

Cereal-icious

Shop | Pack | Prep | Eat

Breakfast should be quick, easy and full of energy. Cooking and eating should not take a lot of time to prepare or clear up afterwards. In the colder months, something quick but hot will warm you up.

Shop

- **Cereal or Muesli of choice** - (remember to choose a nut-free variety)
- **Dried Fruit box** - sultanas, cranberries, apricots
- **Fruit Cup or Fruit Pouch** - peaches, two fruits etc
- **Milk Powder or a Milk Popper** - (flavoured if you want)



Prep

before the expedition

- Put a serve of cereal into a sandwich snap-lock bag.
- Tip in the box of dried fruit.
- Place the fruit cup/fruit pouch in the bag (unopened).



To Eat

- Open the snap-lock bag
- Pour fruit cup or squeeze fruit pouch onto the cereal
- And/or pour in the milk
- Or add water if you've used milk powder
- Grab your spoon
- Eat and Enjoy!!



Utensils

all you need

Yum! - Tasty and filling.