



- 1/2 C Heavy Cream
- 1/2 C Milk
- 4 Eggs
- 1/4 C Sour Cream
- 1/2 C Sugar
- 1/4 Tsp Cinnamon
- 1/4 Tsp Vanilla
- 1 C Blueberries
- 8 Slices Bread
- Heavy Duty Aluminum Foil
- Non-stick Cooking Spray
- Syrup- Optional

Mix the wet ingredients, sugar and cinnamon together ahead of time and place in a seal able travel container. This can be stores in your cooler until your ready to make breakfast. This will save you a lot of time but more importantly, effort.



Packed Ingredients!

In the morning, when your ready to make the Blueberry Breakfast Bake, pour the liquid egg and milk mixture over the cubed bread pieces. Stir the bread pieces to cover thoroughly. Don't over stir or the bread pieces will dissolve or turn to complete mush. Next, carefully fold in the Blueberries and let the bread soak up most of the remaining mixture. It doesn't have to sit for very long.



Take your square of Aluminum foil and coat it with nonstick spray. Make the foil the size for individual servings. By doing this, it allows each person to eat it directly out of the foil and also cuts down on the cooking time. Spoon the soaked bread and Blueberry mixture into the center of the foil, and carefully fold the packets with the seam on top. Place the packets on the grill or camp fire, but be sure to locate them on indirect heat. If your not careful and they are not on indirect heat, you will burn the bottoms of the packets.



Let the packets cook for 25-35 minutes. You don't have to flip them as long as you have a good seal in the foil. The heat within the foil cooks the egg mixture all the way through. You will be able to tell they are almost done cooking because the foil packets will begin to expand. When I cook them on a grill, I open the top of the foil a little bit and cook them another 10 min. to crisp up the top just a little bit. This breakfast is nice and sweet on its own, but my family likes just a little bit of Maple syrup on top, and why not indulge, we are camping right?



The reasons I like this recipe are because it is a camping breakfast where you can do most of the prep work at home, the ingredients are easily pack able in a cooler and it requires very little clean up afterwards, but most of all, it's absolutely **delicious**. I hope you give it a try on your next trip.

Like this Article? Share it!

Tweet

9

G+1

email

### 29 Comments



Amber *July, 2013 at*

This was so good! We just made it this weekend while camping out and it was absolutely wonderful. Thanks for sharing such a great recipe!

Reply



Kristopher Artz *July, 2013 at*

Certainly Amber. I'm so glad you enjoyed it.

Reply



Eryn *July, 2013 at*

how many does this make?

Reply



Kristopher Artz *July, 2013 at*

Well, I'm not exactly how many servings this equals, but it ends up being enough for 2 adults (myself and my wife) and 2 kids (9 & 4). I don't know if that is truly 4 servings or more like 3. One way I also look at it is if this were french toast, how many slices does your family eat? This is pretty close to being a little over 8 slices. I hope that's helpful.

Reply



Eryn *July, 2013 at*

Thank you so much... that helps alot... 😊

Reply