

Backpacking Breakfast Choices

Cold Breakfasts

Choose these for days when you want a quick start to the day and don't want to take the time to cook or wait for the stove to cool off before hiking. Cold breakfast is also great if your crew prefers to hike a while and then take a break for breakfast.

Choose one item from each column:

Bread / Starch	Protein	Fruit	Drink
Dry cereal (frosted minwheats, cheerios, etc)	Powdered Milk or soy milk (add cold water or eat dry)	Raisins	Water
Bagel or English muffin	Nut butters (Peanut, cashew, almond (and Jelly)	Dried apples	Tang
Muesli	Jerky	Mixed Dried Fruit	Box juice (heavy)
Granola or granola bars	Slim Jim (meat sticks)	Fruit leathers	
Fruit and Cereal Bar	Peanuts	Applesauce (heavy)	
Cereal Bar	Roasted Sunflower Seeds	Dried pears	
Trail Bread	Cheese	Dried cranberries (craisins)	
Energy bar - Cliff Bars, Power Bars, etc	Nuts (walnuts, pecans, cashews)	Dried Mango	
Pop Tarts	Smoked fish (salmon, trout)		

Make a breakfast gorp from a selection of items from each column, such as cheerios, sunflower seeds, and raisins, or fresh (and really sticky) raisins and oats. You can create a gorp for breakfast, lunch, or for trail snacks.

Hot Breakfasts

These are best for cold and / or leisurely days. Add items from above to balance out the meal. You can also make pancakes or eggs using egg mixes if you bring a frying pan. Pancakes and eggs also work for dinner if you eat your mail meal some other time during the day.

Hot Chocolate, hot cider, coffee or tea can be added to any breakfast, lunch or dinner.

Oatmeal – use instant, or make your own mixtures by adding nuts, dried fruits, powdered milk, brown sugar, or a combination of things. Add hot water and stir.

Cheese Grits

2 packs of Instant Grits, 1/3 cup powdered milk, and 1- 2 ounces of cheese and a pinch of garlic powder (optional). Add boiling water, cover, and stir. Add salt and pepper to taste. Makes 1 serving, about 500 calories (with 2 ounces of cheese).

Fried Bread with Cinnamon and Sugar (you have to carry a fry pan, not often done on backpacking trips, plus it's messy and hard to clean up). Also makes a great dessert.

Use a crusty bread that will hold up in a pack. Slice it and butter, sprinkle with cinnamon and sugar, and fry lightly over a low flame. Repeat with other side. It tastes a bit like a cinnamon roll or sticky bun.

Cherry-Walnut Couscous Porridge

½ cup instant couscous
½ cup powdered milk or soy milk
¼ cup finely chopped walnuts
3 tablespoonfuls light brown sugar
½ teaspoon ground cinnamon
1/8 teaspoon salt
1 ¼ cup water

At home: Combine all dry ingredients in ziplock bag.

On the trail: Bring water to a boil, Stir in dry mix, cover and remove from heat. Allow to sit for 10 minutes. Stir and serve. Serves 2, 460 calories per serving.

Breakfast Couscous

1/3 cup whole wheat couscous
2 tablespoonfuls powdered milk or soy milk
2 tablespoonfuls dates or other dried fruit
½ tablespoon brown sugar
1/16 teaspoon (pinch) salt
1/8 teaspoon cinnamon
2 tablespoonfuls chopped walnuts or other nuts of your choice
2/3 cup water (check couscous directions to make sure it matches)

At home: combine all dry ingredients in a ziplock bag.

On the trail: Boil water, add the mix and cook for 2 minutes. Cover and let stand for 5 minutes (until liquid is absorbed and the couscous is tender). Makes 1 serving of about 500 calories.

Breakfast Rice

1 cup instant brown rice
¼ cup raisins (or any dried fruit)
¼ cup chopped pecans
2 tablespoons sugar
1 teaspoon cinnamon
(carry any other seasonings you like – brown sugar, butter, powdered milk, etc)
¼ teaspoon salt

1 ¼ cup water

At home: combine dry ingredients except for salt (carry separately) in ziplock bag.

On the trail: Bring water and salt to a boil. Add remainder of ingredients, cover and simmer 10 minutes or until rice is tender. Makes 2 servings, 400 calories each.

Mule Fuel

1 cup Quaker Old Fashioned Oats

1 packet spiced apple cider mix

¼ cup slivered almonds

¼ cup raisins, cranberries, blueberries, or chopped dried fruit mix

½ teaspoon cinnamon

1 cup water

At home: combine all dry ingredients in ziplock bag

On the trail: Bring water to a boil and add to mixture and stir. Makes 1 serving, 680 calories. This one is also good with cold water as a cold breakfast.

The above recipes come from the following sources:

Backpacker: Backcountry Cooking, Dorcas Miller, The Mountaineers, 1998

LIPsmakin' Vegetarian Backpackin', Christine and Tim Conners, ThreeForks, 2004

LIPsmakin' Backpackin', Christine and Tim Conners, ThreeForks, 2000

Backpack Gourmet, Linda Frederick Yaffe, Stackpole Books, 2002

The Well-Fed Backpacker, June Fleming, Vintage Books, 1986