



BREAKFAST

Hot starts for a cold morning — most of the work done the night before.

Recipes that work when your phone doesn't.

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Campfire Breakfast Scramble (Foil Packet or Dutch Oven)

Prep 15 min · Cook 15 min · Serves serves 4

The easiest camp breakfast: eggs, potatoes, meat, and veggies scrambled hot in a foil packet or Dutch oven — plus the jar trick that means no shells and no bowl.

INGREDIENTS

- 8 large eggs
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 cups cooked diced potatoes (or frozen hash browns)
- 1 bell pepper, diced
- 1/2 onion, diced
- 1 cup cooked breakfast meat (sausage, bacon, or ham), chopped
- 1 cup shredded cheese
- 2 tbsp butter or oil

METHOD

- 1 At home: crack the eggs into a clean water bottle or jar, add the salt and pepper, and shake until beaten. Dice the pepper and onion, pre-cook the potatoes and meat, and bag everything so it's grab-and-go.
- 2 Foil-packet method: butter a doubled sheet of heavy-duty foil. Pile on potatoes, meat, pepper, and onion, pour in a share of the egg, and seal into a loose packet (leave room — eggs puff up). Set on the coals 10–15 minutes, until the eggs are set, then open and top with cheese.
- 3 Dutch oven method: melt the butter over coals, cook the pepper and onion until soft, add the potatoes and meat to warm through, then pour in the eggs. Stir gently until just set, top with cheese, and let it melt.
- 4 Serve hot, straight from the foil or the pot. Spoon it into a tortilla for an instant breakfast taco.

Full recipe & tips: dragonflysupply.com/recipes/campfire-breakfast-scramble

Campfire French Toast (Make the Dip Ahead)

Prep 10 min · Cook 10 min · Serves serves 4

Campfire french toast made foolproof: use thick day-old bread and mix the egg-cinnamon dip in a jar ahead, so camp breakfast is just soak, griddle, and syrup.

INGREDIENTS

- 8 slices thick bread (Texas toast or day-old)

- 4 large eggs
- 1 cup milk
- 1 tsp cinnamon
- 1 tsp vanilla
- pinch of salt
- 2 tbsp butter
- maple syrup, to serve

METHOD

- 1 Mix the dip: whisk the eggs, milk, cinnamon, vanilla, and salt in a jar or zip bag. You can do this at home and keep it cold in the cooler.
- 2 Heat a buttered skillet or griddle over the camp stove or coals, medium heat.
- 3 Dip each slice in the custard on both sides, letting it soak a few seconds — don't drown it.
- 4 Cook 2–3 minutes per side, until golden and set in the middle.
- 5 Serve hot with maple syrup (cinnamon sugar or fruit if you've got it).

Full recipe & tips: dragonflysupply.com/recipes/campfire-french-toast

Make-Ahead Camping Breakfast Burritos

Prep 30 min · Cook 15 min · Serves serves 8

The best make-ahead camp breakfast: assemble and freeze breakfast burritos at home, then reheat them foil-wrapped right on the coals. They double as cooler ice, too.

INGREDIENTS

- 12 large eggs, scrambled
- 1 lb breakfast sausage or bacon, cooked and chopped
- 2 cups cooked diced potatoes or hash browns
- 1 bell pepper and 1/2 onion, diced and sautéed (optional)
- 2 cups shredded cheese
- 8 large (burrito-size) flour tortillas
- Salt and pepper
- Salsa or hot sauce, to serve

METHOD

- 1 At home: cook and chop the meat, cook the potatoes and (if using) the peppers and onion, and scramble the eggs just until set — slightly underdone, since they'll cook again when reheated.

- 2 Lay out each tortilla, add a line of eggs, meat, potatoes, veg, and cheese, and roll it up burrito-style (fold in the ends so nothing falls out).
- 3 Wrap each burrito tightly in heavy-duty foil, then freeze the whole batch. Pack them straight into the cooler frozen — they'll help keep everything else cold.
- 4 At camp: let them thaw in the cooler (a day ahead is ideal). Reheat foil-wrapped on a grate over the coals, turning a few times, about 10–15 minutes until hot through. No grate? Unwrap and warm in a skillet.
- 5 Eat them straight from the foil with salsa or hot sauce. No plate, no cleanup.

Full recipe & tips: dragonflysupply.com/recipes/camping-breakfast-burritos

Dutch Oven Cinnamon Rolls

Prep 5 min · Cook 30 min · Serves serves 6-8

Canned cinnamon rolls baked in a foil-lined Dutch oven — 20 minutes and the whole campsite smells like a bakery. Sweet breakfast or after-dinner treat.

INGREDIENTS

- 2 cans refrigerated cinnamon rolls (the kind with the icing tub)
- 1 tbsp butter, for the foil

METHOD

- 1 Line the Dutch oven with a foil sling — overhang up the sides — and smear a little butter on it so nothing sticks.
- 2 Set the icing tubs aside (don't bake them). Arrange the cinnamon rolls in the bottom with a little space between them; they'll puff and join up.
- 3 Lid on, coals top and bottom, weighted toward the lid for baking — roughly 350°F (the Dutch oven heat guide has the briquette counts).
- 4 Bake 20-30 minutes, until the tops are golden and the rolls in the center are cooked through, not doughy. Check the middle ones — that's where it's slowest.
- 5 Lift them out by the foil sling, then drizzle the icing over while they're hot so it melts down into every crease.

Full recipe & tips: dragonflysupply.com/recipes/dutch-oven-cinnamon-rolls

Dutch Oven Monkey Bread

Prep 10 min · Cook 35 min · Serves serves 6-8

Sticky pull-apart cinnamon-sugar monkey bread from canned biscuits, baked in the Dutch oven. Kids build it, everyone eats it with their fingers.

INGREDIENTS

- 2 cans refrigerated biscuit dough
- 1/2 cup sugar mixed with 1 tbsp cinnamon
- 1 stick butter
- 3/4 cup brown sugar

METHOD

- 1** Line the Dutch oven with a foil sling — this one is stickier than the dump cake, so the foil is doing real work.
- 2** Cut each biscuit into quarters. Toss the pieces in the cinnamon-sugar (a zip bag and shaking hands is the kids' job) and pile them into the oven.
- 3** Melt the butter and brown sugar together and pour it over the pile.
- 4** Lid on, coals top and bottom, top-heavy. About 25-35 minutes, until the top is golden and the pieces in the middle are cooked through, not doughy.
- 5** Lift it out by the sling and tip it onto a plate. If the bottom caramelized to a little crisp, perfect — that's the candy part.

Full recipe & tips: dragonflysupply.com/recipes/dutch-oven-monkey-bread

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From one camping family to another. Written by Brian Diamond — former Cubmaster and Assistant Scoutmaster, decades of real family camping with an Eagle Scout son.

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