

Indoor Cooking
Non Cook Recipes



girl scouts
greater los angeles

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COOKING PROGRESSION

These recipes are designed to introduce leaders and girls to some of the techniques used when cooking outdoors. The recipes are only suggestions. Feel free to substitute your favorite recipes or alternate ingredients (e.g. turkey products for beef or pork). Some of the recipes utilize processed foods for convenience, but healthier alternatives such as fresh fruits and vegetables are always recommended when practical. Consider do-ahead preparations by the girls at a meeting or helpful parents for items like grated cheese, pre-cooked pasta, bacon or ground meats, or spaghetti sauce. Just about anything you can cook at home may be prepared in the out-of-doors with a bit of planning and as you troop's skills progress. The first four levels and some of level six are very doable for an "Indoor" setting, using stovetop, ovens, and convenience foods.

1. **No Cook**

Start teaching cooking skills including knife handling and hygiene. Whole meals may be planned around sandwiches or salads. Open, assemble, and eat with very little prep. Simple recipes may be tried at meetings. Take along in a sack for short hikes.

2. **Heat and Eat**

Boil water for tea, cocoa, and instant soup. Heat and eat items such as canned foods -- soups, stews, and chili -- cooks FAST!

3. **One Pot Meals**

A main dish that is cooked in one big pot, such as a stew, chili, or soup provides a tasty meal with a minimum of talent or clean-up. Supplement with a salad, drink, and dessert for an entire meal. Cook first for a patrol, then for the whole troop/group. Progressive cooking is on a kitchen stove, on a propane stove*, in a pot over charcoal*, or over a wood fire*.

4. **Foil Pouches or Ember* Cooking**

Use foil as an open skillet or seal and cook dinners with chicken or other meats in an oven, over charcoal* or wood fires*. Recipes in this group include cooking on grills*, in orange halves, and in foil pans over or near coals*.

5. **Stick Cooking****

Use dowels, other sticks or toasting forks, over charcoal and coals from wood fires.

6. **Griddle, Skillet, or Buddy Burner†**

Need to be careful with handling pans, hot grease, and hot foods to cook pancakes, French toast, bacon, quesadillas, etc. See [Can Cooking*](#) for instructions on making a Vagabond Stove and Buddy Burner, as well as recipes for cooking with cans.

7. **Dutch Oven***

Great food but time consuming. Well worth the effort. Look for the kind of Dutch oven with flat lid and a lip for hot coal placement on top described in [Dutch Oven Care](#).

8. **Box Oven***

Use a cardboard box that is covered with heavy duty foil; challenging, need time and patience. See [Box Oven Directions](#) for instructions on making and using a box oven.

** An adult must be trained at Outdoor Education Level 2 before leading the girls in these methods.

† Griddle and skillet cooking may be done indoors on a kitchen stove with Outdoor Education Level 1 training.

NO COOK RECIPES

No Cook recipes are a good place to start safe and sanitary kitchen habits. These provide a good beginning of measuring, mixing, and knife handling. Open, assemble, and eat with very little preparation. Whole meals may be planned around sandwiches or salads. Raw vegetables and/or fruits may be used for “walking salads” for a quick meal on a hike or an easy, no fuss meal on arrival at camp. Simple recipes may be tried at meetings.

SNACKS

(Ants) Bugs on a Log

Fill ribs of celery with peanut butter or cream cheese and top with raisins or nuts.

Apple Surprise

Core small apples (or use ½ dipped in lemon juice and water.) Stuff with Miracle Whip, cream cheese or peanut butter mixed with chopped celery, nuts, raisins, chopped dates.

Applewitches

Spread apple slices with peanut butter or cheese spread.

Beetles in a Bush

Spread small pieces of curly Napa cabbage with peanut butter or cheese spread. Dot with raisings and fold over.

Bird Seed

Combine one cup each, sugar-coated ready-to-eat cereal, raisins, M&M's, and salted peanuts.

Breakfast Kabobs

Onto small wooden skewers, alternate cake (not glazed) donut holes and strawberries. Drizzle with a SMALL amount of chocolate ice cream topping or sprinkle with powdered sugar.

Brownie Smiles or Red Lips

Core and slice any red-skinned apple. Spread one side of each of two apple slices with peanut butter. Put a row of mini marshmallows between the two apple slices, using the peanut butter to hold the marshmallows in place. (the apple slices with the red peel are the lips and the marshmallows are the teeth of the “smile”).

Carrot Wheels

Dip slices of large carrots in peanut butter or cream cheese thinned with a little honey, or use as a dip.

Cereal Necklaces

½ c. cereal with holes

¼ c. mixed dried fruit (apricots, apples, pineapple, etc.)

Tie one piece of cereal onto one end of a 28 inch piece of cotton string or dental floss. Be careful. Don't break the cereal! Leave at least a 1" tail. Thread the string through a large needle. Thread the cereal and fruit onto the string in any design, making a long chain. When you have just an inch or two of string left, pull the needle off the thread and tie the ends of the string together. Wear the edible necklace, nibbling from the string when you are hungry for a snack.

Edible Fire

This is fun to do to teach girls how to build a fire without having to build a bonfire in the middle of the room.

Use:

Marshmallows

Coconut

Pretzels

Cheetos

Chocolate chips

Licorice/Suckers

Juice or Water

Represents:

Rocks for fire ring

Tinder (small pieces that burn) such as dried pine needles, dried leaves, wood shavings

Kindling (larger than tinder) such as twigs, splintered pieces of wood

Fuel (larger wood that keeps fire going) like dried seasoned wood, charcoal

Fire starter (homemade from egg carton, sawdust/ charcoal, wax

Shovel/ Rake

Bucket of water

Edible Play Dough

Combine one 18 oz. jar of creamy peanut butter with 6 Tbsp. of honey. Add enough non-fat dry milk to make the dough workable. Make snakes, turtles, and maybe even a crocodile!

GORP

(Good Old Raisins and Peanuts) or Trail Mix

Mix any combination of:

salted peanuts

raisins

mixed dry fruit

banana chips

dried cranberries

dried apricot

sunflower seeds

dates

pumpkin seeds

flaked coconut

dried apples

M&M's

pretzels

sesame sticks

licorice bites

walnuts

pecans

cashews

granola or other cereal.

In a zipped plastic bag, this is a great snack for the trail. Due to allergies and likes/dislikes, separate bags for each girl are a good idea. This list is just a starting point. Add anything the girls might like within budget.

Graham Ghosts

Spread cream cheese (mixed with milk to thin) on graham cracker squares. Make features with raisins. (White frosting also works)

Gooey Ghosts

Spread graham crackers with peanut butter and top with marshmallow crème.

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Peanut Butter-Grape Snacks

¼ c. nonfat dry milk powder 1/8 tsp. cinnamon
¼ c. creamy peanut butter 18 to 24 seedless green grapes
1 Tbsp. graham cracker crumbs

In a small bowl, combine dry milk, cinnamon and peanut butter; mix well. Form peanut butter mixture around grapes; roll in graham cracker crumbs. Refrigerate until serving time. Makes 3 to 4 servings.

Roll-m-Ups

Cream cheese or peanut butter and raisins rolled in a cabbage leaf OR a stick of cheese and piece of pickle rolled in lettuce or cabbage leaf.

S'more GORP

½ c. Golden Grahams 20 mini marshmallows
¼ c. peanuts 50 chocolate chips
2 Tbsp. raisins

Mix all ingredients in a paper bag. Serves 1.

Stick Nibble

Insert pretzel sticks into cheese cubes.

Vegetable Patch

Make a flavorful dip. Serve with assorted raw vegetables (try cauliflower, small broccoli florets, jicama, zucchini slices, as well as carrots and celery.)

SIDES

Candles

Place a pineapple ring on a lettuce leaf. Stand one half of a banana in center of ring. Top with a maraschino cherry.

Cheese Spread

Mix grated American or Colby cheese with mayonnaise or Miracle Whip until spreading consistency. Add small amount of sweet pickle relish.

Chinese Fruit Bowl

1 can pineapple chunks with syrup 1 pt. strawberries, washed and hulled
1 can litchi nuts, drained 1 can mandarin oranges, drained
2 bananas, sliced

Combine all the fruit. Refrigerate for 2 hours or longer. 12 servings.

Cottage Cheese Crunch

Chop "crunchy vegetables," mix into cottage cheese and serve.

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Finger Salad

Cut any of the following fresh vegetables into bite size pieces. Dip into Ranch or other salad dressing:

broccoli	cauliflower	cucumber
zucchini	jicama	celery
carrots	tomato	green onions

green pepper, and more..

5-cup Salad

Mix one cup of each; mandarin oranges, pineapple tidbits, coconut, mini marshmallows and frozen non-dairy whipped topping.

Friendship Salad

Each person brings a piece of fruit. Dice fruit and mix with a little honey and a dash of lemon. Mini marshmallows/chopped nuts may be added.

Fruit Ambrosia

Mix orange segments, diced apples, sliced bananas, drained fruit cocktail and coconut shreds.

Fruit Kabobs

Onto small wooden skewers, alternate banana slices, pineapple tidbits, maraschino cherries and marshmallows.

Gelatin Salad

Mix one 3-oz. strawberry-banana gelatin (dry) with 8 oz. frozen non-dairy whipped topping and one pint cottage cheese. Add fresh strawberries and bananas or a can of fruit cocktail.

Girl Scout Polar Bears

Spear fresh or canned pineapple spears on a lollipop stick. Roll in coconut. Stand them in a tall container that may be put in the freezer and freeze.

Golden Salad

13 oz. can pineapple tidbits	11 oz. can Mandarin oranges
1 or 2 c. grapes OR 13 oz can fruit cocktail	
1 can peach or apricot pie filling	1 or 2 bananas, sliced

Drain pineapple, oranges, fruit cocktail. Mix with pie filling and chill. Add bananas before serving. Serves 16 and keeps well.

Jell-O Salad

Mix 1 (3 oz.) strawberry-banana Jell-O with 8 oz. Cool Whip and 1 pt. cottage cheese. Add fresh strawberries and bananas or a can of fruit cocktail.

Jungle Breakfast

Use fresh fruit, hard boiled eggs, individually packaged cereals or muffins, boxed juices. Hide or hang from trees with string and let the girls wake up and "find" their breakfast.

Master Plan for Salads

Use Base of:

1 head torn lettuce
mayonnaise or Miracle
Whip to moisten
salt to taste



Green Salad

Add:

radishes
carrots
cucumbers
green pepper
celery
tomatoes, etc.

OR

Mallow Fruit

Add:

1 (30 oz.) fruit cocktail
2 c. mini marshmallows

OR

Bunny Salad

Add:

cottage cheese
raisins

Mix and roll in lettuce leaf

OR

Tuna Salad

Add:

2 cans tuna
2 c. chopped celery
½ c. chopped onions

Use Base of:

6 c. diced apples
3 c. chopped celery
mayonnaise or Miracle
Whip to moisten



Waldorf Salad

Add:

1 c. raisins
1 c. nuts

OR

Island Waldorf

Substitute to Waldorf:

chunk pineapple or
mandarin oranges for half
the apples

OR

Tropical Waldorf

Substitute to Waldorf:

sliced bananas or
sliced pears for half the
apples

OR

Apple & Cheese

Add:

current jelly
cottage cheese
Mix together & serve on
apple slices

Use Base of:

1 cabbage, shredded
mayonnaise or Miracle
Whip to moisten
salt, pepper, sugar



Apple Slaw

Add:

½ lb. apples
½ c. green pepper
crushed pineapple
¼ c. vinegar

OR

Hawaiian Slaw

Add:

1 (20 oz.) can crushed
pineapple
shredded coconut

OR

Date Nut Slaw

Add:

dates
chopped nuts
½ carton sour cream

OR

Carrot Slaw

Add:

3 c. grated carrots
1 c. raisins
¼ c. lemon juice

OR

Peanut Slaw

Add:

2 tsp. each salt, sugar, &
vinegar

Just before serving add

½ c. chopped roasted
peanuts

Salad on a Stock

String vegetables on a toothpick (or skewer for older girls). Use any vegetable that will “string” like thick radish slices, thick carrot slices (raw, partially cooked or canned), small chunks raw zucchini, cherry tomatoes, celery pieces, black olives, etc. Dunk salad stick in salad dressing.

Super Peanut Spread

1 c. peanut butter
1/2 c. crumbled bacon bits
1 c. crushed pineapple (well drained)

1/2 c. honey
1/2 c. wheat germ

Combine and blend well. If necessary, add juice of canned pineapple until spread is right consistency.

Surprise Salad

Every person brings something for the salad. Troop provides the lettuce, salad dressing, and crackers.

Stuffed Fruit

Core an apple or remove the stone from a peach or the seeds from a pear and stuff with any of the following mixtures: raisins, nuts and mayonnaise / cream cheese and nuts / celery and mayonnaise / chopped dates and cream cheese.

Tabouli

1 c cracked wheat
1 c minced parsley leaves
1/2 c finely chopped onion
3 tomatoes
3 Tbsp. lemon juice

1 c. water
1/2 c minced mint leaves
2 cucumbers
3 Tbsp. olive oil
1 tsp. salt

Pour water over cracked wheat and cover. Let stand for 20 minutes until tender and water is absorbed. Dice tomatoes and seeded cucumbers. Toss chopped herbs and vegetables with wheat. Combine oil, lemon juice and salt in a separate bowl and add to wheat mixture. Mix well.

Vegetable Patch

Serve assorted raw veggies with a favorite dip.

Walking Salads

1. Cut an apple in half, fill center with any or all of the following: peanut butter, cream cheese or cottage cheese, raisin, nuts, etc.
2. Celery filled with peanut butter, garnish with raisins or shredded carrots.
3. Carrot or celery sticks.
4. Green onions or radishes.
5. Deviled eggs on lettuce wedges.
6. Cream cheese or peanut butter and raisins rolled in a cabbage or lettuce leaf.
7. Stuffed tomato.
8. Green pepper stuffed with cottage cheese.
9. Romaine leaf, slice of cheese, sweet or dill pickle rolled up.

Wormy Stuffed Apples

Core 5 apples and stuff with each of the following mixture:

1 c. peanut butter ½ c. crisp rice cereal

2 grated carrots

Poke hole in the apple and tuck one end of a gelatin worm in the hole.

MAIN DISHES

Armenian Cracker Bread or Flour Tortilla Roll-ups

Spread bread or tortilla with cream cheese. Top with sliced meats, cheeses, and/or thinly sliced veggies. Roll tightly. Slice diagonally. For variation, add chopped green onion, chopped black olives, grated carrot, or diced green chilies to the cream cheese.

Chicken Salad

3 cans chicken, white meat

3 stalks celery, chopped

3 hard boiled eggs

2-3 Tbsp. mayonnaise

seasoning salt to taste

parsley

1 head lettuce

Mix all ingredients and serve on lettuce. Fresh cooked chicken may be substituted for canned.

Chinese Chicken Salad

1 pre-roasted chicken

1 can Chow Mein noodles

1 head iceberg lettuce

2-3 green onions

1Tbsp toasted sesame seeds

Take chicken off bone and shred with two forks. Shred lettuce and chop green onions. Mix ingredients in a large bowl.

Dressing:

4 Tbsp sugar

1 t salt (or ½ t salt and 1 t soy sauce)

6 Tbsp red wine vinegar

1 t pepper

2 cloves garlic diced

½ c oil

Mix dressing in a jar and toss into salad.

Mini-burritos

Use round corn chips to assemble bite-sized burritos with grated cheese, sauce, chopped lettuce, etc.

Nose Bag Lunch

Nose Bag is a Girl Scout term for a lunch you can carry. (When a horse is to be away from his home quarters, a thoughtful owner provides a bag of feed to hang conveniently on his bridle!) You can carry your own personal “nose bag” in a bandana, plastic bag, etc. Try to provide a balanced meal – a protein sandwich, vegetable munchies, thirst quencher (fruit), and a dessert. Pack heavy things on the bottom, light ones on top. Avoid “squishy” things that will ooze and/or leak. If the lunch will travel a long bumpy distance, fragile fruits such as peaches and pears will not survive. Be aware of the weather and things that will melt. Potato chips tend to have a low survival rate!

Toothpick Kabobs

Use any combination of small cubes of cheese, cold meats, Vienna sausage, pickle, fruit. String on toothpicks.

DESSERTS

Banana Boats

chopped peanuts	bananas
chocolate chips	Cool Whip

Carefully slit top of each banana peel lengthwise leaving 1" uncut at each end. Cut away ½ of peel on each side of slit with scissors. Scoop fruit out in small pieces. Mix into whipped topping. Stir in chocolate chips. Refill banana peels with topping mixture. Sprinkle with chopped nuts and add a cherry.

Camp Strawberry Shortcake

Use pound cake or shortcake cups. Top with frozen strawberries and whipped cream or Cool Whip.

VARIATION:

Twinkie Shortcakes: Top Twinkie with fresh or frozen strawberries.

Ice Cream (with Hand Crank Ice Cream Maker)

3 cans evaporated milk	1½ c. sugar
2 tsp. vanilla	1 tsp. salt
about 1½ qt milk to fill freezer ² / ₃ full ice, rock salt	

Mix ingredients in ice cream freezer container. Assemble ice cream freezer. Layer ice and rock salt into bucket. Crank until too hard to turn.

Ice Cream in a Can

1 lb. coffee can with plastic lid	3 lb. coffee can with plastic lid
1½ c. rock salt	crushed ice
Mix in the small can:	
1 c. heavy cream	1 c. milk
1 egg, beaten	½ c. sugar
1 tsp. vanilla	chocolate chips (as desired)

Cover small can, tape shut for safety. Set in center of large can. Layer 1 lb. can half with ice, then salt. Fill with second layer of ice and more salt on top. Cover. Roll back and forth between two people about 10 minutes. Open outer can, empty water and ice. Pour off salt water where plant growth is undesirable as it will kill plants and can ruin plumbing. Take out small can and stir mixture, scraping sides. Cover again and repack in large can with ice and salt. Roll 5 or 10 min. more. Makes 2 ½ c. ice cream.

VARIATION:

Rock 'n Roll Ice Cream: Mix in small can:

1 pt. half-and-half or light cream	½ c. sugar	2 tsp. vanilla
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After packing inner can with ice and rock salt as above, roll can back and forth for about 10-15 minutes on a hard surface. (Protect table, counter, or floor with towel if needed.) Serves 4.

Pour off salt water where plant growth is undesirable as it will kill plants and can ruin plumbing.

Frozen Pudding

1/3 c. sugar

3 tsp. vanilla

1½ c. evaporated milk

¼ c. graham cracker crumbs

¾ c. water

Mix first four ingredients in 2 lb. coffee can. Just before you put the lid on to freeze, add graham cracker crumbs. Place in larger can. Surround with ice and sprinkle with rock salt. Put in insulated space for 3-4 hours. Makes about 1 qt.

Marshmallow Fondue

Add 2 cups (7 oz. jar) marshmallow crème gradually to one 8 oz. package cream cheese, softened. Mix well. Add 1 Tbsp. orange rind and a dash of ginger. Serve as dip for melon balls, banana, apples, oranges, and angel food cake.

Mock Banana Cream Pie

1 large pkg. instant banana cream pudding

3 c. cold milk

2-3 peeled, sliced bananas

1 c. vanilla wafer crumbs

1 large sturdy plastic bag

4-6 paper cups

Place pudding and milk in large plastic bag, and tie tightly at top of bag, squeezing out excess air. Shake pudding 3-4 minutes. Layer banana slices, pudding, vanilla crumbs in paper cups. Repeat layers. Let stand 5 minutes.

Mucky Morsels

Spread graham crackers with canned vanilla frosting. Top with drained canned fruit.

Mud Ball Cookies

1 c. uncooked quick oats

½ c. nuts

½ c. instant cocoa mix

½ c. smooth peanut butter

½ c. honey

graham cracker crumbs

Mix oats, nuts and instant cocoa together in a large bowl. Add peanut butter and honey. Mix everything until it looks like mud. Put graham cracker crumbs on a plate. Take a teaspoon of the cookie mixture at a time. Roll each spoonful in your hands to make a ball. Roll ball in graham cracker crumbs and pile them on another plate.

No-Bake Chocolate Cake

Mix batter as directed on package of chocolate cake mix (Use Ziploc bag). Add nuts, marshmallows, and coconut. If you like thick cake batter, add less liquid than package requires. Serve in an ice cream cone. Eat immediately before cone gets soggy.

No Cook Fudge

Blend together ¼ c. cocoa, 1 tsp. butter (soft), ¼ lb. grated cheese (at room temperature) and 1 Tbsp. vanilla. Add 1 lb. powdered sugar and ¼ c. chopped nuts. Mix thoroughly. Shape in long rolls; put in wax paper. Let set and slice.

Quick Banana Boats

Dice banana and mix with frozen non-dairy whipped topping. Add mini chocolate chips and mini marshmallows.

Quick Cheesecake

Blend 8 oz. softened cream cheese into milk before preparing one 3 oz. lemon instant pudding mix according to directions. Serve on graham crackers.

Quick S'mores

Spread chocolate covered graham crackers with marshmallow crème.

Peach Surprise

Crush one whole graham cracker, until fine, in a sturdy zip-type baggie. Drain one canned peach half and place in baggie and coat with crumbs. Open baggie and place a dollop of frozen non-dairy whipped topping on peach and eat right out of the bag.

Peachy Peaches

Top a whole or split doughnut with Cool Whip. Top with drained peach half, cut side up. Put a cherry in the middle.

Pudding Cones (Football Pudding)

Make any flavor instant pudding, according to package directions, EXCEPT, put the ingredients in a large zipper type freezer bag (doubled) and mix it by "gently kneading" or tossing back and forth between girls.

When pudding has set, clip one corner of the bag and squeeze into ice cream cones. Serve immediately before cone gets soggy.

Pudding Salad

Dissolve one 3 oz. pistachio instant pudding in one 20 oz. can of crushed pineapple with ¼ c. juice drained off. Add 2 cups mini marshmallows and one cup frozen non-dairy whipped topping.

Shaggy Dogs

Place marshmallow on toothpick and dip in chocolate (or caramel) sauce. Roll in coconut or chopped nuts.

Super Camp Cake

Slice pound cake, spread with canned chocolate frosting, sprinkle with nuts. May also be prepared as "sandwiches."

Super Cones

Dice a mixture of fresh fruit. Use to fill ice cream cones. Drizzle with a little honey and serve immediately.

DRINKS

Hot Chocolate Mix

1 pkg. Instant Non-fat dry milk (25.6 oz. box = 10 ²/₃ c)

1 jar powdered non-dairy creamer (6 oz.) 2 c. powdered sugar

1 can instant chocolate drink mix (16 oz.)

Combine all ingredients in a large bowl. Mix well. Put in a large airtight container. Label. Add 3 Tbsp Hot Chocolate Mix to 1 c. hot water. Stir to dissolve. Mini-marshmallows may be added.

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Sun Tea

2 tea bags per quart of water
cold water

1 orange
½ lemon

Slice unpeeled orange and lemon into small pieces. Fill large jar with cold water. Add tea bags and fruit. Put tight fitting lid on jar and place in full sunlight for about 2 hours to brew.

Sunset Sodas

1 envelope Kool-Aid, any flavor unsweetened

1 (28 oz.) bottle club soda

1 c. sugar

1 c. cold water

1 pt. vanilla ice cream or sherbet

Dissolve soft drink mix and sugar in water in a pitcher. Stir in soda. Place a small scoop of ice cream or sherbet in each glass. Stir in soda mixture. Top with second scoop of ice cream or sherbet. Makes about two quarts or 8 glasses. Great for a backyard campout when a freezer is available.

Tangy Tea

2 c. Tang (orange drink mix)

1 pkg. lemonade mix

¾ c. instant tea

¼ t. cloves

Mix all together. Use as desired in cup of hot water.