

OFF THE GRID & ON THE MENU

A Cookbook for the Outdoors



FRESH
OFF THE GRID





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SUMMER IS HERE AND THERE IS NO BETTER TIME TO GET OUTDOORS, SOAK UP SOME SUN, AND RELAX AT A CAMPSITE.

Hello! We're Megan McDuffie and Michael van Vliet and we run the camp cooking website [Fresh Off The Grid](#). We develop recipes specifically for car campers, road trippers, and backpackers. Our mission is to help you elevate your camp cooking experience, so you can enjoy meals that are as spectacular as your surroundings.

Cooking at a campsite should be fun and easy. Using boxed mixes from Kodiak Cakes is a great way to cut down on prep work, so you can make something delicious without the hassle of making everything from scratch.

In this ebook, we are sharing some of our favorite ways to incorporate Kodiak Cakes' mixes into our camping menu. We hope you enjoy these recipes!





(breakfast)

CORNBREAD PANCAKES WITH MOUNTAIN BERRY SYRUP

With the sweet taste of honey and the satisfying texture of cornbread, these cornbread pancakes are a nice way to switch up your morning flapjack routine.

Makes 14 pancakes | 25-30 minutes

- 1 box Kodiak Cakes [Homestyle Cornbread Mix](#)
- 2 eggs
- 2 cups milk
- ¼ cup honey
- ¼ cup vegetable oil
- Butter, ghee, or additional oil for frying
- 1 cup fresh berries
- 1 bottle [Kodiak Cakes Mountain Berry Super Fruit Syrup](#)

Mix the cornbread mix, eggs, milk, honey, and vegetable oil together in a large bowl until smooth.

Heat a teaspoon of ghee, butter, or vegetable oil in a non-stick skillet or griddle over medium-high heat. For each pancake, pour about 1/3 cup of the batter onto the skillet or griddle. Once bubbles begin to form on the top and the sides look set, then flip and cook until the bottom is golden. Repeat with the remaining batter.

To serve, stack a few pancakes on a plate, top with fresh berries, and drizzle with Kodiak Cakes Mountain Berry Super Fruit Syrup.



(breakfast)

POWER OATMEAL BOWLS

Loaded with delicious mix-ins like fresh berries, shredded coconut and almond butter, this bowl of power oatmeal is a quick and easy breakfast to kick off your day.

Makes 2 servings | 10 minutes

- 1 ½ cup **Kodiak Cakes Protein Oats**
- 2 ¼ cups water
- pinch of salt
- 6 strawberries
- ½ cup blueberries
- ¼ cup shredded coconut
- ¼ cup almond butter

In a pot, bring the water, oats, and salt to a simmer. Simmer until the oats have cooked through and thickened, 3-5 minutes.

Divide between two bowls and top with sliced strawberries, blueberries, shredded coconut, and a drizzle of almond butter.

(snacks)

GORP TRAIL COOKIES

These baked GORP trail “cookies” are firm enough to hold together on the trail, while being soft and chewy enough to be a quick, grab-and-go snack.

Makes 24 cookies | 20 minutes + time to cool

- 3 cups **Kodiak Cakes Protein Oats**
- ¾ cup brown rice syrup
- ¼ cup coconut oil
- ¼ cup cane sugar
- pinch of salt
- ¼ cup peanuts, roughly chopped
- ¼ cup raisins, roughly chopped
- ¼ cup mini chocolate chips

Preheat the oven to 325F.

Place the protein oats into a food processor or blender and pulse until the texture is crumbly but not yet flour. Transfer to a medium bowl. Add the brown rice syrup, coconut oil, cane sugar, and salt and stir until thoroughly combined. Fold in the chopped peanuts, raisins, and chocolate chips.

Using a greased mini muffin pan, divide the dough evenly between the cups. Press the dough firmly into using your fingers or a greased shot glass.

Bake for 12-14 minutes, until the tops are golden. Remove from the oven and let it cool on the counter before transferring to the fridge for 30 minutes.

Store in an airtight container.



(snacks)

CHERRY DARK CHOCOLATE PROTEIN BALLS

Perfect for a quick, on-the-go hit of energy, these chocolatey delicious protein balls are the perfect snack for outdoor adventures.

Makes 12 | 10 minutes + time to chill

- 1 box [Kodiak Cakes Oatmeal Dark Chocolate Protein Balls mix](#)
- 1/4 cup water
- 1/2 cup peanut butter
- 1/2 cup dried cherries, roughly chopped
- 1/2 cup honey

In a large bowl, combine the protein ball mix, peanut butter, honey, water, and chopped dried cherries. Stir until everything is evenly combined.

Roll the dough into 12, 2-inch balls. Arrange the balls on a plate or cookie sheet and transfer to the fridge for 30 minutes.

Store in an airtight container.





(dinner)

DUTCH OVEN CHICKEN AND DUMPLINGS

The taste of homestyle cooking, right at your campsite! This Dutch Oven Chicken and Dumpling recipe features a super easy and super fluffy buttermilk biscuits.

Serves 2-3 | 35 minutes

Dumplings

- 1 ¼ cup [Kodiak Cakes Buttermilk Flapjack mix](#)
- ½ cup whole milk or half & half
- 2 tablespoons soft butter

Stew

- 1 tablespoon oil
- 1 small yellow onion, diced
- 1 teaspoon sea salt
- 2 cloves garlic, minced
- 2 tablespoons butter
- 3 tablespoons [Flapjack mix](#)
- 2 cups chicken broth
- ¼ cup whole milk or half & half
- 1 teaspoon thyme
- 1 bay leaf
- ½ pound boneless, skinless chicken thighs, cut into 1-inch pieces
- 2 carrots, chopped into ½ inch pieces
- 2 celery stalks, sliced into ½ inch pieces

To make the dumplings, add the flapjack mix to a bowl. Gently heat the butter and milk in a small pot until the butter melts, taking care not to let the liquid start bubbling too quickly. Remove from the heat and add to the bowl. Mix with a fork until a soft dough comes together. Tear into 8 pieces, then cover with a napkin and set aside.

Heat the oil in a dutch oven or heavy bottomed pot over medium heat. Once hot, add the onions and salt and cook, stirring often, until the onions just begin to take on some color, about 3 minutes. Add the garlic and butter. Once the butter has melted, add 3 tablespoons flapjack mix and cook, stirring frequently until golden, 3-4 minutes.

Pour in the broth, milk, thyme, and bay leaf, whisking so that the flour mixture is evenly incorporated. Bring to a simmer, then add the chicken, carrots, and celery. Reduce the heat, place the dumplings on top, and cover. Cook at a low simmer until the dumplings are cooked through, 15-20 minutes.





(dinner)

CORNBREAD TAMALES PIE

Not quite a tamale and not quite a pie, this Tex-Mex style cornbread casserole is 100% delicious. It can easily be prepared in a cast iron skillet over a campfire or even on a camp stove.

Serves 4 | 35-40 minutes

- $\frac{3}{4}$ cup [Kodiak Cakes Homestyle Cornbread mix](#)
- 1 egg
- $\frac{1}{4}$ cup melted butter
- $\frac{1}{2}$ cup milk
- 1 tablespoon oil
- 1 onion, chopped
- 1 Anaheim pepper or poblano, diced
- 1 lb ground beef (85% - 90% lean)
- $\frac{1}{2}$ cup corn
- 1 tablespoon taco seasoning
- $\frac{1}{2}$ teaspoon salt (if not in taco seasoning blend)
- $\frac{1}{2}$ cup enchilada sauce
- Optional toppings: avocado, cilantro, jalapenos, shredded cheese

In a medium bowl, mix together the cornbread mix, egg, melted butter, and milk, stirring until smooth. Set aside.

Heat the oil in a 10" skillet over medium heat. Add the onions and peppers and cook until just beginning to soften. Add the ground beef and brown, breaking it up as needed. Once the meat has browned, add the corn, taco seasoning, and enchilada sauce.

Turn down heat and cover with a lid or a square of foil. Cook for about 20 minutes, or until the cornbread has cooked through.

Serve with your choice of toppings and enjoy!

(desserts)

PEACH & BLUEBERRY CRISP

This peach and blueberry crisp is the perfect way to embrace the seasonal fruit of summer. Feel free to switch out the peaches or blueberries with whatever summer fruit looks best at the market!

Makes 4 servings | 25 minutes

- 1 cup [Kodiak Cakes Protein Oats](#)
- ¼ cup butter, softened
- 3 tablespoons brown sugar
- pinch of salt
- 4 peaches, sliced
- 1 cup blueberries

Light 21 coals in your campfire ring.

In a medium bowl, combine the Protein Oats, butter, brown sugar, and salt and mix until combined and crumbly.

Line a 4 quart (10") Dutch oven with parchment paper. Add the peaches and blueberries to the Dutch oven, then top with the oat crumble.

Once the coals are ready, cover the oven with the lid, and place it on a bed of 7 coals. Add 14 coals to the top. Bake for about 20 minutes until the crumble topping is golden brown.



(desserts)

DUTCH OVEN S'MORES BROWNIE

If you get excited about s'mores, then you're going to be over the moon for this Dutch Oven S'mores Brownie. Mini marshmallows, Kodiak Cakes Bear Bites, and fudgy delicious brownie.

Makes about 8 brownies | 30 minutes

- 1 box [Kodiak Cakes Chocolate Fudge Brownie Mix](#)
- 2 eggs
- ½ cup melted butter
- 2 tablespoons vegetable oil
- 2 tablespoons water
- ½ cup mini marshmallows
- ¼ cup [Kodiak Cakes Honey Bear Bites Graham Crackers](#)

Light 21 coals in your campfire ring.

In a large bowl, combine the Kodiak Cakes Chocolate Fudge Brownie Mix, eggs, melted butter, vegetable oil, and water, and mix until combined. Fold in the mini marshmallows.

Line a 4 quart (10") Dutch oven with parchment paper. Pour the batter into the Dutch oven and top with the Kodiak Cakes Honey Bear Bites Graham Crackers.

Once the coals are ready, cover the oven with the lid, and place it on a bed of 7 coals. Add 14 coals to the top. Bake for about 25 minutes until a toothpick comes out slightly moist.





A BIG THANKS FROM



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