

Kalalla Squares

In a saucepan on the stove, warm together and bring to a boil:

1 cup **white sugar**

1 cup **honey**

Add and mix well:

1 ½ cups **peanut butter**

1 ½ tsp. **vanilla**

Pour this mixture over the following combined ingredients in a large bowl:

3 cups **Rice Krispies**

3 cups **Corn Flakes**

Mix all together and press into a greased 9 x 13 pan. Let cool. Enjoy!

Kalalla Oatcakes

In a large bowl, combine:

1 cup **flour**

3 ½ tsp. **baking powder**

½ tsp **salt**

½ tsp **cinnamon**

¾ cups **rolled oats**

½ cup **brown sugar**

In a separate bowl, combine:

1 **egg**

1 cup **milk**

¼ cup **oil** (vegetable, sunflower, etc.)

Add the liquid ingredients to the dry then pour into an 8 x 8 pan.

Bake for 30 minutes at 400°F. Done when a knife inserted in the centre comes out clean. Yum!

Chipper's Banana Bread

Combine well in a large bowl:

3 overripe **bananas**, mashed

¾ cup **white sugar**

1 **egg**

1/3 cup melted **butter** (oil works too)

Combine in a smaller bowl:

1 ½ cups **flour**

1 tsp. **baking soda**

1 tsp. **baking powder**

½ tsp. **salt**

Add the dry to the wet ingredients and stir until just mixed.

(Optional – Add:

½ cup **chocolate chips**)

Pour into a loaf pan and bake 30-40 minutes at 375°F or until knife inserted in the centre comes out clean.

Can also put into 12 muffin cups and reduce baking time to 20 minutes.

Chipper's Mom's Mac & Cheese

6 tbsp butter, divided

3 tbsp flour

1 tsp salt

½ tsp pepper

3 cups milk

2 ¼ cups old cheese, divided

½ tsp Worcestershire sauce

½ tsp yellow mustard

2 cups macaroni

1/3 cup breadcrumbs

Preheat oven to 350°F. Cook macaroni according to package directions, then drain. Meanwhile, melt **3** **tbsp** butter in a medium saucepan on the stove. Add flour, salt and pepper and stir. Add milk slowly, while whisking. Cook until it starts to “thicken” on a simmer. Add **2 cups** cheese, Worcestershire sauce, mustard and stir until cheese melts. Put cooked macaroni into a casserole dish and stir in cheese sauce. Combine breadcrumbs with ¼ cup cheese and 3 tbsp of melted butter. Sprinkle over the top of the casserole.

Bake at 350°F for about 30 minutes or until bubbly.

Other favourite camp food recipes that can be found on-line:

Quinoa Tabbouleh: <https://www.allrecipes.com/recipe/25922/quinoa-tabbouleh/>

Classic Baked Spaghetti: <https://www.food.com/recipe/classic-baked-spaghetti-32731>

Chili Cornbread Casserole: <http://www.eatingwell.com/recipe/250144/chili-cornbread-casserole/>

Taco hummus and tortilla chips: <https://www.bettycrocker.com/recipes/taco-hummus-and-tortilla-chips/d9323595-1566-461e-b0bf-955ff5480374>

Shreddies Gingerbread Snack Mix: <https://www.food.com/recipe/shreddies-gingerbread-snack-mix-443986> (We loosely follow this recipe – for example, we don't add nuts and we use Chex cereal and Cheerios (and gluten-free pretzels) to make it gluten free.)