

Breakfast Wrap



you will need:



scrambled eggs



wraps



bell pepper



tomato

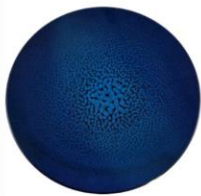


shredded cheese



sliced ham

tools:



plate



cutting board



sharp knife



spoon

steps

1



wash hands



**add
chopped
veg, meat
and cheese
into eggs
before
microwaving**



**microwave
egg**

2



**add egg
onto wrap**



roll wrap up



**eat and
enjoy!**