

Life With ASD

Making Scrambled Eggs



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Scrambled eggs can be a filling breakfast and quick and easy dinner. You can make them with just eggs and milk, or you can add other things, like cheese, vegetables, or bacon.

What I Need:

My recipe (see p. 2)

2 eggs

2 tablespoons milk

1/2 tablespoon butter

Frying pan

Mixing bowl

Fork

Spoon

Stove

CAUTION: the frying pan will be hot!

Reminder: This is only one example.
This template may need to be individualized to fit your particular needs.

Making Scrambled Eggs

Gather needed supplies:



- 2 eggs



- 2 tablespoons milk



- 1/2 tablespoon butter



- Frying pan



- Mixing bowl



- Fork



- Spoon



Crack the eggs into the mixing bowl



Beat eggs with the fork until the eggs turn a pale yellow color



Place the frying pan on a burner and turn burner on to medium-low heat.



Add the butter to frying pan and let it melt



Add the milk to the eggs and beat with fork for 20 seconds



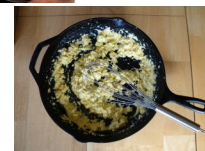
Once butter is melted, pour egg and milk mixture into skillet.



Allow the eggs to cook for one minute. Do not stir the eggs during this time



Use the spoon to gently stir eggs. Continue to stir eggs until there's no liquid left.



Turn off the heat



Transfer eggs to a plate

