

EXPEDITION FOOD GUIDE

Keep energetic, strong and happy with these recipe ideas while you explore.

Brilliant nutrient-dense ingredients for strength, energy, endurance and JOY!

These ideas include ingredients that will make you feel fuller for longer, but not deplete your energy so that you will be able to keep going, with a positive frame of mind, through thick and thin (sun, wind and rain!)

	RECIPE IDEA	INGREDIENTS
BREAKFASTS		
1	Granola bars	Ideally home-made and packed full of oats, nuts, seeds and dried fruit and baked with some honey. You can also use quinoa or buckwheat flakes instead of oats
2	Protein bars	Again, best home-made. Usually with dried fruit (dates/apricots) whizzed in food processor with nuts (cashews/almonds) and delicious flavourings (cacao/cocoa powder). Bind with some odourless coconut oil and a splash of water. You can add extra protein with hemp seeds or a good quality protein powder.
3	Porridge	Boil up porridge with water, dried milk powder, dried berries, a few walnuts or pecans and some brown sugar. You can also swap the oats for buckwheat or quinoa flakes for extra protein.
4	Overnight oats	Mix oats with yoghurt, grated apple, raspberries, some chopped walnuts or pecans, a pinch of ground cinnamon, some raisins and a little honey/maple syrup. Leave overnight, stir in some milk if too thick.
5	Pancakes	Make up a mix with dried egg/dried milk powder, plain flour and a little sugar before you go. Just stir in water before frying.
LUNCHES		
6	Sandwiches/wraps/pittas	<ul style="list-style-type: none">- Peanut butter- Ham and cheese- Tuna mayo (ring pull tins)- Bacon and egg- BLT
7	Cured meats	Biltong, salami, pepperoni, parma ham
8	Tuna salad	Tuna, rice, sweetcorn, cheese, mayo
9	Cheese salad	Cubes of cheese (cheddar/feta/mozzarella), cucumber, sundried tomatoes, olives,
10	Stuffed pepper	Take the top off a small red pepper, scoop out and discard the seeds. Fill it up with hummous, boursin or smoked mackerel pate. Pop the lid back on, wrap up.
SNACKS ON THE GO		
11	Roast mixed nuts	Lightly roasted mixed nuts. Buy already roasted or make your own, with nuts and a little oil with a sprinkling of salt. You can also add seeds and for decadence, roast with a little sugar and ground cinnamon for a crunchy finish.
12	Trail mix	Prepare a big bag of mixed nuts, mixed pumpkin/sunflower seeds, mixed dried fruit, dark chocolate chips and coconut flakes.
13	Energy balls	Mix a cup of oats with 2/3rds cup peanut butter, 1/3rd cup maple syrup, ¾ cup dried fruit/nuts/seeds/choc chips, 1 tbsp ground linseed/protein powder, pinch sea salt, pinch ground cinnamon/ginger, ½ tsp vanilla extract,
14	Fruit & Veg	Pears (eat first), apples, carrots, cucumbers. (Bananas /oranges – <i>but remember you cannot throw the peel into the hedge!</i>)
15	Peanut butter flapjacks	Raw flapjacks – mix 120g oats with 2 tbsp peanut/almond butter, 1 tbsp melted odourless coconut oil, 3 tbsp honey/maple syrup and 20g sunflower seeds. Chill in tray overnight then cut into bars.
SUPPERS		
16	Chorizo Risotto	Onion/garlic granules, rice, oil, chorizo, parmesan, peas, sweetcorn
17	Pot Noodles	Vermicelli rice noodles, stock cube, garlic, ginger, carrot, peas, soy sauce sachet, tofu
18	Couscous pot	Couscous, stock cube, tinned tuna/salmon/ham, carrot, peas, dried onion flakes
19	Corned beef hash	Corned beef, boiled potato, seasonings, fried.
20	Cheesey pasta	Pasta, cheese, ham (tinned), peas

* * * NUT-FREE EXPEDITION FOOD GUIDE * * *

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	RECIPE IDEA	INGREDIENTS
BREAKFASTS		
1	Granola bars	Ideally home-made and packed full of oats, seeds and dried fruit and baked with some honey. You can also use quinoa or buckwheat flakes instead of oats, the addition of ground linseeds will help bind the bars.
2	Protein bars	Again, best home-made. Usually with dried fruit (dates/apricots) whizzed in food processor with seeds (pumpkin, sunflower, chia, sesame) and delicious flavourings (cacao/cocoa powder). Bind with some odourless coconut oil (if tolerated) or olive oil and a splash of water. You can add extra protein with hemp seeds or a good quality protein powder.
3	Porridge	Boil up rolled oats (rolled for speed) with water, dried milk powder, dried berries, a few mixed seeds and some brown sugar. You can also swap the oats for buckwheat or quinoa flakes for extra protein.
4	Overnight oats	Mix oats with yoghurt, grated apple, raspberries, some, a pinch of ground cinnamon, some raisins and a little honey/maple syrup. Leave overnight, stir in some milk if too thick.
5	Pancakes	Make up a mix with dried egg/dried milk powder, plain flour and a little sugar before you go. Just stir in water before frying.
LUNCHES		
6	Sandwiches/wraps/pittas	<ul style="list-style-type: none"> - Peanut butter - Ham and cheese - Tuna mayo (ring pull tins) - Bacon and egg - BLT
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10	Stuffed pepper	Take the top off a small red pepper, scoop out and discard the seeds. Fill it up with hummous, boursin or smoked mackerel pate. Pop the lid back on, wrap up.
SNACKS ON THE GO		
11	Roast mixed seeds	Lightly roasted mixed seeds. Make a mixture of pumpkin, sunflower, chia, sesame, hemp seeds and a little oil with a sprinkling of salt. Roast with a little sugar and ground cinnamon for a crunchy finish.
12	Trail mix	Prepare a big bag of mixed pumpkin/sunflower seeds etc, mixed dried fruit, dark chocolate chips and coconut flakes (roasted if you like for extra golden crunch)
13	Energy balls	Mix a cup of oats with 2/3rs cup almond butter, 1/3 rd cup maple syrup, ¾ cup dried fruit/seeds/choc chips, 1 tbsp ground linseed/protein powder, pinch sea salt, pinch ground cinnamon/ginger, ½ tsp vanilla extract,
14	Fruit & Veg	Pears (eat first), apples, carrots, cucumbers. (Bananas /oranges – <i>but remember you cannot throw the peel into the hedge!</i>)
15	Tahini flapjacks	Raw flapjacks – mix 120g oats with 2 tbsp tahini,, 1 tbsp melted odourless coconut oil, 3 tbsp honey/maple syrup and 20g sunflower seeds. Chill in tray overnight then cut into bars.
SUPPERS		
16	Chorizo Risotto	Onion/garlic granules, rice, oil, chorizo, parmesan, peas, sweetcorn
17	Pot Noodles	Vermicelli rice noodles, stock cube, garlic, ginger, carrot, peas, soy sauce sachet, tofu
18	Couscous pot	Couscous, stock cube, tinned tuna/salmon/ham, carrot, peas, dried onion flakes
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Thank you so much for deciding to download my Expedition Food Ideas document which I hope you will find really useful.

Last year I saw lots of comments on social media from parents who were worried about what they should send their teenagers away with on their DofE expedition and realised that I could help!

There is lots to consider, not least food getting squished, packets (or orange peel) littering the countryside and of course the danger of food going off and becoming dangerous to eat.

I hope you find it helpful and of course you can contact me directly if you have any questions.

Good luck and have fun! Be x