



Special Dietary Needs in Scouting

Annie Poyner

Pack 682





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The Importance of Sharing a Meal

Mealtime plays a major role in bringing people together and building a sense of community within a team or group. We share a meal at community and church events, to mark the holidays and to celebrate major milestones in life (birthdays, weddings, funerals, etc.). We gather around the family table or around the picnic table to share food, conversation and companionship. Participating in these shared meals helps us to feel included and valued within any group.

The experience of a shared meal can feel very different for someone with dietary restrictions, especially for children. Whether the food is restricted for health or cultural reasons, **not being able to sit down with your family or friends and eat the same foods can feel isolating**. When you have a dietary restriction that is not commonly shared by the rest of your group, such as an allergy to wheat or dairy, you get used to just fending for yourself. Choices often feel limited to bringing your own food, eating ahead of time so that you don't need to eat the food being shared or "imposing" on the host and asking them to prepare food that's safe for you. Responses from other people can vary: some perceive dietary restriction as a minor inconvenience, while others view it as taking too much work or that it ruins the meal for everyone else. You get used to it, but it doesn't feel good. When you do experience a meal where your dietary needs have been considered and you are graciously fed and included in the meal, it's overwhelming. It can bring such a feeling of relief and gratitude, it makes you want to cry.

You may notice a lot of reference to "feeling" here. Food does have tremendous emotional connections for people, whether we are aware of it or not. Our relationship to food and our experiences at shared meals impact us on an emotional level. Making someone else feel welcome and feeling welcomed by the group reinforces the strength and health of any team. **Every meal is an opportunity for your scouts to work together to make everyone feel wholly included and feed the group's team spirit.**



What Are Special Dietary Needs?

Special dietary needs encompasses restrictions on certain foods due to one (or more) **allergies** (e.g. a life threatening reaction to nuts); **health reasons** (e.g. following the FODMAP diet to manage IBS); **religious or cultural reasons** (e.g. eating only Halal meats in some Muslim communities); or **personal priorities** (e.g. choosing to eat vegan to prevent cruelty to animals). Whether the dietary restriction is by choice or because of an allergy, it is important to respect the need to avoid that food and take it seriously. **For anyone with true anaphylactic allergies, even “just a little” in the smallest traces can be deadly.** However, ignoring someone’s religious or personal beliefs and allowing “just a little” in the meal is entirely disrespectful. It may not hurt them physically, but it is the equivalent of spitting in someone’s food when no one is looking. That is not the scouting way. A scout is courteous.

Food Allergies:

Food allergies are becoming more common among children and special diets are being used in higher frequency to manage chronic illness and symptoms for both adults and children.

Top Eight Food Allergies

These foods account for an estimated 90% of food allergies and are required to be listed on the label in food produced in the United States.

- Milk
- Eggs
- Peanuts
- Tree nuts
- Fish
- Shellfish
- Soy
- Wheat

Hidden Allergens

For any allergy that is not in the top eight, the allergy ingredient may not be included on the ingredient list. For example, if your scout is allergic to gluten, it can be hidden in products made from wheat, such as malt or soy sauce, or as fillers and emulsifiers in cheeses, processed meats, ice cream and many other processed foods. Another example is garlic and onion, which may be listed as “spices” or “natural flavors” on the ingredient label. Contact the food company to verify if the allergen is included in a product. Even better, consult with the scout and/or parent to identify safe ingredients. They will already know many products that are safe and taste good.

Common dietary restrictions and special diets:

Additives

Additives encompass a range of food dyes, gums, preservatives and fillers, as well as corn syrup and modified food starch. Corn syrup and dyes seem to come up frequently for causing behavioral changes or intestinal issues. Read labels carefully on all processed foods. Some people are sensitive only to a particular dye type.

Diabetic

Diabetes is a disease in which your blood sugar levels are too high. Treatment for diabetes requires includes keeping close watch over your blood sugar levels by paying attention to what and when you eat. The focus should be on healthy carbohydrates, such as fruits, vegetables, whole grains, legumes (beans, peas and lentils), low-fat dairy product, fiber-rich foods and lean proteins. Eating meals and snacks at regular intervals also helps to maintain stable blood sugar levels.

Gluten Free

Glutens are proteins contained in wheat, rye, and barley. Unless they are specifically labeled gluten-free, oats can also be contaminated with gluten from being processed in the same facility as other grains. Gluten-free labeling on food is helpful in identifying gluten-free products. However, ingredients that contain gluten do not have to be listed in amounts smaller than 20 parts per million of the gluten protein, so the gluten free label is not reliable for people sensitive to trace amounts of gluten.

Celiac disease is a serious autoimmune disorder affecting approximately 1–2% of the general population. When a person with celiac disease eats foods or beverages containing even trace amounts of gluten their body mounts an immune response that attacks the small intestine and results in a range of symptoms lasting days or longer.

Non-Celiac gluten sensitivity affects approximately 6-10% of the general population. People with non-Celiac gluten sensitivity experience gastrointestinal symptoms, as well as a wide variety of non-gastrointestinal symptoms, when they eat foods and beverages containing gluten.

A wheat allergy is a different disorder from Celiac disease, and causes the immune system to react to a component of wheat that it treats as a threatening foreign body. An allergic reaction to wheat has a fast onset, from minutes to hours, after the consumption of wheat and could include anaphylaxis.

Halal

Halal refers to what is permissible to eat under traditional Islamic law. Pork and all pork derived products are expressly forbidden. All other meat, except fish and other sea life, must be slaughtered according to *Dhabīḥah*, the prescribed method for ritual slaughter. A growing number of halal meats and meat products are available on the market. Kosher meats are generally permitted to be eaten by Muslims, due to the similarity between both methods of slaughter. Foods containing blood or alcohol are also forbidden. Vegetarian foods are halal as they do not contain alcohol, including vanilla extract.

Kosher

Food that may be consumed according to Jewish law is termed kosher. Pork, shellfish, insects, and mixtures of meat and milk are forbidden. Kosher food products, including milk, cheese, meats and meat products like hot dogs, will carry a kosher certification on the label.

Low-FODMAP

The term FODMAP is an acronym for "Fermentable, Oligo-, Di-, Mono-saccharides And Polyols", which are short chain carbohydrates that are poorly absorbed in the small intestine. Restricting FODMAPs has been found to improve symptoms of irritable bowel syndrome (IBS) and other gastrointestinal disorders. This diet limits FODMAP foods, including fruits, honey, high-fructose corn syrup, agave, dairy, wheat, onions, garlic and legumes (such as beans, lentils, and soybeans).

Vegetarian

Vegetarians abstain from the consumption of meat, seafood and poultry, in whole or processed form, and may also abstain from by-products of animal slaughter. Motivations for vegetarianism include religious beliefs (such as the Jain religion and some Hindu and Buddhist faiths), animal rights, health-related, political, environmental, cultural, aesthetic, economic, or personal preference. Variations of the diet include ovo-lacto vegetarian (includes eating both eggs and dairy products), ovo-vegetarian (includes eggs but not dairy products), and lacto-vegetarian (includes dairy products but not eggs).

Vegan

A vegan diet excludes all animal products, including eggs and dairy. Some vegans also avoid other animal products such as honey, beeswax, leather or silk clothing. A vegan diet includes all grains, beans, legumes, vegetables and fruits. There are many vegan versions of familiar foods available, such as vegan hot dogs, ice cream, cheese, vegan mayonnaise and veggie burgers.

Whole Food Diets

There are a growing number of diets based on eating whole, nutrient dense foods, that is foods that are as close to their natural form as possible. In general these diets eliminate refined sugars and fats, processed foods and their accompanying binders, additives, preservatives and dyes. A growing number of people are adopting these diets to improve symptoms from autoimmune disorders, allergies, diabetes and chronic fatigue, pain or inflammation, as well as those who adopt a whole foods diet to reduce weight and improve overall health.

The Mediterranean Diet emphasizes eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts, and using herbs and spices instead of salt to flavor foods. Fish and poultry are eaten at least twice a week, while red meat is limited to no more than a few times a month.

The Paleo Diet reduces or entirely eliminates grains, beans, refined sugars and fats, processed foods, dairy, starches and alcohol. The focus is on lean free-range meats, seafood, eggs, vegetables and fruits, nuts, seeds, and healthy fats.

The Whole 30 Diet is very similar to Paleo in that it eliminates grains, beans, refined fats, processed foods, dairy, starches and alcohol, as well as all forms of sugar (including honey and maple syrup) completely for 30 days. It also eliminates baked goods snacks, such as pancakes or chips, even when made from compliant ingredients. The goal is to change your tastes, habits and cravings for food.

Safety Practices

Allergies among children are on the rise and for some a reaction can be life threatening when even a trace amount of the allergen is present. For those scouts who suffer adverse, but not life threatening symptoms, the camp experience can be ruined by feeling unwell because of a food reaction. The camp cook in charge of preparing food must be very careful in their preparations. We want our scouts to feel safe and remain healthy so they can enjoy their scout activities.

Remember that there is no such thing as “just a little” for anyone with anaphylactic allergies or anyone highly sensitive to small amounts of an allergen. Even when no food allergy is present, it is important to be respectful of religious or personal beliefs when preparing a meal. No one wants to eat a meal that they feel has been “contaminated” in any way.

Always check the medical form for each scout and adult for any listed allergies. However, be aware that many people will not list food restrictions on their medical form if it does not require medication or treatment. It is important to talk with your scout families about any dietary needs they may not have thought about including in their form.

It is difficult to clean pots, pans and utensils thoroughly enough to prevent cross contamination. Instead, try to cook only safe foods for everyone in your group or establish a separate safe cooking station. Avoid cooking directly on the campsite's grill, as it will likely have residue from previous meals.

Avoid Cross Contamination

1. **Establish a clean cooking and serving area:** Clearly establish a cooking station that will be safe for the dietary restrictions being addressed. Post a sign indicating the foods restricted from that station. If using another cooking station to prepare other foods that are on the restricted list, be sure to keep the two stations far enough apart to avoid splatter or air born contamination.

For example, if you have one station for regular pancakes and another for gluten free pancakes, make sure they are separated enough that flour from the wheat mix does not get carried on the air to settle on the gluten free cooking station equipment and surfaces. Or for Halal food preparations, make sure any non-halal meat being cooked is far enough away that grease spatter does not contaminate the Halal cooking station.

2. **Maintain clean utensils and cooking equipment:** Utensils and cooking equipment must be carefully cleaned before using them to cook for special dietary needs. Use clean utensils for the restricted cooking and do not to share them with the other dishes. Dutch

ovens and other cast iron pans can contain traces of past ingredients, causing cross-contamination of a restricted food. Use double layers of heavy duty foil in a Dutch oven to create a barrier against previous possible contaminants, being careful that the foil does not tear (this is not safe enough, however, for some life threatening allergies).

If a scout needs to avoid even the possibility of trace residue on cooking equipment, ask the scout's family to provide pots, pans and utensils to use at the restricted cooking station. Clearly label the equipment provided with the food restriction to avoid any accidental contamination.

3. **Clean hands and towels:** Everyone cooking or handling the food should have clean hands. Separate towels should be maintained for restricted and non-restricted foods. Wash your hands thoroughly with soap after touching any ingredient from the dietary restriction and then dry them on a clean towel. Drying hands on a towel that's contaminated with a restricted food undoes all the handwashing! When possible, prepare the restricted foods first and then prepare the other food.



Strategies for Planning a Meal

The first step should be to get both the scout and his parent involved in meal planning and preparation for the group. Talk with them about the dietary restrictions and what safety precautions need to be addressed for them to feel safe eating with the group. Once you have a clear understanding of their special dietary needs, bring that to the scouts as a group when meal planning begins. If your scouts are planning their own meals (or for younger scouts at least voting on their meals choices), make them aware that one or more members of the group have dietary restrictions that need to be considered in the meal plan so that everyone can eat together.

The goal is to help the scouts with special dietary needs feel included with the rest of the scouts and to give the other scouts the opportunity to be kind, courteous and helpful to their fellow scouts.

Meal Selection Strategies:

1. Choose only foods that are safe for the scouts with special dietary needs and have everyone in the group eat the same meal.

Example: If one scout is vegetarian and one scout is gluten-free, serve a gluten-free and vegetarian stir-fry for the group.

2. Choose customizable meals, where the ingredients are laid out and scouts can assemble their own serving. For life threatening allergies or strict observance of a food restriction, leave those foods out or keep them well separated from the other ingredients.

Example: If one scout is Halal, one scout is grain-free, and one scout is allergic to onion, serve build-you-own taco bowls and let each scout choose the items to include in their bowl. Provide beans, rice, corn chips, halal meat seasoned with onion-free taco seasoning, and various other toppings, so that each person has plenty to choose from for their bowl.

3. Choose a meal with easy “swaps” for the dietary restriction and prepare the alternate food in a separate cooking station from the main meal. For simple swaps, ask the scout and/or parent for recommendations on the food to be swapped out. They will know which products taste good to them and can be purchased easily.

Example: If one scout is gluten free and one scout is allergic to garlic, serve spaghetti by choosing a garlic-free pasta sauce for everyone and preparing a pot of gluten free pasta and some of the sauce in a separate cooking station. The scout and/or parent will know what brand of gluten free pasta or garlic-free sauce to buy.

4. Break into smaller groups for meal planning. For backpacking it may make more sense to have small groups of 2-3 scouts plan meals to share. Each small group will end up with something different, but each group plans and prepares their meals together so that they still feel like an inclusive team. You can pair teams by dietary choices for easier planning or mix scouts together to challenge them to work together and find meals they all will enjoy.

Example: Two scouts bring a vegetarian backpacking meal to prepare together (only one scout is vegetarian), two scouts bring a gluten free backpacking meal to prepare together (both scouts are gluten free), three scouts bring a chicken and noodle backpacking meal to prepare together.

5. For scout activities with a limited time factor, such as day hikes or outdoor excursions, have each scout prepare their own tailored meal in advance to bring. Everyone will be eating something different on these outings, so no one feels singled out.

Strategies for Serving Meals:

1. Separate serving areas: For scouts with a severe allergy or who follow strict observance of a food restriction, you may need a separate serving area to avoid cross contamination. This may not be needed for all scout, but be prepared for those instances when strict isolation is needed to keep their meals safe for them to eat.
2. Serve everyone together, when possible: Serve the scouts with special dietary needs at the same time as everyone else. If it is safe for the scout with special dietary needs, serve them in the same way the other scouts are served, such as handing them a plate with their special food item on it and let them continue through the food line to pick up the other safe items for their meal.
3. Serve meals as alike as possible. If the main dish is hamburgers, serve the vegetarian scouts veggie burgers, not a vegetable stew. The goal is to make the scouts with special dietary needs feel as included as possible and not make them feel singled out or different from the other scouts.

Simple swaps

Some of the newer grain free mixes on the market are beating out gluten free formulas for texture and taste. Simple Mills chocolate cake mix makes an outstanding cake batter for baking inside of an orange. Simple Mills also makes a fantastic grain free pancake mix that has won over some tough gluten free skeptics, and has the benefit of offering higher protein content to fill up hungry scouts. Siete makes an excellent cassava/coconut tortilla that beats any gluten free version.

Butter: Many vegan butter substitutes are available on the market. Check ingredients for other potential allergens for you scout, such as soy. In baking recipes, use margarine or for a soy free

option use coconut oil. Coconut oil remains solid at room temperature and behaves like butter in baking. Refined coconut oil will not have a coconut taste.

Cheese: Many options are available for vegetarian, vegan and kosher. Trader Joe's makes an almond based mozzarella that melts really well. Ask the scout their preferred brand and where they buy it.

Chicken: Beyond Meat brand makes plant based strips of chicken "meat" which are also gluten free. This is a good solution when serving a group that requires both gluten free and vegetarian/vegan, as many vegetarian protein substitutes are not gluten free. And your meat eaters will have to really scratch their heads to figure out if this is real chicken or not. Available at PCC, Whole Foods, Safeway, Albertsons, Fred Meyer and other local stores.

Eggs: VeganEgg can be scrambled like regular eggs or used as a replacement for eggs in baking. It isn't easy to find in stores, yet, but can be found online. Watch for more products like this to come on the market (several are in development). In baking you can replace eggs in recipes that call for less than three eggs per batch (such as 12 muffins). Recipes that call for more than 3 eggs do not turn out well with egg replacers. Replace each egg called for with 1/4 cup of applesauce or 1 tablespoon ground flax seed mixed with 3 tablespoons warm water - let stand 1 minute before using.

Gluten free breads, mixes, pastas, etc.: There are endless gluten free products readily available on the market today. Breads, hotdog and hamburger buns, pastas, muffins, crackers, tortillas, cake mixes, pancake mixes.... Ask the scout their preferred brands and where they buy them.

Gluten free graham crackers: PCC and some local grocery stores carry Kinnikinnick brand and Pamela's brand graham crackers. They are also available online from Amazon.com.

Grain free: Simple Mills makes excellent grain free pancake, banana bread, pizza dough, chocolate chip cookie and cake mixes. Available at some local grocery stores, like PCC, and from Amazon.com.

Ground Beef: Beyond Meat brand makes plant based beef crumbles and hamburger patties which are also gluten free. This is a good solution when serving a group that requires both gluten free and vegetarian/vegan, as many vegetarian protein substitutes are not gluten free. They are also soy free. Your meat eaters will be scratching their heads to figure out if this is real beef or not. Available at PCC, Whole Foods, Safeway, Albertsons, Fred Meyer and other local stores.

Hot dogs: Many options are available for vegetarian, vegan, whole food, gluten free, kosher and halal. Ask the scout their preferred brand and where they buy it.

Milk: Canned coconut milk and boxed soy milk can replace cow's milk in most recipes. Use the coconut milk for sweet recipes and the soy milk for savory recipes. Thai Kitchen brand coconut milk is available at most grocery stores and West Soy brand Organic Unsweetened Plain Soy Milk is available at many stores. The Organic Unsweetened Plain version is fairly flavor neutral

compared to many soy milks on the market. If flavor matters and you want to avoid the subtle after flavor of most nut milks, make up some cashew milk. Cashew milk mimics cow's milk most closely and can even be used in an alfredo sauce without anyone noticing. Soak 1 cup of raw, plain cashews in water overnight. Drain the soaking water and put the soaked cashews in a blender with 2 cups of fresh water. Blend until very, very smooth (3-4 minutes). Line a strainer with a triple layer of cheese cloth and strain the cashew milk through to remove any solids. The solids in the cheese cloth can be used to thicken sauces or make dips in place of heavy cream, sour cream or cream cheese.

Milk, powdered: Use powdered soy or coconut milk in place of powdered cow's milk. Can be hard to find in stores, but Amazon.com and other online stores carry several brands.

Peanut Butter: If your scout tolerates other nuts, try almond or walnut butter. For a nut free butter, try sun flower seed butter (sun butter). Available at PCC, Whole Foods and Amazon.com.

Soy Sauce: Use Tamari instead of regular soy sauce. Tamari is gluten free, but tastes virtually the same. For a soy free option, use coconut aminos. Tamari is available at most grocery stores, and is available in the bulk foods section at PCC (so you can buy a small amount). Coconut aminos are harder to find in stores, but are carried at some PCC and Whole Foods locations and can be ordered from Amazon.com and other online stores.

Tortillas: Most grocery stores carry gluten free tortillas. PCC and Whole Foods carry a wide variety of gluten free options, as well as, grain free tortillas by Siete (the cassava/coconut option is particularly good) and coconut flour wraps.

Vanilla extract: For recipes that call for vanilla extract, you may be able to locate alcohol free versions, but it's hard to find. Instead, you can get a whole vanilla bean from the spice section at most grocery stores (PCC has them in bulk, so you can buy just one bean). Cut the bean open lengthwise and use the flat side of a knife to scrape out the tiny seeds inside (it will look like black grit). Just stir it in as you would the liquid extract. Half of one bean should be enough to give you the vanilla flavor from 1 teaspoon of extract.

Whipped Cream: Canned coconut milk makes an excellent whip cream substitute. It can be whipped ahead of time and if kept chilled, it holds up to storage at camp better than regular whipped cream. Thai Kitchen brand whole fat coconut milk is available at most grocery stores and makes the smoothest whipped cream. To make, chill a can of whole fat coconut milk overnight in the refrigerator. Do not shake the can. Open the can and scoop out the solid white milk fat portion into a mixing bowl. Add sweetener and vanilla extract (optional) to the solids in the mixing bowl. Use a mixer on high speed to blend the coconut fat until smooth (about 1 minute). Transfer to a container and chill until ready to use. If the whipped cream is too thick add a little of the thin liquid from the can (1 teaspoon at a time). Discard the thinner liquid portion or use it in a curry or other dish. At camp, if the whipped cream seems too stiff remove it from the cooler a little before serving. It will soften up again at warmer temperatures.

Recipes

The recipes included here follow the BSA ScoutStrong nutritional guidelines.

<http://www.scouting.org/SCOUTStrongPALA.aspx>

The following meals can accommodate a group with multiple special dietary needs, including vegetarian, vegan, halal, kosher, gluten free, dairy free, egg free, peanut free, paleo and low-FODMAP. No special equipment is needed, and they can be prepared in advance at home or on a camp stove or campfire. There are many more recipes out there that can accommodate limited dietary restrictions, such as just vegetarian or just gluten free. Check the list of cookbooks and resources at the end of this document for more ideas.

Have your scouts with dietary needs review these recipes to advise which substitutions or brands of ingredients listed will keep it safe for them.



Breakfasts

Granola Serves 6

Play around with different nuts and dried fruits, swap some or all the nuts for uncooked oats, or add additional spices. Make a big batch that all your scouts can eat or lay out the ingredients and have your scouts make up their own serving. Spread each scout's version on a piece of parchment paper with their name written on the corner for baking. After baking and cooling, transfer each scout's granola to a ziplock bag labeled with their name on it. For each serving, shoot for a ratio of 3/4 cup coconut/nuts/oats with 1/2 teaspoon chia seed, 1/4 Tablespoon flax meal, 1/4 teaspoon spice mix, 1/4 teaspoon sugar, a pinch of salt, 1 Tablespoon oil/syrup mixture and 1-2 Tablespoons dried fruit.

Ingredients

- 1/2 cup unsweetened coconut flake
- 2 cups sliced raw almonds
- 1 1/4 cup raw pecans, chopped
- 1 cup raw walnuts, finely chopped
- 1/4 cup roasted unsalted sunflower seeds or pumpkin seeds
- 3 Tablespoon chia seeds
- 1 Tablespoon flaxseed meal
- 1 1/2 teaspoon ground spices, such as cinnamon, vanilla bean seeds, ground ginger, pumpkin pie spice (use one or a mixture)
- 2 Tablespoon coconut or cane sugar
- 1/4 teaspoon of sea salt
- 3 Tablespoon coconut or olive oil
- 1/4 cup + 1 Tablespoon maple syrup or agave or honey
- 1/4 cup dried blueberries, bananas, raisins, apples or apricots, in small pieces

Preheat oven to 325 degrees F and position a rack in the center of the oven.

In a bowl, combine the coconut, nuts, seeds, chia seeds, flax seed, cinnamon, coconut sugar, and salt.

In a small saucepan over low heat, warm the coconut oil and maple syrup. Pour over the dry ingredients and mix well.

Spread the mixture evenly onto large baking and bake for 20 minutes. Then remove from oven, add dried fruit and stir.

Increase heat to 340 degrees F (171 C) and return to oven for another 5-8 minutes, or until deep golden brown. Watch it carefully, as it browns quickly. Once the granola is visibly browned and done cooking (about 27 minutes total), remove from the oven and let cool completely.

Store in a tightly sealed container.

Allergen Free Blueberry Muffins Makes 12 muffins

From Asoutfultwist.com

Make these at home in advance. You can also skip the optional topping and make these in the "bake in an orange" method at camp. See instructions at the end of this recipe.

Ingredients

1/2 cup coconut flour
1/4 cup potato starch flour
1 Tablespoon arrowroot flour
1 Tablespoon cream of tartar
1/2 teaspoon baking soda
1 Tablespoon cane sugar or coconut sugar
1 teaspoon vanilla extract or 1/2 of a vanilla bean (split open, scrap out the seeds- discard outer shell)
1 Tablespoon maple syrup
3/4 cup coconut milk or other non-dairy milk
6 tablespoons melted coconut oil
1 cup blueberries

Optional Topping

1 Tablespoon butter or coconut oil
1 Tablespoon tapioca flour
1 Tablespoon brown sugar or coconut sugar

Preheat oven to 350 degrees F. Mix all dry ingredients. Add vanilla, maple syrup, milk and melted butter or coconut oil. Mix well. Carefully fold in blueberries. Place mix evenly into lined muffins pan. Place muffins in oven. Bake for 30 minutes.

OPTIONAL TOPPING

With a fork mix tapioca flour, butter, and sugar until it reaches a crumbly texture.
Put on top of muffins after they have baked for 15 minutes.

Bake in an orange method: This method can be used to bake any type of cake or muffin recipe or store bought mix at camp. At home, mix the dry ingredients and store in a zip lock bag. At camp, empty the ziplock bag into a bowl and add the vanilla, maple syrup, milk and melted coconut oil. Gently stir in the blueberries. Cut the top 1/4 off of a medium orange. Use a spoon to remove the insides from the bottom and smaller top of the orange (once removed, eat the insides or squeeze the juice out to make orange juice). Pour enough batter into the hollowed out orange to fill the cavity about 2/3 from the cut edge. Put the top skin of the orange back on and wrap the whole orange in tin foil. You've created a mini oven to bake the muffin. Place the wrapped orange directly on hot coals and bake for about 20-30 minutes. Use tongs to rotate the orange once or twice, being careful not to tip the orange so that the batter doesn't spill out. Check the orange after 20 minutes by unwrapping the foil part way and gently lifting the top of the orange away. The top off the orange should pop off without sticking if the muffin is done. A sharp knife or toothpick inserted into the muffin should also come out clean. If not, replace the wrap and put it back on the coals for another 5-10 minutes.

Egg or Tofu Scramble Serves 6

Use egg for low-FODMAP and paleo diets. Use tofu for egg free, vegan and vegetarian diets. For low-FODMAP diets omit the garlic, onion and corn, and replace with 1 Tablespoon grated horseradish.

12 eggs **or** 1 package of VeganEggs **or** 3 8-ounce packages of extra-firm tofu
¼ cup vegetable oil + *another ¼ cup if cooking the garlic and onion separately*
1 large onion, diced (omit for low-FODMAP)
8 cloves of garlic, minced (omit for low-FODMAP)
1 large orange bell pepper, diced
1 large red bell pepper, diced
1 ½ cups sweet corn kernels (omit for low-FODMAP)
3 Roma tomatoes, diced
3 Tablespoons ground turmeric
2 teaspoons ground cumin
3 teaspoons salt for tofu version, 2 teaspoons salt for egg version
3 teaspoon ground black pepper
3 avocados
Hot Sauce

FOR TOFU: Place several layers of paper towel on a plate. Remove tofu from its package and crumble one block of tofu onto the lined plate. Cover with several more layers of paper towels. Press out any excess water from the tofu. Repeat for each package of tofu, replacing paper towels as needed.

FOR EGGS: Crack the eggs into a bowl and beat with a fork lightly. *This can also be done in advance at home and the pre-scrambled eggs can be stored in a container in the camp cooler.*

In a large skillet, heat the oil over medium heat. If using, add the onion and garlic and sauté until onion is translucent.

Add the tofu **or** eggs (whichever one you are using), red and orange bell pepper, corn (if using), tomato, cumin, turmeric, salt and pepper to the skillet. Cook for 10 minutes over medium heat.

Serve with sliced avocado and hot sauce.

You can also make this scramble into burritos (use gluten free or grain free tortillas as needed) or add black beans (on the side for those not on a low-FODMAP or Paleo diet). It also makes a great breakfast quesadilla by layering the scramble and avocado with regular or vegan cheese in between tortillas and frying it until the tortillas are crispy on both sides.

Lunches

Roll Ups

Lay out a variety of fillings for each scout to assemble their own roll ups. Each scout can make 2-3 roll ups, trying a few different combinations. Play around with filling combos. The possibilities are endless. Wrap rolls in parchment paper, seal in a ziplock baggie and hit the trail!

Wraps: Use regular tortillas, gluten free or grain free tortillas or crepes as needed for the wraps. Some scouts may even prefer lettuce leaves for their wrap.

Suggested Fillings Combos:

Hummus, with sprouts and shredded veggies, such as cucumber, carrot, zucchini

Cream cheese (or vegan version) and turkey or vegan deli slices, with cranberry sauce and sprouts

Bean dip with shredded cheese, corn or roasted peppers, sour cream or yogurt

Almond or sunflower seed butter and canned pumpkin, with sliced banana, honey and cinnamon

Olive tapenade with roasted veggies, such bell pepper, zucchini and eggplant

Lay fillings in a thin layer onto a single wrap and then roll the wrap like a jelly roll.

Pumpkin Hummus Serves 2-4

Dehydration Time: 5–8 hours

from Another Fork in the Trail by Laurie Ann March

This makes a great no-cook lunch and is delicious in a wrap with spiced black beans or serve with carrots and crackers. Use gluten free or grain free crackers as needed. Omit the garlic for low-FODMAP diets and replace with ½ teaspoon grated horseradish. For campsite camping, you can skip the dehydration and simply store the blended fresh hummus in your camp cooler.

2 cups cooked canned pumpkin

¼ cup lime juice

1 heaping teaspoon lime zest

2 Tablespoons pumpkin seed butter or sunflower seed butter

1 Tablespoon chipotle pepper, finely chopped

1–2 cloves roasted garlic

¼ teaspoon ancho chili powder

¼ teaspoon black pepper

A pinch of kosher salt

Tip: You may use fresh pumpkin that has been roasted or stewed for this but canned pumpkin is easier. Do not use pumpkin pie filling, as it has other ingredients that would be unwanted in this recipe.

AT HOME Combine all ingredients in a food processor or large bowl if using a hand blender. Process them until you have a thick paste.

IF YOU HAVE A DEHYDRATOR: Spread evenly on lined dehydrator trays, keeping the mixture about ¼-inch thick. Dry for 5 to 8 hours or until the mixture is thoroughly dry. Grind into a powder in a spice grinder or blender. Store in a medium-size ziplock freezer bag.

IF YOU DO NOT HAVE A DEHYDRATOR: Spread evenly on parchment paper or a silpat lined cookie trays, keeping the mixture about ¼-inch thick. Set your oven to 140 degrees or “warm”. If your oven will not set that low, leave the door open a few inches and have a fan blowing toward the oven to circulate air. Dry for 5 to 8 hours or until the mixture is thoroughly dry. Check frequently to make sure it doesn’t dry too much and start cooking. Grind into a powder in a spice grinder or blender. Store in a medium-size ziplock freezer bag.

IN CAMP Rehydrate the pumpkin mixture using a formula of 1½ parts dried mix to 1 part water. Wait 5 to 10 minutes and then add a little more water if it’s too dry.

Ploughman’s Lunch, a selection of meats, cheeses and nibbles

Ploughman’s Lunch is less a recipe and more of an assembly of components to make a meal. It is infinitely adaptable and can be packed along for a hike. Everyone will select the items they can enjoy.

Items to include:

Regular and gluten free bread or grain free crackers

Sealed regular and vegan salamis

Hard cheeses or sealed vegan cheese

Mayonnaise and mustard packets

Hard boiled eggs

Pickles, olives, nuts, dried fruits

Carrots, celery sticks, radishes

Fresh apples, mandarin oranges, firm pears

Veggie Sticks

Tips for packing fresh veggies: Choose the freshest veggies you can get. Wash and cut them into sticks, or trim them for radishes. Wrap carrots, celery or radishes in a damp (not wet) paper towel and seal inside a zip lock bag. For more delicate vegetables like bell peppers, tomatoes or avocados, do not wash or cut them in advance. Wrap them loosely in a dry paper towel and then inside a paper lunch bag. Store the wrapped bell pepper, tomato or avocado inside a cook pot or other firm container to protect from damage. For tomatoes and avocado, tell produce staff how many days you’ll need before you plan to use them and let the pros help you pick under ripe ones.

Crispy Avocado Melt Serves 2-3
adapted from Backpacker.com

Ingredients

- 4 soft taco-size tortillas (use gluten or grain free if needed)
- 2 Tablespoons butter or margarine
- 3 Tablespoons Parmesan cheese (use vegan version if needed)
- ½ cup shredded cheddar cheese or a vegan cheese
- 1 avocado
- 2 Tablespoons moist sun-dried tomatoes
- 10 thick kettle-cooked potato chips or sweet potato chips

AT HOME: Spread one side of each tortilla with butter, then sprinkle evenly with Parmesan cheese, pressing the cheese into tortilla. Pack tortillas cheese sides together in plastic wrap, then in a zip-top bag. Pack cheddar and chips in snack-size bags, tomatoes in screw-top container, and avocado in a paper sack (protected from squishing).

IN CAMP: Halve the avocado and slice it inside the skin. Heat a nonstick pan on low heat. Place one tortilla in pan, cheese side down, add half of each: cheddar, tomatoes, avocado, and potato chips, then top with second tortilla (cheese up). Cook for about 2 minutes on each side, turning once until Parmesan is crispy and golden and cheddar cheese is melted. Add spices to taste.



Dinners

Fiesta Serves 10-15

Customizable and adaptable for a large group, with options to accommodate any dietary need. Lay out the ingredients at camp and let each person assemble their own serving. My family has been doing this at large family gatherings and campouts for decades and it's always a hit. Bring along some tortillas and use any leftover Fiesta fillings to make quesadillas the next day. Or toss the leftovers in with scrambled eggs or tofu for breakfast.

Ingredients

1 pound ground beef or turkey, cooked and seasoned with taco seasoning
or 1 package of Beyond Meat Feisty Beef Crumbles, cooked
 4 cups of cooked rice or quinoa
 1 large bag of Fritos corn chips
 2-3 cans of plain black beans
 2 cups of cheese or vegan cheese, shredded
 1 head of lettuce, shredded
 2 tomatoes, diced
 2 avocados diced
 1 small onion, finely chopped
 1 large can of sliced black olives
 1 small package of chopped pecans
 1 package sweetened, shredded coconut
 1 jar of prepared salsa
 1 package of guacamole
 1 tub of sour cream, vegan sour cream or yogurt
 Hot Sauce

Gluten-free and low-FODMAP

Taco Seasoning:

2 teaspoons Chili Powder
 1 teaspoon Paprika
 1-1/2 teaspoon Ground Cumin
 1/2 teaspoon Crushed Red Pepper
 1/2 teaspoon Salt
 1/4 teaspoon Dried Oregano
 1/4 teaspoon Black Pepper

Pre-cook the meat and rice at home and reheat at camp, or cook them from scratch at camp. Warm up the beans at camp. The meat, rice and beans should all be warm for serving. Lay out all the ingredients buffet style and let everyone assemble their own serving.

Put corn chips on the bottom of your bowl, layer on meat, rice, beans and all the condiments. If all of your scouts can eat the Fritos corn chips, you can use individual sized bags and the scouts can assemble their "bowl" right in the chip bag. Lay out a large group bag, instead, if anyone would have to be left out of the single serve option. Skip any items that don't fit within your dietary needs. If you can eat them, though, don't skip the pecans and coconut—they add an extra depth of flavor and texture that everyone is always surprised to love!

Kabobs with rice or quinoa Serves 10-15, 1-2 skewers per person

Prepare the Tofu and/or meat at home so that it has time to marinate. If you are using only tofu or only meat, double the portion in place of the missing meat or tofu you will be skipping. At camp lay out the marinated ingredients and let each scout assemble their own kabobs.

AT HOME:

For the Chicken or Beef:

- 1 pound of chicken or beef
- 2 Tablespoons fresh herbs, such as rosemary or thyme
- Salt and pepper
- Olive oil

Cut the meat into cubes. Place cubed meat in a container with a tight fitting lid or a ziplock bag. Add your chosen herbs and season with salt and pepper. Dizzle with plenty of olive oil and shake to coat evenly. Let the meat marinate in the camp cooler until ready to cook.

For the tofu:

- 1 package firm or extra-firm tofu
- 1/2 cup sweet and hot mustard
- 1/2 cup dried bread crumbs or gluten free bread crumbs or almond flour
- 1/4 teaspoon each of: salt, pepper, dried parsley, dried oregano, dried thyme
- pinch of chili pepper flakes
- Olive oil cooking spray

Place block of tofu on cutting board. With a sharp knife, cut into three equal sections lengthwise, so that you have 1-inch "slabs" of tofu. Arrange several layers of paper towels on a plate and place tofu on top. Place several layers of paper towels on top of tofu and press down to remove excess moisture. Cut pressed tofu into 1-inch squares. Arrange tofu in a container large enough to store the pieces in a single layer. Using a knife or a brush, spread mustard evenly on all sides of the tofu. Cover container and place in refrigerator to marinate overnight. In a ziplock bag, mix the bread crumbs with dry seasonings and chili pepper flakes.

AT CAMP:

20 bamboo skewers, soaked in water for 30 minutes

For the Vegetables:

- 1 pint of cherry tomatoes
- 1 zucchini, sliced ½ inch thick
- 1 bell pepper cut into 2-inch squares
- 2 corn on the cob, cut in 1-inch wheels
- 1 pint of cremini mushrooms
- 2 Tablespoons fresh herbs, such as rosemary or thyme
- Salt and pepper
- Olive oil

Place the cut vegetables in a container with a tight fitting lid or a ziplock bag. Add your chosen herbs and season with salt and pepper. Drizzle with plenty of olive oil and shake to coat evenly.

Let the veggies marinate for 20 minutes or until ready to cook. Don't let your veggies marinate too long or they will get soggy.

For the Rice or Quinoa:

2 cups of rice or quinoa

4 cups of water

If using quinoa, rinse thoroughly before cooking to remove the bitter coating. Bring water to a boil in a large pot. Add the rice or quinoa and return to a boil. Cover with a lid and reduce heat to simmer for 20 minutes. You can also use instant rice for faster cooking (follow measurements on the box). *Season individually as desired with butter, margarine, oil, salt and pepper. If dietary restrictions allow, you can also add bouillon to the water at the beginning of cooking or use broth instead for even more flavor.*

For the Tofu:

Transfer seasoned bread crumbs to a large plate. Coat each piece of tofu in bread crumb mixture, pressing down gently to make sure the crumbs stick. Transfer to a plate as done and spray tofu all over with olive oil cooking spray.

TO ASSEMBLE: Lay out marinated meat, veggies and tofu and let each person thread pieces of their preferred ingredients onto a skewer. Grill over the campfire or on a grill pan on the camp stove. Serve with rice or quinoa.

Hobo Packets Serves 10

Let each scout assemble their own packet, using the ingredients and herbs or spices they prefer.

Ingredients

1 pound chicken or beef, cut into thin slices or 1-inch cubes

1 pound mixed mushrooms, such as cremini, shiitake, and oyster

1 pound baby potatoes, thinly sliced

1 pound vegetables, such as sliced zucchini, carrots, bell pepper, broccoli or green beans

2 garlic cloves, crushed (omit for low-FODMAP)

2 tablespoons fresh dill, rosemary, thyme or other herbs (or use dried spice mixes)

3 tablespoons extra-virgin olive oil

Coarse salt and freshly ground pepper

Place meat, vegetables and seasonings on sheets of parchment-lined foil, drizzle with oil, and season with salt and pepper. Fold and crimp edges to seal. Cook packets set over a campfire or on a medium-high grill (or nestled near coals) until vegetables are soft and meat is cooked through, about 20-30 minutes.

Tips for Foil Cooking: Use 12-by-18-inch sheets of heavy-duty foil. You can make your own or buy precut sheets. Do not overstuff packets. Open foil packets carefully to avoid getting burned by steam. Check the heat- your fire is ready when you can comfortably hold a hand 6 inches above the coals for 3 to 4 seconds.

Campfire Roasted Sweet Potatoes Serves 1 potato per person

Rub sweet potatoes with oil and sprinkle with a little salt. Wrap in a double layer of foil and place directly on hot coals. Cook for 15 mins, turn with tongs, then cook for 15 mins more.

Remove one, unwrap and check it is cooked through. It should be tender when poked with a fork. When they are cooked, peel back the top of the foil from each potato, split open and add your favorite toppings, such as butter, yogurt or sour cream, sliced almonds, sliced green onions, crumbled bacon, cheese, ground beef, chopped ham, etc.

Tomato Soup with Grilled Cheese Serves 2

adapted from Backpacker.com

Ingredients

¾ cup tomato powder (like Harmony Foods)

2 teaspoon brown sugar or honey

¼ teaspoon dill

2 teaspoon chicken or vegetable bouillon powder (use a low-FODMAP brand if needed)

1 stick unsalted butter or margarine or coconut oil

4 slices sturdy sourdough bread, gluten free bread or grain free tortillas

2 slices cheese or vegan cheese

AT HOME: Combine tomato powder, brown sugar, dill, and bouillon in a baggie.

IN CAMP: Add 1 cup water to a pot. Whisk in tomato mixture with a fork and heat over a medium flame, gradually whisking in another cup water. Bring to a boil, then reduce heat and cook until soup thickens, about 5 minutes. Add about half the butter. Meanwhile, butter each slice of bread or tortilla generously. With the butter side out, layer the cheese in the middle to make two sandwiches. Place the sandwiches in a skillet and cook over medium flame, turning once, until the bread or tortilla is golden brown and cheese melts (about 2 to 3 minutes on each side).

Sweet Potato and Squash Chowder Servers 10

Serve with dinner rolls or buttered bread. Use gluten free dinner rolls or focaccia, or grain free tortilla strips as needed. You'll need a large pot to cook this batch.

Ingredients

2 tablespoon olive oil
1 acorn squash, peeled and diced into 1/2 inch cubes
2 large sweet potato, peeled and diced into 1/2 inch cubes
8 ears of fresh corn or 2 pounds of red bell pepper
2 jalapeno chili
2 anaheim chili
8 cups vegetable stock, or equivalent bouillon (check that ingredients are safe for dietary needs)
3 Tablespoon ground cumin
2 Tablespoons chili powder
1 cup cashews
salt and pepper, to taste
Optional toppings, such as tortilla chips, shredded cheese, avocado and green onions

AT HOME: Soak the cashews overnight in cool water. Drain the cashews and place them in a blender with 2 cups of water. Blend until creamy and very smooth. Transfer to a container with a tight seal and refrigerate. You'll store it in the camp cooler until you're ready to make the soup.

AT CAMP: Roast the chilies. Char the skin on all sides by holding them with long tongs over the camp stove or campfire flames. Scrape off skin with a spoon. If too tough, cover the hot chile with plastic wrap or inside a paper bag for 5 minutes to steam and try again. Finely chop the chilies and set aside. If you are using bell peppers instead of corn, roast the bell peppers using the same method and then dice them.

Roast the corn (skip this step if using bell pepper instead). Remove the husks and silk from the corn and wrap in foil. Place in the campfire directly on the coals. Cook, turning every few minutes to keep it from burning. A little color is good, but you don't want it completely burnt. Remove from the fire and set aside to cool. When cool enough to handle, cut the corn off the cobs and set aside.

Heat the olive oil in a large pot over medium heat. Add the squash and sweet potatoes and cook for a few minutes, until they get slightly brown. Add the chilies, corn or bell peppers, and spices, and cook for another minute. Add the vegetable broth to cover, adding an extra cup of water if needed. Cover with a lid and simmer until squash and potatoes are tender, about 10 minutes. Stir in all the cashew cream and continue cooking until the soup is thickened. Season to taste with salt and pepper.

Serve hot with optional toppings and dinner rolls.

Zucchini Pizza Boats Each zucchini serves 1-2 people

Let each scout assemble their own zucchini boat, using the ingredients and herbs or spices they prefer.

Ingredients

1 small or ½ a large zucchini per person

Pizza sauce or tomato paste for low-FODMAP diets

Mozzarella or vegan mozzarella

Toppings: pepperoni or spicy sausage or vegan version, chopped olives, chopped fresh herbs, roasted red pepper, fresh chopped or sun dried tomatoes

Trim off the tips of the zucchini and cut zucchini in half lengthwise. Use a spoon to hollow out the center of each zucchini to make a long “boat”. Using tongs, grill the zucchini cut side down for 3-4 minutes. If cooking in the campfire, lay a layer of foil on top of the hot coals and cook the zucchini directly on the foil.

Fill the zucchini halves with pizza sauce, cheese and toppings. If using plain tomato paste, season it first with salt and pepper and fresh chopped herbs, such as basil or rosemary.

Place the filled zucchini boats in foil packets (1-2 halves per packet), leaving space so that the cheese won’t stick to the top layer of foil. Place the packets onto the grill or onto hot coals until the cheese melts, about 10 minutes.



Desserts

Sautéed Cinnamon Apples with Coconut Whipped Cream Serves 10

Canned coconut milk makes an excellent whip cream substitute. It can be whipped ahead of time and if kept chilled, it holds up to storage at camp better than regular whipped cream. Thai Kitchen brand whole fat coconut milk is available at most grocery stores and makes the smoothest whipped cream. Coconut sugar has a slightly caramel flavor that really adds to this dessert, but if you can't find it use 1/3 cup regular brown sugar instead.

Ingredients

1 can full fat coconut milk

½ teaspoon vanilla extract or ½ of a vanilla bean (split open, scrap out the seeds- discard outer shell)

Powdered sugar, stevia or another sweetener to taste

10 small apples or 5 large apples, use a single variety or mix different kinds

1 stick of butter or 1/2 cup coconut oil

1/2 cup coconut sugar

1 tablespoon cinnamon

AT HOME: Chill the can of whole fat coconut milk overnight in the refrigerator. Do not shake the can. The milkfat will separate and harden. Open the can and scoop out the solid white milk fat portion into a mixing bowl. Add sweetener and vanilla extract (or vanilla bean) to the solids in the mixing bowl. Use a mixer on high speed to blend the coconut fat until smooth (about 1 minute). Taste for sweetness and add more sweetener if needed. If the whipped cream is too thick add a little of the thin liquid from the can (1 teaspoon at a time). Discard the thinner liquid portion or use it in a smoothie, curry or other dish. Transfer the whipped cream to a container and keep refrigerated. Store in the camp cooler until ready to use.

AT CAMP: At camp, if the whipped cream seems too stiff remove it from the cooler a little before serving. It will soften up again at warmer temperatures. Core and slice the apples into thick wedges. You can peel the apples or leave the peel on for more structure. Melt the butter or coconut oil in a large skillet over medium heat. Add the apples and sauté for 3-5 minutes. Sprinkle the coconut sugar and cinnamon over the apples and continue to sauté. The coconut sugar will begin to caramelize on the apples and they'll turn golden in color. Lower the heat if the apples begin to burn. When the apples are tender when poked with a fork, turn off the heat and serve with a dollop of coconut whipped cream on top.

Also try Grilled Pineapple spears on the grill! Coat the spears in melted butter or coconut oil, sprinkle with coconut sugar and cinnamon and let them caramelize on the grill. Serve with coconut whipped cream.

Cake Baked in an Orange

This method can be used to bake any type of cake, brownie or muffin recipe or store bought mix at camp. Or use the vegan recipe that follows

At home, mix the dry ingredients and store in a zip lock bag. At camp, empty the ziplock bag or store mix into a bowl and add the wet ingredients. Cut the top 1/4 off of a medium orange. Use a spoon to remove the insides from the bottom and smaller top of the orange (once removed, eat the insides or squeeze the juice out to make orange juice). Pour enough batter into the hollowed out orange to fill the cavity about 2/3 from the cut edge. Put the top skin of the orange back on and wrap the whole orange in tin foil. You've created a mini oven to bake the muffin. Place the wrapped orange directly on hot coals and bake for about 20-30 minutes. Use tongs to rotate the orange once or twice, being careful not to tip the orange so that the batter doesn't spill out. Check the orange after 20 minutes by unwrapping the foil part way and gently lifting the top of the orange away. The top off the orange should pop off without sticking if the muffin is done. A sharp knife or toothpick inserted into the muffin should also come out clean. If not, replace the wrap and put it back on the coals for another 5-10 minutes. Allow to cool and then serve. For added decadence, top with coconut whipped cream or a vegan frosting.



Chocolate Jar Cupcakes with Cream Cheese Frosting Makes about 12 cupcakes

from Dirtygourmet.com

This vegan cupcake is baked in mason jars at home, protecting you cupcakes for packing. You can use the method of baking in a mason jar with any store bought cake mix. You can also bake this cupcake recipe at camp using the "bake in an orange" method above, instead of in jars.

Ingredients

1 cup soy or almond milk, or other alternate milk
1 teaspoon apple cider vinegar
3/4 cup sugar
1/3 cup canola oil
2 teaspoons vanilla extract, divided or 2 vanilla beans (split open, scrap out the seeds- discard outer shell)
1 teaspoon almond extract, divided (omit for Halal diets)
1 cup flour, gluten free flour or a mix of almond and coconut flour
1/3 cup cocoa powder
3/4 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 cup cream cheese or vegan cream cheese or cashew cream
1/2 cup butter, margarine or coconut oil
4 cups powdered sugar
pinch of salt

Tools:

Mason Jars with lids
Piping bag or large zip-top bag

For the cakes:

Preheat oven to 350° and grease jars with butter, margarine or coconut oil.

In a large bowl, combine milk and vinegar. Add the sugar, oil, half of the vanilla and half of the almond extract and mix well. In another bowl, combine the flour, cocoa powder, baking soda, baking powder and salt. In two batches, add the dry ingredients to the milk mixture. Mix until combined. Divide the batter among the jars and bake for 15-20 minutes, until a toothpick inserted in the center comes out clean.

For the frosting:

In a large bowl, beat together the cream cheese and butter or coconut oil until light and fluffy. Add the remaining vanilla and almond extract and the powdered sugar and beat until the sugar is fully incorporated. Spoon the frosting into a piping or ziplock bag. Cup a small hole in the corner off the bag if using a zip lock and squeeze frosting out of the hole to frost the cupcakes. Screw on the lids, and transport to camp.

Campfire Peaches Serves 10

Pack the peaches where they won't be squished or bruised at camp or on the trail.

Ingredients

5 peaches

½ cup mini marshmallows

5 Tablespoon butter or coconut oil

5 teaspoon cinnamon

Handful toppings, such as berries, chocolate chips, coconut flakes, sliced almonds

Slice peaches in half and remove the pit. Fill the hollow with butter and marshmallows, and then sprinkle with cinnamon. Add the extra toppings now or wait and add them after the peaches are cooked. Wrap peaches in tin foil packets, 2 halves per packet, and cook over the campfire for 3-5 minutes.

Dessert Burritos Serves 10

Let each scout assemble their own burritos, choosing the fillings they prefer.

Ingredients

10 tortillas (use gluten or grain free if needed)

1 stick melted butter or coconut oil

1 cup mini marshmallows

1 cup vegan chocolate chips

5 teaspoons cinnamon

1-2 mashed bananas

Other fillings, such as Nutella, nut butter, jam, pudding.

Brush both sides of the tortilla with melted butter or coconut oil. Add fillings of your choice. Wrap tortilla around fillings like a burrito or role the tortilla around the fillings like jelly roll. Wrap in foil and heat on coals.

Try combinations like Nutella and banana or marshmallow and banana, cinnamon and butter, cinnamon and chocolate chips.

Cracker Barrel

Chocolate Fondue Serves 10-15

Use gluten free graham crackers as needed. Strawberries, raspberries or blackberries are an obvious choice here, but grapes and sliced bananas are surprisingly good, too. You can find Lily's brand stevia sweetened chocolate chips online, which cuts down the sugar load even more right before bed time.

Ingredients

1 bag vegan semisweet chocolate chips

1 chilled can full fat coconut milk (don't shake the can)

1 Tablespoon vanilla extract or 1 vanilla bean (split open, scrap out the seeds- discard outer shell)

Assorted berries, sliced fruit, marshmallows, gluten-free graham crackers or cookies

Open the can of coconut milk and spoon out the thicker white fat into a pan or skillet. Reserve the thinner liquid. Melt the chocolate chips with the coconut milkfat over medium heat. Add some of the thinner coconut liquid from the can to thin the mixture as needed and keep the fondue from scorching. Stir constantly until melted and smooth, adding liquid from the can to reach the desired consistency, about 5 minutes. The fondue should be thin enough to drip from the spoon while still coating it, but not too runny. Remove from heat and stir in the vanilla.

Serve warm with fruit or cookies for dipping.

S'mores with almond butter or banana

Smear mashed banana and/or sunflower seed butter or another nut butter, such as almond butter, on graham crackers and smoosh a chocolate square and roasted marshmallow in between. Use gluten free graham crackers, as needed.

Apple S'mores with sun butter

Smear sunflower seed butter or another nut butter, such as almond butter, on thin slices of apple and smoosh a chocolate square and roasted marshmallow between slices.

Banana Boats

Split a banana in the skin, but not all the way through. Stuff with mini marshmallows and vegan chocolate chips. Wrap in foil and bake in hot coals for 20 minutes until everything is soft and melted. Top with chopped nuts, granola or caramel sauce. If you are managing a banana allergy, try using apples or pears.

Gluten Free “Party Mix”

This can be assembled in advance with each scout making their own packet or you can lay out the ingredients at camp and each scout picks their own ingredients for their cup.

Ingredients

Gluten free cereals

Gluten free pretzels

Vegan chocolate chips

Vegan mini marshmallows

Nuts and dried fruits

Nachos in Foil

Let each scout assemble their own nachos, choosing the toppings they prefer. Make use of the end of your evening campfire to warm and melt the cheese. This can easily be turned into dinner by adding seasoned ground beef or turkey, Beyond Meat Feisty Beef Crumbles, black beans, or chili.

Ingredients

Tortilla chips

Shredded cheddar cheese, or vegan cheese

Optional Toppings:

Chopped tomato, onion, avocado

Jalapeno, thinly sliced or pickled jalapenos

Cilantro, chopped

Sour cream or vegan sour cream or cashew cream

Method 1: Foil boats

Take sheets of aluminum foil and crimp the sides so that you have "boats". Arrange a layer of tortilla chips over the bottom of the foil. It's okay if some of the chips overlap, but all chips should have some exposure at the top. Sprinkle with cheese. Tent the foil boats to keep heat in. Place nacho boats on a grill over the campfire or tuck them in near the coals, rotating occasionally until the cheese melts.



Method 2: Tin pie plates

Have each scout prepare chips and cheese in a disposable pie pan and seal it in aluminum foil. Using a long pair of tongs, hold the pan over the campfire or you can also set it directly on your grill. Heat until cheese melts.



After the cheese is melted, sprinkle with the optional toppings.

Menus and Resources

Campsite Menu

Use fresh foods early, such as dairy, meat, vegetables, and then rely on boxed or canned foods later in the camp.

Day 1 Optional Dinner:

Zucchini Pizza Boats

Day 1 Cracker Barrel:

Apple S'mores with sun butter

Day 2 Breakfast:

Pancakes with syrup or jam

Yogurt

Fruit

Use gluten free or grain free pancake mixes as needed. Use dairy free yogurt options as needed.

Day 2 Lunch:

Roll Ups

Veggie Sticks

Use gluten free or grain free tortillas or crepes, or lettuce leaves as needed for the wrap.

Day 2 Dinner:

Fiesta or **Kabobs with rice or quinoa**

Sautéed Cinnamon Apples with Coconut Whipped Cream

Either of these dinner meals can be adapted to everyone in your group. Each person assembles their own portion, choosing from the ingredients provided.

Day 2 Cracker Barrel:

Chocolate Fondue with fruit, marshmallows and graham crackers

Use gluten free graham crackers as needed.

Day 3 Breakfast (Serves 10):

Oatmeal or Quinoa with dried fruit, nuts, honey and milk

Use alternative milks as needed.

Day 3 Snack:

Pancake "sandwiches"

Need a snack for the drive home? Use leftover pancakes from Day 2 breakfast to make nut butter or mashed banana sandwiches.

Backpacking Menu

When planning your meals, consider how your ingredients will hold up to storage during the hike. Fresh foods like meat or pre-cooked stews can be used early in the hike by freezing them in advance and letting them thaw during the hike. Control how fast they thaw by using an insulated lunch bag with or without an ice pack.

Day 1 Optional Dinner:

Hot Dogs

Veggie Sticks

Use alternative hot dogs as needed, such as Kosher or vegetarian versions. Use gluten free buns as needed. Freeze hotdogs before the trip and place in an insulated lunch bag for the hike. Cook hot dogs by boiling in water or roasting over a camp fire.

Day 1 Cracker Barrel:

S'mores with almond butter or banana

Use gluten free graham crackers, as needed.

Day 2 Breakfast:

Granola with powdered milk

Fresh apples or oranges

Use alternative powdered milks as needed. Reconstitute with water.

Day 2 Lunch:

Ploughman's Lunch

Can be packed along for a hike. Everyone will select the items they can enjoy. If needed keep some items in an insulated lunch bag with an ice pack for night 1 and the morning of day 2.

Day 2 Dinner:

Tomato Soup with Grilled Cheese

Use gluten free bread or grain free tortillas as needed.

Day 2 Cracker Barrel:

Gluten-free "Party Mix"

Scouts can prepare their portion in advance.

Day 3 Breakfast:

Allergen Free Blueberry Muffins

Fresh oranges or apples

Make the muffins in advance or try the "cook in an orange" method in the morning camp fire.

Day 3 Lunch:

Pumpkin Hummus with carrots and crackers

Use gluten free or grain free crackers as needed.

Resources

Cookbooks that can be checked out from the library and websites with free recipes.

Websites

Dirty Gourmet – Vegan and vegetarian recipes for camping and backpacking.

www.dirtygourmet.com

Backpacker Magazine – Easily adaptable trail recipes can be found under Skills: Cooking.

www.backpacker.com

Gluten Free Girl – Gluten free recipes of all kinds.

<https://glutenfreegirl.com/gluten-free-recipes/>

Art of Gluten Free Baking – Recipes for gluten free pancakes, muffins, breads, cookies, etc.

These recipes will pass even your picky white bread eaters.

<http://www.artofglutenfreebaking.com/recipes-2-2/>

Paleo Plan - Grain free recipes of all kinds.

<http://www.paleoplan.com/recipes/paleo-breakfast-eggs-recipes/>

Cookbooks

A Fork in the Trail, by Laurie Anne March

Vegetarian and vegan backpacking recipes.

Another Fork in the Trail, by Laurie Anne March

More vegetarian and vegan backpacking recipes.

Paleo Indulgences, Tammy Credicott

Recipes for grain free pancakes, muffins, breads, cookies, etc.

Bonus Recipe: Bean Free and Allium Free Chili with Gluten Free Cornbread

Serves 4-6 people, double or triple as needed

The cornbread could easily be done in a cast iron dutch oven at camp.

Chili

Ingredients

2 large carrots, diced
 2 stalks of celery, diced
 2 medium sized bell peppers, seeded and diced
 2 tablespoons ghee or olive oil
 1 pound ground beef
 1/2 pound ground pork or ground turkey
 3 tablespoons of tomato paste
 1 teaspoon cumin
 1 tablespoons chili powder
 1 1/2 teaspoons dried oregano
 1 tbsp unsweetened cocoa powder
 6 oz of beef or chicken broth
 16 oz tomato juice

1 28 oz can diced tomatoes, preferably fire roasted
 salt and pepper

Allium Free Chili Powder

1 Tablespoon Paprika
 2 teaspoons ground Cumin
 1 teaspoon dried Oregano
 1 teaspoon ground coriander
 1 teaspoon Allspice
 1 teaspoon ground cloves
 ½ teaspoon cayenne pepper,
add more to taste for spicier

For garnish: cilantro, cheese, avocado, sour cream

Instructions

1. Chop all vegetables before starting to cook for smooth timing.
2. Once all veggies are chopped, heat a large pot or dutch oven over medium heat with 2 tablespoons ghee or olive oil. Add carrots, celery, peppers and 1/2 teaspoon of salt and continue to cook for another 10-12 minutes, stirring occasionally, until veggies start to shrink and soften. A little caramelization is okay and will actually add more depth of flavor to the soup, but don't let them burn or you'll end up with some bitter flavors. If veggies are getting too dark just turn the heat down a little bit, and cool things down with a tablespoon of water.
3. Stir in tomato paste, chili powder, cumin, oregano and cocoa powder and cook, stirring constantly, until tomato paste starts to darken and spices become aromatic – about 2 minutes.
4. Add ground meats, 1/2 teaspoon ground pepper and 1 1/2 teaspoons salt. Break up the meat with a wooden spoon, and stir until thoroughly combined with veggies. Cook until meat is pretty much cooked all the way – about 5 minutes.
5. While the meat cooks and releases some liquid you should be able start scraping up any brown bits that have formed on the bottom of the pan, but if not, don't worry. Once you add more liquid it will loosen, just remember to scrape it up at some point to incorporate those deep flavors that have developed on the bottom of the pan into the chili.
6. Once meat is pretty much cooked, pour in the can of crushed tomatoes and enough broth to make the chili a little more soupy than you want it (it will reduce down). Bring up to a simmer and cook for about 45 minutes, stirring every once and awhile, until veggies are soft and soup has reduced slightly.
7. If the soup has reduced too much, and is thicker than you would like, you can thin it out by adding a little broth at a time and stirring it in until it's just right.
8. Top with cilantro, cheese and avocado and serve!

Skillet Cornbread

Ingredients

1 ½ cups coarsely ground yellow cornmeal
½ cup cassava flour or tapioca flour
1 teaspoon kosher salt
1 teaspoon baking soda
2 teaspoons baking powder
1 egg at room temperature, beaten
4 tablespoons butter, melted and cooled
1 1/2 cups plain yogurt, at room temperature (can substitute an equal amount of sour cream or buttermilk)
3-4 tablespoons honey

Directions

Preheat your oven to 400°F. Grease a 12-inch cast iron skillet or an 8-inch square or round pan, and set it aside.

In a large bowl, place the cornmeal, cassava flour, salt, baking soda and baking powder, and whisk to combine well. In separate bowl, mix the egg, butter, yogurt and honey, and whisk to combine well.

Create a well in the dry ingredients and pour in the wet ingredients. Mix until just combined. The mixture will be relatively thin (thinner if you used buttermilk). Pour the mixture into the prepared pan. Bake for 20-30 minutes (closer to 20 minutes if using a cast iron skillet), or until lightly golden brown on top, golden brown around the edges, and a toothpick inserted in the center comes out clean. Slice and serve immediately.