**Biggest Prepper Challenge**

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**Week #**  11   **Name:** Davis,  Vicki    **Date:**  4/22/ 2014 **Weekly Points Total:**

**Week #** 11   **Date:** April 19, 2014

**Meal # 1:** *Purpose* – just do something! Make breakfast **Meal Points :** 2

**Recipe: pancakes with blueberries and walnuts and bacon** **Source:** my own food storage recipe

**Cooking method:** my stove             **Total Points:**     0

- **Bonus Points**:   Facebook:  X   Twitter   Google plus                      **Total Bonus points:** 1

**Recipe:** **pancakes – 4-19 Total Meal points: 3**

Using church pancake mix and ground chia seeds for my eggs. I grabbed a bag of blueberries from 7-13 from the freezer and broke pieces of frozen walnuts from at least a year ago. Using ground chia seeds (from a prior food storage challenge) I made the pancake mix. After the pan was hot I poured the batter in and allowed he batter to set enough to somewhat harden then added blueberries and walnut pieces to the top of the pancake. I also grabbed a package of pre-cooked bacon (also in my food storage) and baked it while the pancakes were cooking. (just a note – after I prepared this meal – I promptly fell asleep for 2 hours and found a very messy kitchen that was in need of attention) -

**Source:** my own food storage recipe

Ingredients: Church pancake mix, blueberries, walnuts and bacon picture of plated meal – notice the paper plate holder is a Frisbee - we found many years ago with several children wanting to take Frisbee’s to the beach it fits the 10 inch paper plate. Since then, our counter has a supply of paper plates and these blue Frisbees- ie paper plate holders.

***My lessons learned on this exercise –***

*#1 – If it were a true emergency – I do have ground chia seeds and pancake mix. I would however think twice about opening the freezer only for blueberries and walnuts.*

*#2 – After being ill, I am realizing what we use more of and what we need more of. In the summer we have BLT’s often and having 6 boxes of the pre-cooked bacon is not enough if I plan to use them for breakfast. I have been waiting for a sale on the pre-cooked bacon to resupply and now found I have only 1 box in the food storage. Need to re-think our usage needs of this precooked bacon, or see if I can figure out how to make some in “jars”. I know I definitely need to rethink my home canning needs. To be able to utilize all the “Dinners in a Jar” meals, I need to have pre-cooked hamburger and somehow figure out how to can cooked pieces of sliced round steak for my stroganoff. The pork I’ve canned – both pieces and larger chunks work perfect for what I cook. And the canned Ham chunks work perfect for scalloped potatoes from a box or my “Dinner in a Jar” recipe or in a couple cans of green beans for an easy meal. However, I need to re- think the beef aspect. The canned hamburger never looked good enough to eat, so I need to learn to cook it first and then can it.*

*#3 – I want to learn to plan better - to use our food storage more and not depend so much on grocery store food.*

**Meal #2:** *skill + make oatmeal from oat groats* **Bonus Meal Points :** 2

**Skill :** non-electric – use of a hand crank oatmeal making machine.                 **Total Points:**     2

**Recipe: Easter Breakfast – Oatmeal with apricots Source:** your overnight oatmeal recipe w/changes

**Cooking method:** cooking box cozy             **Total Points:**     2

- **Bonus Points**:   Facebook:  X   Twitter    Google plus      **Total Bonus points:** 1

**Recipe:** overnight oatmeal – with home dried apricots  **4-19 Total Meal points: 7**

We are out of oatmeal and I need to do something without going downstairs to get a new can for about a week. So I thought I would get my small “oat maker” and a Thrive can of oat groats. I will make the oatmeal tonight before I go to bed so we will have breakfast for Easter Sunday. I want to go to church for a short time today, and I wanted this Skill of making oatmeal from scratch to add to my points this week. Plus – I will make a quart, plus enough for the meal I will prepare tonight for our overnight Easter breakfast. Using your recipe to make overnight oatmeal in the Wonder Box, I added pieces home dried apricots and a bit of butter to the pan, eliminating the use of

This is the oatmeal maker

This is the oat groats

This is buckwheat groats – I choose to make some buckwheat groats to see if hubby likes these for breakfast.