

Breakfast Muffins

Category	Activities
Badge	Cooking
Advancement	Campcraft
Time to allocate (mins)	45
Outcome	To fry eggs and brown muffins/rolls

Muffins

Eggs

Ham/Cheese

Spatulas

Frying pans

Resources

Charcoal

Firelighters

Matches

Oil/Spray and cook

Grill

Paper plates

Cubs to first build fires. Have kindling, etc. on hand if time is limited. Add charcoal once fires started.

Once fires ready, Cubs to follow the recipe:

Recipe Ingredients:

(per cub)

- one muffin
- one egg (veggie patty for vegan Cub)
- one slice ham / one slice cheese
- butter, salt & pepper

Instructions

This is a very simple recipe that only uses a campfire, frying pan and spatula, a fork to split the muffins, and a knife if you need to slice the cheese.

Instructions:

The eggs are fried as hard eggs, so be sure to break the yolks when you fry them

Melt the cheese by placing it on the eggs as soon as you turn them

If you are using a campfire grate or charcoal grill, just lay the muffins on the grill, and turn once, to toast both sides – then butter the inside of each half

You can also toast the muffins in a frying pan – just make sure it is already hot, and butter the muffins before you toast them

Entry written by Sharon Venn of 1st Randburg