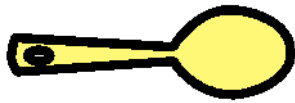
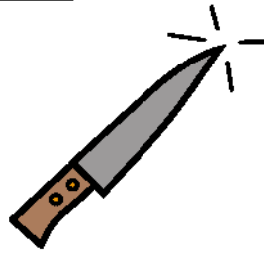


Cheese and Mushroom Omelet

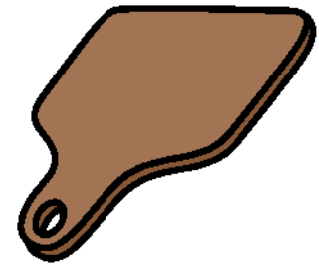
You will need:



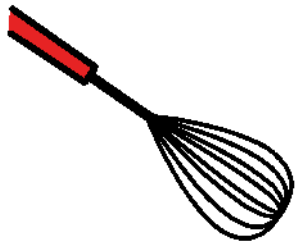
1 tablespoon



sharp knife



cutting board



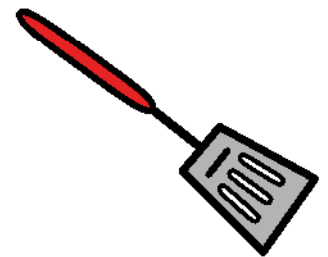
whisk



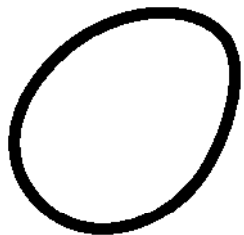
frying pan



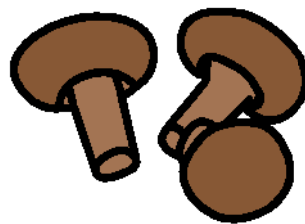
plate



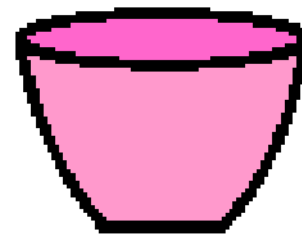
spatula



3 eggs



mushrooms



bowl



cheddar cheese or



cheese slices

Cheese and Mushroom Omelet

1. Break



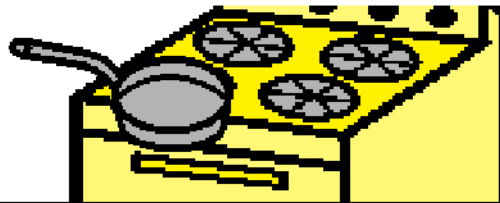
2. Add 3 Tbsp (45ml)



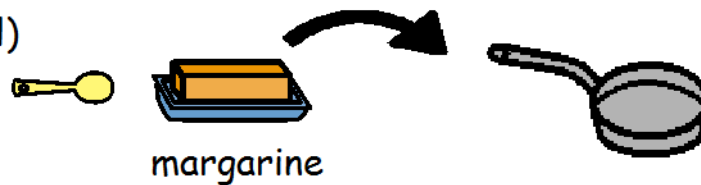
3. Beat eggs



4. Put frying pan
on medium heat



5. Add 1 Tbsp (15ml)
margarine and
let melt



6. Add egg
mixture



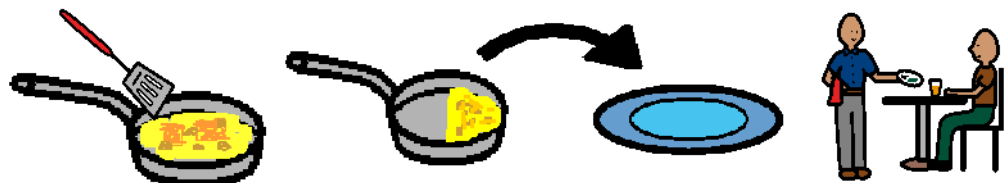
7. Slice and add
mushrooms



8. Add cheese
cook until
melted

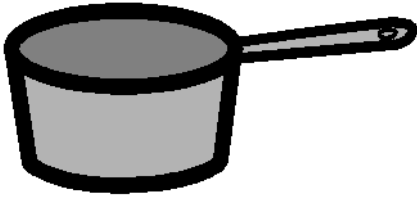


9. Fold in half, put on
plate and serve



Oatmeal

You will need:



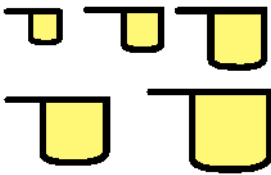
pot



measuring cup



mixing spoon



measuring cups



bowl



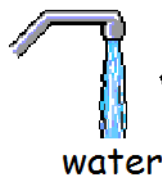
oats



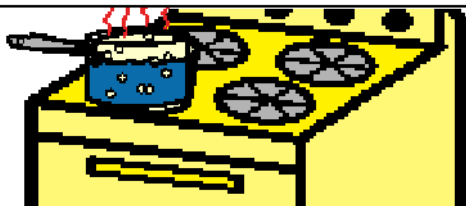
salt

Oatmeal

1. Measure 2 1/2 cups



2. Boil



3. Add 1 1/3 cups



4. Add pinch



5. Cook and stir

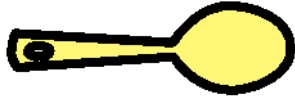


6. Serve



French Toast

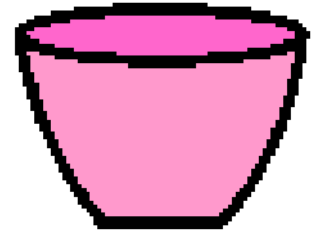
You will need:



1 tablespoon



fork



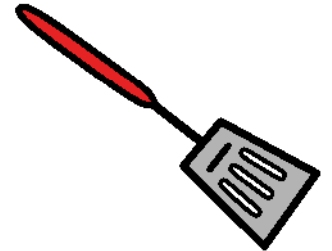
bowl



plate



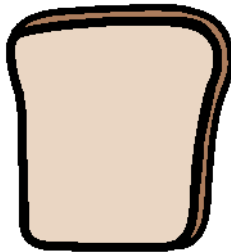
frying pan



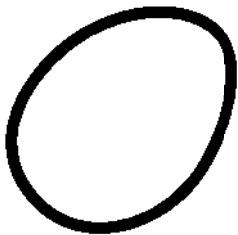
spatula



margarine



bread slice



1 egg



milk

French Toast

1. Break



and beat



with fork

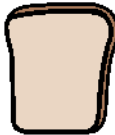


2. Add 2 Tbsp (30ml)

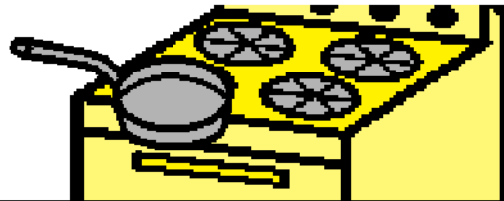


stir

3. Dip



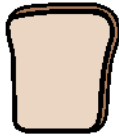
4. Put frying pan
on medium heat



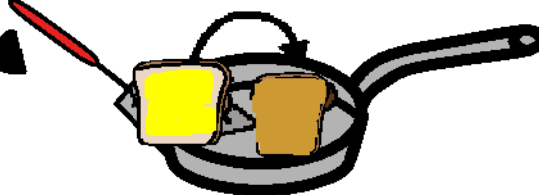
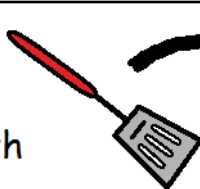
5. Add 1 Tbsp
margarine and
let melt



6. Put



7. Turn
bread when
brown underneath



8. Brown other
side

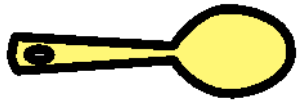


9. Serve with syrup, jam
peanut butter or
another favourite topping



Pancakes

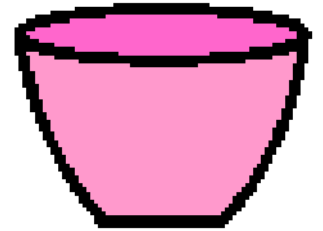
You will need:



1 tablespoon



mixing spoon

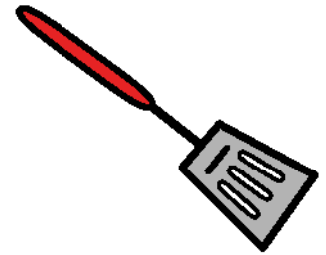


bowl

1 tablespoon



frying pan



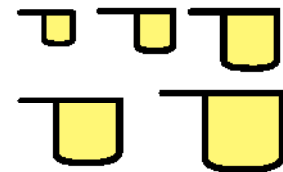
spatula



plate



measuring cup



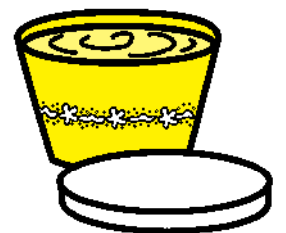
measuring cups



pancake mix



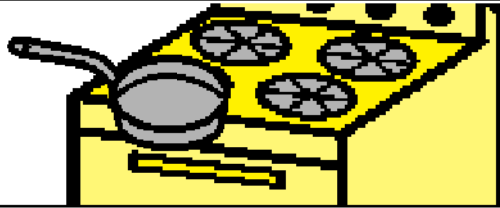
syrup



margarine

Pancakes

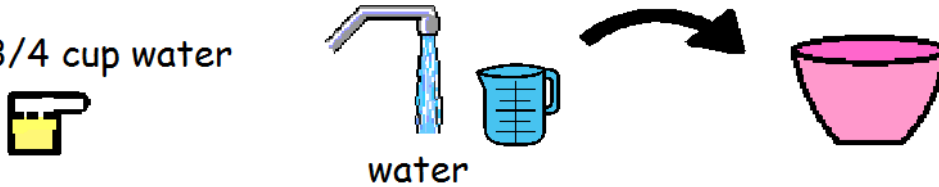
1. Heat frying pan to medium-high



2. Add 1 Tbsp (15ml) margarine and let melt



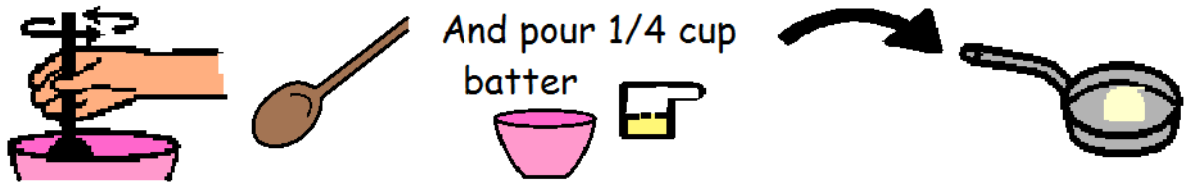
3. Add 3/4 cup water



4. Add 1 cup

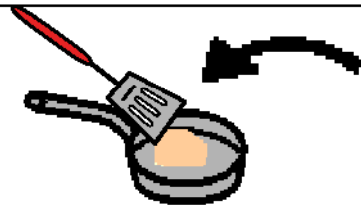


5. Mix

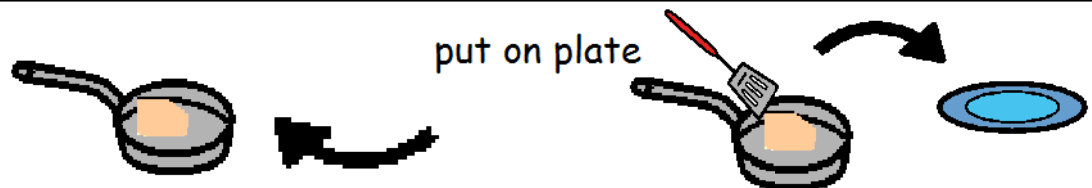


And pour 1/4 cup batter

6. Turn when bubbles



7. Brown other side



put on plate

8. Top with butter and syrup or jam



or fruit and yogurt



9. Serve

