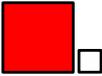


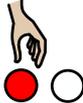


Scrambled eggs



Ingredients

2  
2 large eggs

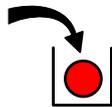
  
Freshly ground black pepper (optional)

1  
1 x 15ml (tablespoon) semi skimmed milk

2  
2 slices wholemeal bread

  
Butter or reduced fat spread

1



1. Crack the eggs into the bowl and season with



black pepper.

2

+

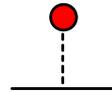


2. Add 1 tablespoon (15ml) of milk to the eggs and

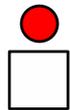


mix together with the fork.

3



3. Place the bowl in the microwave on high



30

(800W or above) for 30 seconds.

4



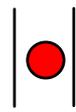
4. Stir the eggs using a clean fork.

5

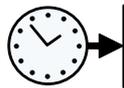


5. If the eggs are firm then stop cooking. If not,

30



give them further 30 second bursts, stirring between each



cooking time until they are ready.

6



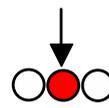
6. Stir with the fork at the end to break the eggs up.

7



7. Put the bread in the toaster and toast.

8

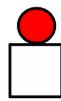


8. Once toasted put the toast in the middle of



the plate and spread the butter or spread.

9



9. Spoon the scrambled eggs on top of the buttered toast.