

## No-Cooking Recipes

You're not going to need a fire or even many utensils to prepare these recipes. So, use these when you're on the go or have a busy schedule planned or on your first outing with younger girls.

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| <p><b>Gorp</b><br/>(A nutritious, high energy snack food easily carried.)</p> <p>raisins<br/>nuts<br/>dried fruit: prunes, apples, banana flakes, etc.<br/>Chocolate chips<br/>candy-coated chocolate<br/>cereal<br/>pumpkin seeds<br/>shelled sunflower seeds<br/>coconut<br/>pretzel sticks</p> <p>Mix many or all of these ingredients together and put individual portions in paper cups or baggies. Great for carrying on a hike, or an event away from main camp site.</p> <p><b>Carrot Salad</b></p> <p>1 8 oz. Can crushed pineapple<br/>6 carrots<br/>1 cup raisins<br/>1/3 cup mayonnaise<br/>1 small 1 head lettuce</p> <p>Wash carrots and grate in large bowl. Open pineapple and drain. Combine pineapple, raisins and mayonnaise with grated carrots. Separate lettuce in full leaves. Dish up combination and serve on lettuce leaves.</p> <p><b>Ants on a Log</b><br/>Fill celery with peanut butter. Place ants (raisins) on peanut butter.</p> | <p><b>Walking Salads</b><br/>(Serves 12.)</p> <p>12 apples<br/>2 cups peanut butter<br/>1/2 cup raisins<br/>1/2 cup nuts</p> <p>Cut the tops off the apples. Core apples leaving the bottom on. Scoop out some of the pulp. Chop this pulp and mix it with peanut butter, raisins, and nuts. Fill apples with mixture and replace tops. Wrap for a hike. (Or, to eat right away, try swapping cottage cheese and 2 Tbs. mayonnaise for peanut butter.)</p> <p><b>Fruit Mix/Friendship Salad</b><br/>Each person brings their choice of fruit; here are some suggestions</p> <p>2 large cans mixed fruit<br/>4 oranges peeled, sectioned<br/>4 bananas, peeled and cut up<br/>3 apples, cut up<br/>1 dozen marshmallows</p> <p>Mix all ingredients together and serve in bowls.</p> <p><b>Green Salad in a Sack</b><br/>(Serves 6-8 people.)</p> <p>1 large head lettuce/cabbage<br/>4 carrots, grated<br/>1 cucumber, diced<br/>4 stalks celery, diced<br/>1 bottle salad dressing<br/>6-8 plastic zip-lock bags</p> <p>Tear lettuce into bite-sized pieces. Put some of each ingredient in each plastic bag. Add dressing to taste and shake bags. Bags can be carried on a hike. (or use coleslaw mix. It doesn't wilt as quickly as lettuce.)</p> | <p><b>Sleepy Banana Salad</b><br/>(Serves 12.)</p> <p>12 small bananas<br/>2 cups peanut butter or mayonnaise<br/>1/2 cup raisins<br/>1/2 cup nuts, chopped<br/>12 lettuce leaves</p> <p>Peel and split bananas lengthwise. Fill split with raisins, nuts and peanut butter or mayonnaise. Wrap in lettuce leaf.</p> <p><b>Sandwiches</b><br/>Any sandwich makes a good, quick lunch for a busy day at camp or for very hot days. Use your imagination with fillings. A cooler is necessary when using sandwiches with mayonnaise or other foods that could spoil when left at room temperature. If you don't have refrigeration or a good cooler, stick with safe foods.</p> <p><b>Orange Soda</b><br/>(Individual servings.)</p> <p>1 fresh orange<br/>1 peppermint candy stick</p> <p>Knead the orange for about 10 seconds. Cut a small hole in one end of the orange. Insert the peppermint stick. Juice is sucked through the stick.</p> <p><b>Tasty Yogurt</b></p> <p>yogurt, plain<br/>fruit, cut up bite size<br/>maple syrup<br/>honey<br/>jelly or preserves</p> <p>Personalize yogurt by adding one of the above to plain yogurt.</p> |
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