



# Campfire crisp

## Recipe card

### Equipment

- Frying pan
- Wooden spoons
- Knives and forks
- Chopping board
- Apple slicer
- Bowls or cups

### Ingredients

- Apples
- Coconut oil
- Rolled oats
- Maple syrup or honey
- Cinnamon
- Seeds

### Task one: slice away

- Without peeling them, use the slicer to cut the apples into pieces.
- Place the slices on a plate or chopping board and use a knife and fork to chop them into chunks.

### Task two: get cooking

- Place the frying pan on a camp grill/grate over the fire; add a little coconut oil and let it melt.

### Task three: mix it up

- Each person should add a handful of oats. Stir with a wooden spoon until they are lightly coated in the oil and keep stirring until they are golden brown.
- Add a sprinkle of cinnamon and a dollop of maple syrup or honey.
- Add enough syrup or honey to lightly coat the oats but not so much that the mixture gets gloopy.
- Add seeds if using and then the apple chunks. Cook for three to four minutes, stirring constantly so it doesn't stick.
- Everyone should take turns to mix and stir – it should smell delicious!

### Task four: tuck in

- Place the mixture into bowls and eat while it's still warm, or let it cool and add yoghurt or cold milk and eat it as a cereal.
- Enjoy eating the snack around the fire embers.