

Scrambled Eggs



Ingredients



4 eggs



4 tablespoons milk



1 tablespoon margarine



salt and pepper

Utensils



bowl



cup



spoon



measuring spoon



whisk

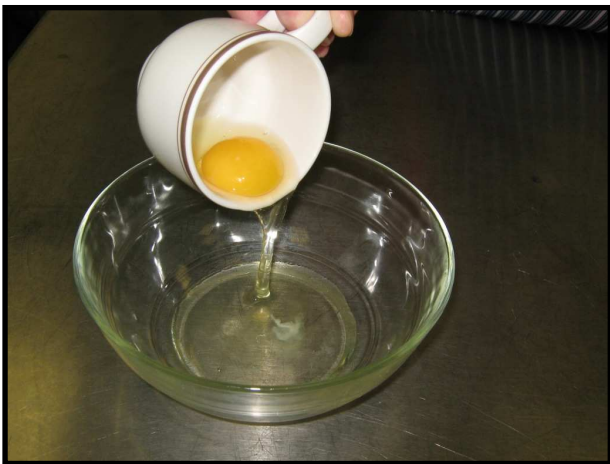


wooden spoon

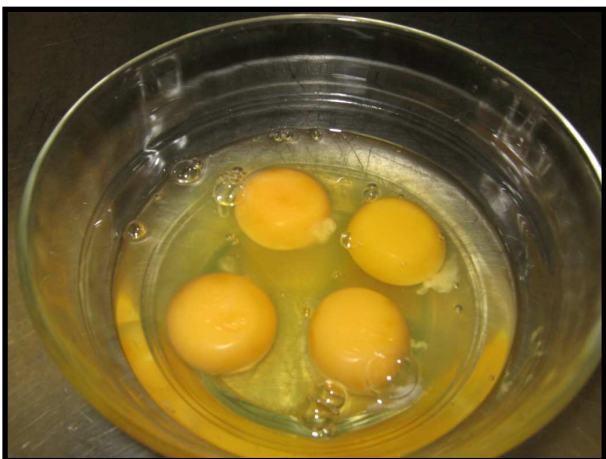
Method.



Break egg in cup.



Pour egg into bowl.



Do this with 4 eggs.



Whisk eggs.



Add margarine.



Add milk.



Add salt and pepper.



Whisk.



Go to microwave.



Put bowl in microwave.



Cook for 1 minute.



Take bowl out of microwave and stir.



Put bowl in microwave.



Cook for 1 minute.



Take bowl out of microwave and stir.



Put bowl in microwave.



Cook for 1 minute.



Take bowl out of microwave and stir.



Put scrambled eggs on to a plate.



Serve with tomatoes.

Produced by Donna Dawson, Accessible Information Officer,
Equally Well Team, NHS Grampian.
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