

Apple Cinnamon or Blueberry Breakfast Muffins

6 to 8 servings, 2 muffins each

Equipment: 1 large Ziploc bag, measuring cup, 1 large frying pan with lid, Pam or oil

Ingredients:

2 – 3 6.5 oz packages of Betty Crocker Apple Cinnamon or Blueberry **muffin mix** - 2 for 6 people, 3 for 8 people

Water - 1 cup per 2 packages, 1 ½ cups per 3 packages

12 foil **pot-pie tins**, ACME grocery store only

Butter or margarine

Pam or oil

Directions:

Put 1” of water into large frying pan, cover and put over high heat until boiling. Empty muffin mix into Ziploc bag, add water, seal bag, removing air. Squeeze bag to mix. Batter will be lumpy. Snip off end of Ziploc. Spray insides of foil muffin cups with Pam or rub with oil. Squeeze muffin mix 2/3 full into each cup. Place foil cups into frying pan, careful water does not get into mix. Lower heat to medium setting and cover pan. You may not be able to fit all muffin tins at one time. Cook 10-12 mins. Do not open lid unless steam no longer escapes from under cover. Add a small amount of water to pan if it runs dry. Take care in removing foil cups from pan. Add the additional muffin tins and more water to pan if needed to finish. There should be enough batter for 12-18 standard size muffins. Serve with butter.

**Egg, Cheese, and Ham
Breakfast Sandwiches
With warm apple slices
(No egg pan to clean up with this recipe)
For 8 Servings
Makes 1 sandwich per person**

Equipment: 1 large frying pan with lid, 2 knives, 1 pot with lid, small spoon

Ingredients:

8 large **eggs** (use only 1 egg per muffin tin)

8 foil **pot-pie tins**, ACME grocery store only

8 slices of **cheese**

8 slices of **ham, lunchmeat**, cut in two

8 **English muffins**, sliced, whole wheat tastes good even not toasted

Margarine

Salt

Pam or oil

8 **apples**, sliced and seeded, if done at home toss with a small amount of lemon juice to prevent browning.

Cinnamon and ¼ cup sugar for apples, bring from home.

Directions:

Place 1" water into frying pan, cover, put over high heat, bring to a boil. Line muffin tins with foil. Spray with Pam or oil, place ½ slice of ham, crack one egg into each, break the yolk with fork. Sprinkle lightly with salt. Top with other ½ slice of ham. Place tins in pan of boiling water and cover. Cook for 7 mins.

While eggs are cooking, in pot, add a spoon of margarine and melt over medium heat. Add apples, cover, cook over low heat until soft, about 3 mins. Then add, sugar and lightly sprinkle with cinnamon. Stir to coat, cook over low heat for 1 more minute. Cover and turn off heat.

Now build sandwiches. Remove eggs tins from hot water. Take a clean knife and run along inside of each cup to loosen egg from side of tin. Take one English muffin side, place on top of egg cup, turn over, shake gently to remove egg, place cheese on top, then other muffin side. Toss out foil. Tins should be free of food. Serve with apples.

Easy Scrambled Eggs With Biscuits

(No egg pan to clean with this recipe)
Serves 6 to 8

Equipment: 1 large pot filled 2/3 full with water, 1 pan for cooking bacon if uncooked, 1 sturdy stick to rest across top of pot, 6 to 8 clothes pins or clips to hold baggies on stick. If making refrigerated biscuits, 1 large frying pan with lid, Pam, flipper

Ingredients:

12 to 16 **eggs** or 2 eggs per person

6 to 8 **one quart size Ziploc freezer bags**

8 oz. **grated cheddar cheese**

Precooked **bacon or sausage or ham**, crumble 1 -2 pieces for each baggie

Or 1 pound uncooked bacon, make at camp, drain and crumble into Ziploc baggies.

6 to 8 **clothes pins or clips, bring from home.**

1 package of 8 **refrigerated biscuits** or 8 already made biscuits from store

Margarine

Directions:

Bring water to boil over high heat. Fry uncooked bacon. While waiting for water to boil, make refrigerated biscuits, read below.

For each serving, crack 2 eggs into each baggie; add a little cheese and meat choice, as desired. Seal baggie, removing air. Mix ingredients by squeezing baggie. Place stick over top of pot. Attach up to 4-5 baggies onto stick depending on size of pot with clothes pin or clip so they rest in water. Cook for 4 to 5 mins. or until egg is firm and completely cooked. The baggie will be very hot so be careful. Empty on to plate, toss baggie out. No egg pan to clean. Use hot water from egg pot to clean biscuit pan.

Biscuits: Spray frying pan with Pam, add biscuits, heat over low heat. Cover pan. Cook for 3 mins, flip over, cover cook for 4 mins. Check often so biscuits don't burn. Serve with margarine.

Breakfast Mash With Fruit in Season

Serves 6 – 8

Equipment: 1 large pot, 1 large slotted spoon, fork, knife, Pam or oil

Ingredients:

1 pound **Bob Evans Special Seasonings Roll Sausage**

28 oz. package of **frozen diced potatoes with onions and peppers** (potatoes O'Brien)

6-8 **eggs**

Fruit – cantaloupe berries (whatever looks fresh and reasonable price). Wash and cut into pieces, 1 small cantaloupe or 1 quart of strawberries or 4 sliced bananas will serve 6 to 8

1 quart **Ziploc bag**

Directions:

Cut fruit and put into Ziploc bag. Set aside. Crumble sausage into large skillet and partially brown. Add potatoes mixture, cook over low heat until fork-tender. Tilt pot and spoon off excess drippings. Add eggs to potato and sausage mixture. Use fork to break yolk, cook until eggs are done. Serve hot with fruit.

Breakfast Burritos

With Pineapple

Serves 6 – 8

Equipment: 1 large frying pan, 1 large Ziploc bag, 1 large slotted spoon or long fork, knife

Ingredients:

2-16 **eggs** 2 per person

8 ounce bag of **grated Mexican cheese**

8 ounce **sour cream**, if desire

6-12 **flour tortilla**

1 jar **salsa**

Foil

Pam or oil

2 8 ounce cans **pineapple** or other canned fruit (drain juice before serving)

Directions:

Spray skillet with Pam and heat up, add little oil. Warm tortillas a few at a time then wrap in large piece of foil. Add a little more oil to pan, crack eggs, add to pan, break yolks, scramble and cook in pan. Place cooked eggs, shredded cheese, sour cream and salsa in warm tortilla. Roll and eat. Serve with pineapple.