		Oatmeal red river		GORP		Chicken Pot Pie	Chicken and vegies Dried
Dinner 4		Oatmeal	1	GORP		Canned Hams	Buy canned hams
Dinner 5		Oatmeal red river		GORP		pasta with dried tomato	Tomatoe sauce dried
Dinner 6		Oatmeal red river		GORP		Chili	Chil Dried
Dinner 7		Oatmeal	1	GORP		macaroni and Cheese	
Dinner 8		Oatmeal red river		GORP		#REF!	

Have extra flour , BP, Milk powder

<b>Pre mix for 13 people (pancakes)</b>		6 Cups	Flour
Two of these		8 tbs	Sugar
		8 tsp	baking Power
		2 tsp	baking Soda
		2 tsp	Salt
		1 Cups	Powdered Milk
		10 Tbs	Powdered eggs (separate bag)
Add		4 tbs	Oil
		1 cup	water

<b>Pre mix for bannock</b>		2 Cups	Flour
Times		1 Tbs	baking Power
		2 Tbs	Powdered Milk
Add		2 Tbs	Oil
		1 Cup	water
			Slowly !!!

<b>Pre mix for bannock</b>		1 Cups	Flour
Times		1 Tbs	baking Power
		1 Tbs	Powdered Milk
Add		1 Tbs	Oil
		0.50 Cup	water
			Slowly !!!

<b>Premix Corn Chowder</b>		2 Pack	Dried Corn
(Wayne)		3 Cubes	Chicken Cube
		1 cup	Dried Bacon (separate)
		0.5 cup	Dried Onion (Separate)
		1 cup	Milk Powdfer
		2 tsp	salt
		0.5 tsp	Pepper
		6 tbs	Egg Powder
		8 tbs	Flour
Add			water

<b>Premix for Scrambled Eggs</b>		<b>(Jennifer to do after Galoways trip)</b>	
Egg	Milk Powder	4 tbs	Dried egg (two eggs)
13 people	13	1 tbs	Milk Powder
2 days	2	1 tsp	dried bacon (separate)
26 packs	26	1 tbs	Dried vgeies
1,560 ml	390 ml		
Add			Water

GORP			Dried Fruit	Raisons	kg				7	kgs	Raisons
				Crasons	kg				1	kgs	Crasons
				Apricots	kg				2	kgs	Apricots
				Pinnapple	kg				1	kgs	Pinnapple
				Apple	kg				2	kgs	Apple
				mango	kg				1	kgs	mango
				Banana	kg				1	kgs	Banana
							Total 15 kgs		15	kgs	
GORP			Grains	Asian crack	kg					kgs	Asian crackers
				Hard crack	kg					kgs	Hard crackers
				Pretzels	kg					kgs	Pretzels
				Rusks	kg					kgs	Rusks
				Cereal?	kg					kgs	Cereal?
					kg					kgs	0
					kg					kgs	0
					kg		Total 14 kg		0	kgs	
GORP			Protein	Beef Jerky	kg				2	kgs	Beef Jerky
				Peperoni	kg				2	kgs	Peperoni
				peanuts	kg				2	kgs	peanuts
				Other nuts	kg				1	kgs	Other nuts
				Pumkin sel	kg				1	kgs	Pumkin seeds
							Total 8 kgs		8	kgs	
GORP			Candies	M& Ms					0.5		M& Ms
				gummy worms					0.5		gummy worms
				hard canies					0.5		hard canies
				Other					0.5		Other
							Total 2 kgs		2		

Meal	Item	Ingredients	Unit	Volume per serving	Servings (People)	Days	Total	Unit	Packages	Price per unit	Units	Total Price	Price per Person	
Meats / Dairy / Protein														
	Dried Bacon							8	packs			\$ -	\$ -	
	Dried ground beef							3	Kgs			\$ -	\$ -	
	dried sausage			1	13	2	26	0				\$ -	\$ -	
	Beef Jerky (meals)	slices	slices	2	13	2	52	slices				\$ -	\$ -	
	Beef Jerky	slices	slices	4	13	7	364	slices	300 g bags	6.99	10	\$ 69.90	\$ 5.38	
	Canned Hams	Tinned	Tin	2	1	1	2	Tin		4.29	3	\$ 12.87	\$ 0.99	
	Canned Salmon	Tins (4 per tin)	Tin	1	3	2	6	Tin	four pack?	8.99	2	\$ 17.98	\$ 1.38	
	Canned Tuna	Tins (4 per tin)	Tin	1	3	2	6	Tin		7.49	2	\$ 14.98	\$ 1.15	
	Beef Chunks (large)	365 g						2	bags	9.39	2	\$ 18.78	\$ 1.44	
	Frozen Hamburger meat	Burger	lbs	3	13	1	39	patties				\$ -	\$ -	
	scrambled Dried eggs	Galoways	Tbs	1.5	13	2	39	Tbs				\$ -	\$ -	
	Cheese	kg	Kgs	1	1	2	2	Kgs				\$ -	\$ -	
	Hard Cheese											\$ -	\$ -	
	Parmesan Cheese							1	Cans			\$ -	\$ -	
	Pepperoni	Sticks	Sticks	2	13	3	78	Sticks	35 sticks	10.79		\$ 21.58	\$ 1.66	
	Sausage	Rolls for group	Rolls	1	1	2	2	Rolls				\$ -	\$ -	
	Nutella	small Plastic Jar						2	Jar	750 g	5.29	1	\$ 5.29	\$ 0.41
	Peanut Butter	small Plastic Jar										\$ -	\$ -	
	Milk Powder	large Bag						1	bags			\$ -	\$ -	
Grains / Breads /baking														
	Oatmeal		Pack	1	13	5	65	Pack			0	5	\$ -	\$ -
	Red River or other cereal	Bulk kgs	Kgs	0.1	6	4	2.4	Kgs				\$ -	\$ -	
	Soft no Ref Tortilla	8 to a pack	pack	4		8	32	packs	8 to a pack	2.09	20	\$ 41.80	\$ 3.22	
	Hamburger buns - flat round			2	13	1	26					\$ -	\$ -	
	Rice			1	1	1	1	KG				\$ -	\$ -	
	Spag			2	1	1	2	Kgs				\$ -	\$ -	
	Pita Bread	pack of eight	Pack	1	2	1	2	Pack				\$ -	\$ -	
	Ryvita crackers		Pack	1				2	pack			\$ -	\$ -	
	macaroni		Cups	1	13	1	13	Cups				\$ -	\$ -	
	Bannock Mix	227 ml /cup		15	ml /s		5	ml/sp				\$ -	\$ -	
	Flour	10.896 ml						one 10 kg bag				\$ -	\$ -	
	Baking Powder	1.560						2 kg baking powder				\$ -	\$ -	
	Milk Powder	1.560						3 kg milk powder				\$ -	\$ -	
	Salt	520						500 ml salt				\$ -	\$ -	
Vegies														
	carrots							5	bags			\$ -	\$ -	
	Instant Mashed potatoes			1	3	6	18	boxes	or equiv	5.97	2	\$ 11.94	\$ 0.92	
	Dried beef Chili							1	large pot			\$ -	\$ -	
	Dried Tomatoe sauce							1	medium pot			\$ -	\$ -	
	Potatoes	Potatoes	Potatoes	1	13	2	26	Potatoes				\$ -	\$ -	
	dried tomatoes							1	Bag			\$ -	\$ -	
	tinned olives			1	1	1	1	Cans				\$ -	\$ -	
	Dried Corn							2	bags			\$ -	\$ -	
	Dried Mixed Vegies							2	bags			\$ -	\$ -	
	Dried onions							1	bag			\$ -	\$ -	
	Garlic	Bunch	Bunch					2	Bunch			\$ -	\$ -	
	Salsa for tacos							1	plastic jar			\$ -	\$ -	
	Red Pepper for tacos							3	peppers			\$ -	\$ -	
	coriander for tacos							1	bunch			\$ -	\$ -	
								0	0			\$ -	\$ -	
Mixes														
	Gravy mixes							2	0			\$ -	\$ -	
	Dried cheese mix							3	cups?			\$ -	\$ -	
	pasta mix			3	1	1	3	packs				\$ -	\$ -	
	Dried soup mix	Knorr Packs	Pack	1	3	3	9	Pack	feeds 2?	1.77	18	\$ 31.86	\$ 2.45	
	kd rations / mac Cheese powder			0.5	13	1	7	boxes				\$ -	\$ -	
	Brownies	Pre Mix						1	0			\$ -	\$ -	
	Cake	Pre Mix						1	0			\$ -	\$ -	
	Pudding Mixes			0.25	13	3	10	0	Varous flavours			\$ -	\$ -	
	Cups for puddings ?											\$ -	\$ -	
	Crushed Oreos							1				\$ -	\$ -	
Meal														
Meal	Item	Ingredients	Unit	Volume per serving	Servings (People)	Days	Total	Unit	Packages	Price per unit	Units	Total Price	Price per Person	
Snacks														
	Fruit leather	Pieces	pieces	3	13	7	273	pieces	pack of 30	15.99	2	\$ 31.98	\$ 2.46	
	nature Valley granola bars	packets	Packs	2	13	7	182	Packs	pack of 64	8.99	3	\$ 26.97	\$ 2.07	
	Hot Chocolate	individual packs	Tbs	2	13	4	104	Tbs	50 packs	8.99		\$ 17.98	\$ 1.38	
	Nuts	Mixed	KG	1	1	3	3	KG				\$ -	\$ -	
	Popcorn	bulk	Packs	1	1	1	1	Bags				\$ -	\$ -	
	Raisons	2 x 1 kg	Cups	0.1	13	2	2.6	Cups		6.99	2	\$ 13.98	\$ 1.08	
	Dried Fruit (Snacks ect)	1.5 kg						0	0		6.89	6	\$ 41.34	\$ 3.18
	hard candies	1 kg Bags						2	0			\$ -	\$ -	
	Raman noodles							5	packs			\$ -	\$ -	
								0	0			\$ -	\$ -	
Fruit														
	apples		Apple	1	13	2	26	Apple				\$ -	\$ -	
	Dried Fruit	mango, apples, Apricots	Bags	1	13	1	13	Bags				\$ -	\$ -	
	Oranges		Orange	1	13	2	26	Orange				\$ -	\$ -	
	Bannaa chips for pudding							1	kg			\$ -	\$ -	
Basics														
	Baking Powder							0	0			\$ -	\$ -	
	Cinnamon	Small container						1	0			\$ -	\$ -	
	Coffee			3	6	9	2430	gm	5 lbs			\$ -	\$ -	
	Hot Chocolate mixes			2	6	9	108	packs				\$ -	\$ -	
	Cooking Oil	1/2 liters?		1	1	1	1	0				\$ -	\$ -	
	Drink Crystals			0.5	13	8	52	0	Litres liquid			\$ -	\$ -	
	Hard Margarine							0	0			\$ -	\$ -	
	Honey							1	1 kg		4.98	1	\$ 4.98	\$ 0.38
	hot sauce							1				\$ -	\$ -	
	Ketchup							2	bottle			\$ -	\$ -	
	Mustard							1	bottle			\$ -	\$ -	
	Jam Smucks Squeeze							3		428	3.54	2	\$ 7.08	\$ 0.54
	Marshmallows	Bag	Bags	1	1	2	2	Bags				\$ -	\$ -	
	Montreal spice	Bottle	Bottle					1	Bottle			\$ -	\$ -	
	pancake syrup	Bottle	Bottle	1	1	1	1	Bottle				\$ -	\$ -	
	Spices	Chile, cuman, Italian						0	0			\$ -	\$ -	
	Tea	Herbal, black						4	boxes			\$ -	\$ -	
	Sugar							0	2 kg bag			\$404.28	\$ 31.10	
Emergency / Xtra day														
	macaroni pasta							1	box			\$ -	\$ -	
	tube tomato paste							0				\$ -	\$ -	
	TVP Mix							2	bags			\$ -	\$ -	
	Knorr soups							4	mixes			\$ -	\$ -	
	rice							1	bags			\$ -	\$ -	
	dried fruit							1	bags			\$ -	\$ -	
	juice xls							0				\$ -	\$ -	
Non Food														
	Large Zip Locks							2	boxes			\$ -	\$ -	
	Trail Mix bags			2	13	8	206	box	2		150 per b	\$ 25.18	\$ 1.94	
	Toilet Paper			1	13	2	26	Rolls				\$ 14.00	\$ -	
	Plastic Containers											\$ 14.00	\$ -	
	Foil											\$ 14.00	\$ -	
	Dessert cups ?											\$847.74	\$ 64.13	
Bags														
	Lunch - medium			1	13	8	104					\$ -	\$ -	
	Meats large			1	4	8	32					\$ -	\$ -	
	Bannock med pre mix			1	1	8	8					\$ -	\$ -	
	Bannock med pre mix			1	1	8	8					\$ -	\$ -	
	Eggs pre mix			1	13	4	52					\$ -	\$ -	

What	How much	Time	Temp	Tested
11-Jun-08 Chicken	8 Breasts	7.00 Hours	Med	Should cut small
12-Jun-08 Frozen Corn	2 packs	4.00 Hours	Low	1 hour to rehydrate
12-Jun-08 Frozen Veg	1 pack	4.00 Hours	Low	
13-Jun-08 Tomato Sauce	Good for 14	12.00 Hours	Low	
20-Jul-08 Back bacon	349 g      16 slices	Hours	Med	make sure the fat is blotted off with paper towels. Far does not dry - can go ran
20-Jul-08 Lean Ground Beef	1.7 kg	6.00 Hours	Med	make sure the fat is blotted off with paper towels. Far does not dry - can go ran
23-Jul-08 Chili	large pot	9.00 Hours	low	make sure the fat is blotted off with paper towels. Far does not dry - can go ran
22-Jul Chicken	8 Breasts	7.00 Hours	med	
Tinned Apple sauce	2 tins	20 Hours	low	

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### **Bacon corn and macaroni**

1 cup macaroni  
1/2 teaspoon salt  
3/4 cup white sauce (medium)  
1/8 teaspoon pepper  
1/2 canned corn  
3 slices bacon

### **Preparation:**

Cook the macaroni until tender in plenty of boiling water, salted. Drain. Add to white sauce seasoning, corn and cooked macaroni. Pour in baking dish and over top lay the bacon cut in squares. Bake 15 minutes or until bacon is crisp.

### **Chicken pot Pie (Serves 12)**

3	lbs	Dried Chicken Breasts
2	Cups	Dried Mixed vegies
3		Chicken cubes (mixed in 3 cups water)
0.75	Cups	Powdered Milk (mixed with 2 cups water)
0.5	Cups	Flour
0.5	Cups	dried onions
some		Rosemary
3	Tbs	Oil
1	tsp	Salt
0.5	tsp	pepper
4	Cups	Bannock Mix
3	Packs	Instant mashed potatoes

Mix dried ingredients

Package Veggies separately in small zip loc bags

Package bannock dry ingrediaents

- 1 In a pan, combine chicken, and veggies, use a small amount of water and simmer until softish (5-10 minutes) - Set aside
- 2 In a pan cook onions until soft, stir in flour, Salt and pepper. Mix milk powder, mix chicken broth, add slowly to mixture. Simmer until thick.
- 3 Dump it all together and cook until thick and gooey.
- 4 While it is cooking, prepare bannock by mixing oil into dry mix with a fork. Add water in little bits trying to avoid it going soupy. Let rise for
- 5 Mix mashed potatoes as instructed on package.

- 6 Divide the bannock into three balls and spread one on the bottom of the pan. A bit of oil on your hands will help it sticking to your fingers
- 7 Pour 1/3 of the chicken stuff on top.
- 8 Add 1/3 of the mashed potatoes on top of the chicken mixture.
- 9 Cook in "oven" for about 10 minutes until bannock is toasty brown.

### **Rehydrated Chile**

- |                         |   |
|-------------------------|---|
| 0.5 Cups                | Dried onions  |
| 3 Cloves                | Garlic  |
| 3 Lbs                   | Dried lean ground beef (make sure the fat is well drained - fat does not dry) |
| One Bag of Dried tomato | lethaer (made from a large sausagepan of sauce)                               |
| Cups                    | Tomatoe paste   |
|                         | Dried tomato flakes   |
|                         | Packaged chile seasoning  |
| 2 tbs                   | Molassas  |
| Cups                    | Pinto Beans (soak for a day)  |
| Cups                    | Red beans (soak for a day)  |
|                         | Oil   |
|                         | Parmasen Cheese   |
| 1                       | Soak beans all day  |
| 2                       | Soak ground beef 1 hour   |
| 3                       | Soak tomaote sauce in a bit of water.   |
| 4                       | In a pan , cook onions nad garkic until soft.                                 |
| 5                       | Add tomatoe stuff   |
| 6                       | Add Beans and simmer 15-20 minutes.   |
|                         | Serve with Bannock and cheese on top.   |

### **Wraps**

- |         |                                   |
|---------|-----------------------------------|
| 3 Packs | Wraps                             |
| 2.5 lbs | Dried beef (re-hydrtaed one hour) |
|         | Taco mix                          |
| 1 Tin   | Black olives                      |
| 0.5 Cup | Dried Onions                      |
|         | Dried Cheese mix                  |
|         | Parmasen cheese                   |



1 jar

1 Packs

Salsa ( in plastic)

Coriander

Block cheese

Refried beans

Dried eggs

3

Red peppers

Premix Corn Chowder	<div></div>	2 Packs	Dried Corn
		3 Cubes	Chicken Cube
		1 cup	Dried Bacon (separate)
		0.5 cup	Dried Onion (Separate)
		1 cup	Milk Powder
		2 tsp	salt
		0.5 tsp	Pepper
		6 tbs	Egg Powder
		8 tbs	Flour
Add			water

1.

10 min.





#### Bannana Chip Pudding

1 package vanillia flavored instant pudding  
1/2 cup dried banana chips  
1/2 cup dried milk powder

Mix ingrediants well. Store in a plastic freezer bag. To serve, stir in water according to directions on pudding package. Beat with a fork. Divide into 4 dishes. Let set for 10 minutes.

#### **Apple Pie on a Stick**

1 Jonathan or Rome apple for each person  
1 cup granulated sugar  
1 tablespoon cinnamon

Push a stick or dowel through the apple top until the apple is secure on the stick. Place the apple 2 or 3 inches above the hot coals and turn the apple while roasting it.

As the apple cooks, the skin browns and the juice drips out. When the skin is loose, remove the apple from the fire (but leave it on the stick). Peel the hot skin off very carefully.

Combine sugar and cinnamon. Roll the apple in the sugar-cinnamon mixture, then return it to roast over the coals, letting the mixture heat to form a glaze around the apple. Remove from coals and let it cool

#### **Jello No Bake Cheesecake**

##### **Instant Brownie mix**

##### **Instant Cake Mix**



**Bannock Recipe** Makes 8 bannock

Ingredients:

- 4 cups flour
- 4 teaspoons baking powder
- Add 2 tblMilk Power
- 1 teaspoon salt
- 4 tablespoons oil

Directions:

1. Mix ingredients and add water until you have a doughy consistency. Knead approximately 10 minutes.
2. You can add cinnamon/brown sugar to make it taste a bit differently.
3. Grease and heat a frying pan. Form the dough into cakes (sort of like tortillas or pancakes) about 1/2 inch thick and dust lightly with flour.
4. Lay the bannock in the frying pan.
5. Wiggle the pan every so often to keep the bannock from sticking.
6. Once a bottom crust has formed and the dough has hardened enough to hold together, turn them.
7. Cooking takes 12-15 minutes.

**Phantom Fault Farina**

(Banana-Blueberry Cream of Wheat with Almonds)

Approximate Calories: 445

Ingredients for a single serving:

- 1/4 cup (43 grams) 'Bob's Red Mill' brand creamy wheat hot cereal (wheat farina)
- 1/4 cup (20 grams) dehydrated banana slices
- 1/8 cup (16 grams) dehydrated blueberries
- 1 heaping tablespoon (13 grams) coarsely chopped 'Blue Diamond Smokehouse' brand almonds
- 1/4 cup (17 grams) powdered milk
- 2 teaspoons (8 grams) brown sugar
- 1/4 teaspoon ground cinnamon
- 2 dashes ground nutmeg
- 1 pinch salt
- 1 cup water

Bring 1 cup water to a boil, add all ingredients and remove from heat when water begins boiling again. 1 cup water yields a thick mixture, increase the water by about 20% if you like yours on the thin side. Cover and let stand for several minutes while the farina thickens. The dry ingredients listed above for a single serving weigh approximately 120 grams in a lightweight sandwich bag and can be prepared in a single 1 pint (2 cup) capacity pot.

**Bagged Eggs**

Add egg powder and milk power in zip lock bag bag

At camp, add bacon bits or sausage, left over soap spread thin in bag

Add water, cook in boiling water 2-3 minutes

**Pancakes**

Ingredients

1 1/2 cups all-purpose flour	Pre mix for 13 people	6 Cups	Flour
2 tablespoons sugar		8 tbs	Sugar
2 teaspoons baking powder		8 tsp	baking Power
1/2 teaspoon baking soda		2 tsp	backing Soda
1/2 teaspoon salt		2 tsp	Salt
1 1/4-1 1/2 cups milk		1 Cups	Powdered Milk
2 eggs		10 Tbs	Powdered eggs (separate bag)
1 teaspoon vanilla (optional)			
2 tablespoons vegetable oil	Add	4 tbs	Oil
		1 cup	water

Directions

1. 1
- In a bowl, mix together all the dry ingredients.
2. 2
- Make a well in the centre and pour in the milk.
3. 3
- Start with 1 1/4 cups milk, adding up to another 1/4 cup if necessary, as you mix it with the flour.
4. 4
- Add the two eggs, vanilla if using and oil, whisking until mixed but still a bit lumpy.
5. 5
- Heat a frying pan (if it is not non-stick, you will need to melt a bit of butter or oil in it) and when hot, pour in some pancake mix.
6. 6
- How much depends on how experienced you are at flipping pancakes and how big you want them. We do about 1/4 cup a time for small, easy-to-flip pancakes but you could make this as much as 1/2 cup of pancake mix.
7. 7
- If you are adding fruit, I like to sprinkle it on top of the pancake now.
8. 8
- When the pancake starts to bubble on top and is golden brown on the cooked side, turn it and continue cooking until both sides are golden brown.
9. 9
- The first pancake is always a bit of a test so adjust the batter by adding more flour if you need to make it thicker or more milk if you want a thinner pancake. In either case, just add a few spoonfuls at a time until you get it right.
10. 10
- Repeat the cooking process with the remaining batter. You may need to adjust the heat as pan tends to get hotter as you keep making pancakes.
11. 11
- Keep the cooked pancakes covered with a tea towel, to keep them warm while you finish cooking the rest.