

Food for an Explorer

A regular man should eat about 2,500
calories per day. A regular woman should
eat about 2,000 calories per day.

During an expedition, this is ~~increases~~
increased to 6,500 calories per day.

Explorers must always be careful of how
much their food weighs, as they will
have to carry it during their expedition.

The following recipe that I have found
and made, has just enough calories an
explorer would need, and also hardly weighs
anything.

Recipe.

You Will need

- Nutella (300g)
- Oven (180 or 160°c)
- Flour (130g)
- 1 egg

How to make it.

1. Heat nutella until runny.
2. Add the flour.
3. Add the egg.
4. Roll into pingpong size balls and flatten a little.
5. Put in a lined tray.
6. Bake for Ten minutes.
7. Enjoy!