



BREAKFAST

"Wilderness is the ultimate image of God's creation. The mountains, lakes and trees all have a message if one will take the time to listen. Wilderness areas represent a vital natural release for today's fast-paced society and must be managed accordingly. I only hope that I can do more in the future towards preserving these natural treasures for future generations. I am proud to be part of the 'Wilderness Revolution.'"

- Greg F. Hansen,
Mesa, AZ

Superstition Surprise

Greg F. Hansen, 11 seasons,
Superstition Wilderness

- 2 c. oatmeal, instant or slow cooking*
- 1/3 c. raisins*
- 1/3 c. favorite mixed, chopped nuts*
- 1/2 c. brown sugar*
- 1/4 tsp. cinnamon,*
- 1/4 tsp. nutmeg*
- 1/4 tsp. allspice*
- 3/4 c. powdered milk, optional*
- water*

Mix all ingredients in a ziplock bag before hitting the trail. When the breakfast bell rings... pour boiling water over a bowl of your Superstition Surprise and cover the pot. Wait approximately 2 min. and you're ready to chow down. Makes 3-4 servings.
