

Almond Poppy Seed Muffins

[\(Source\)](#)



Ingredients

- 4 oz (115 gr) of unsalted butter
- 1 cup (200 gr) of sugar
- 2 cups (300 gr) of all-purpose flour
- 1 cup (100 gr) of almond meal
- 1 tablespoon of baking powder
- 1/4 cup (30 gr) of poppy seeds
- 1/2 teaspoon of salt
- 2 eggs
- 1 cup (250 ml) of milk
- teaspoon of almond extract

Directions

1. Preheat the oven to 425° F (215° C). Soften the butter in a double boiler or in the microwave (set for 20 seconds at high. mix and add 10 more seconds if necessary). Let the butter cool down.
2. In a large bowl, whisk all the dry ingredients together (sugar, flour, almond meal, baking powder, poppy seeds, and salt). Set aside.
3. In a different bowl add the eggs, milk, softened butter (cooled down) and almond extra. Whisk the ingredients well together.
4. Add the dry ingredients to the wet ingredients and mix with a spoon or spatula - not your blender. And mix just enough so that the ingredients are combined.

5. Line 8 regular size muffin tin with extra large paper liners, Using an ice-cream scoop or a big spoon, add the batter to the muffin liners. I used about one and half scoops filling to just above the edge of the muffin tin. I ended up with 8 large muffins. You can also fill them right below the edge and get 12 regular size muffins.
6. Bake at 425°F (215° C) for 10 minutes in the upper third part of the oven (I placed the rack on the second from the top slot). After the 10 minutes, lower the temperature to 375° (190° C) and the muffins to the middle of the oven. Bake for an additional 25-30 minutes until golden on top.

Baked Macaroni and Cheese

([Source](#))



Ingredients

- 2 pounds elbow macaroni
- 8 tablespoons butter
- 8 tablespoons flour
- 6 cups half and half
- 8 cups sharp cheddar, shredded
- 1 teaspoon salt
- Fresh black pepper
- 3 splashes of hot sauce
- Topping:
 - 8 tablespoons butter
 - 2 cups panko bread crumbs

Directions

1. Preheat oven to 350 degrees F.
2. In a large pot of boiling, salted water cook the pasta to al dente.
3. While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and keep it moving for about five minutes. Make sure it's free of lumps. Stir in the milk. Simmer for ten minutes.

4. Stir in $\frac{3}{4}$ of the cheese. Season with salt and pepper. Fold the macaroni into the mix and pour into a 13x9 baking dish and extra into 6x8 baking dish.
5. Top with remaining cheese.
6. Melt the butter in a saute pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs. Bake for 30 minutes. Remove from oven and rest for five minutes before serving.

Bird Seed Bread

([Source](#))



Ingredients

- 1 cup / 135g sunflower seeds
- 1/2 cup / 90g flax seeds
- 1/2 cup / 65g hazelnuts or almonds
- 1/2 cup sesame seeds
- 1 1/2 cups / 145g rolled oats
- 2 tbsp chia seeds
- 4 tbsp psyllium seed husks (3 Tbsp. if using psyllium husk powder)
- 2 teaspoons salt
- 1 1/2 cups / 350ml water
- 1 tbsp maple syrup or honey
- 3 tbsp melted coconut oil or ghee

Directions

1. Grease a metal loaf tin and mix the dry ingredients together in a large bowl. Measure out the wet ingredients (water, honey and coconut oil) in a large jug and add these to the seed mixture and stir to combine well. Spoon into the prepared tin and allow to sit at room temperature for about two hours. It is ready when the bread is no longer mushy or wet and you can press a finger down on it gently without leaving a dent.
2. Preheat oven to 175C/347F. Bake the loaf for 50-55 minutes. Allow to cool in tin and invert. Slice. Bread keeps for up to 5 days.

Black Magic Cake

[\(Source\)](#)



Ingredients

- 2 cups sugar
- 1 3/4 cups all-purpose flour
- 3/4 cup HERSHEY'S Cocoa
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 eggs
- 1 cup buttermilk or sour milk
- 1 cup strong black coffee or 2 teaspoons powdered instant coffee plus 1 cup boiling water
- 1/2 cup vegetable oil
- 1 teaspoon vanilla extract

Directions

1. Heat oven to 350°F. Grease and flour two 9-inch round baking pans or one 13x9x2-inch baking pan. Stir together sugar, flour, cocoa, baking soda, baking powder and salt in large bowl.
2. Add eggs, buttermilk, coffee, oil and vanilla; beat on medium speed of mixer 2 minutes (batter will be thin). Pour batter evenly into prepared pans.
3. Bake 30 to 35 minutes for round pans, 35 to 40 minutes for rectangular pan or until wooden pick inserted in center comes out clean.
4. Cool 10 minutes; remove from pans to wire racks. Cool completely.
5. Frost as desired.

Bread

Ingredients

- 1 tbsp. yeast
- 1 c. water (< 105°)
- 3 tbsp. sugar
- 2 tbsp. + 2 tsp. vegetable oil
- 1 tsp. salt
- 3 c. flour

Directions

1. Dissolve sugar in hot water.
2. Mix in yeast and let sit for 5 minutes.
3. Stir in all ingredients (only 1 c. flour), and then add the rest of the flour.
4. Let rise for 30 minutes, then punch down, then let rise for 45 minutes.
5. Bake at 350° for half an hour.

Broccoli Bake

Ingredients

- 2 10 oz. frozen broccoli packets
- 1 can cream of celery soup
- 12 Kraft singles
- 1 can mushrooms
- 1 tbsp. butter
- 2 cans water chestnuts

Directions

1. Cook broccoli until soft.
2. Mix soup with cheese over low heat on stove.
3. Cook mushrooms in butter (garlic and salt optional).
4. Mix broccoli, soup, mushrooms, and water chestnuts.
5. Bake at 350° for 30 minutes. Add cheese on top and cook for another 5 minutes.

Broccoli Chicken Fettuccine Alfredo

[\(Source\)](#)



Ingredients

- 1 pound fettuccine pasta
- 2 heads of broccoli, chopped, about 3-4 cups
- (4) 6-oz boneless skinless chicken breasts, cut into 1" cubes
- 4 tablespoons butter
- 3 cloves of garlic, grated or finely minced
- 2 cups heavy cream
- 1 cup grated parmesan cheese, plus more for garnish
- 2 tablespoons olive oil
- Salt and pepper

Directions

1. Bring a large pot of water to a boil. Season the water with salt.
2. While waiting for the water to boil, heat a large skillet over medium high heat with 1 tablespoon olive oil. Add the broccoli, season with a pinch of salt and pepper, and cook the broccoli uncovered for 4 minutes until bright green. Add in $\frac{1}{4}$ cup water, and cook uncovered until the water has evaporated, and the broccoli is crisp tender. Transfer the cooked broccoli to a medium size bowl.
3. Add the fettuccine to the water, and cook according to manufacturers instructions.

4. In the same skillet you cooked the broccoli, heat another tablespoon of olive oil, and cook the chicken in an even layer. Season with salt and pepper. Cook about 5-7 minutes, or until the chicken is golden brown and cooked thru, turning the chicken several times. Transfer the cooked chicken to the same bowl as the broccoli.
5. In the same skillet, melt the butter, then cook the garlic for 30 seconds, or until fragrant. Then add the heavy cream, and scrape up any brown bits from the bottom of the skillet. Add the grated parmesan cheese, and cook until melted and just starting to bubble. Turn the heat to low.
6. When the pasta is done cooking, reserve 1 cup of the pasta cooking water. Drain the pasta from the water, then add the cooked pasta to the skillet with the sauce, and toss to coat the noodles. Add in the cooked chicken and broccoli, toss to combine. If necessary, add in pasta water to thin the sauce.
7. Serve warm, topped with grated parmesan cheese.

Broccoli Fettuccine Alfredo

[\(Source\)](#)



Ingredients

- 16 oz (450 grams) fettuccine pasta
- 16 oz (450 grams) broccoli florets
- 2 cloves garlic, minced
- 4 tbsp (55 grams) unsalted butter
- 4 tbsp all-purpose flour
- 3 cups (700 ml) milk
- 1 cup (100 grams) grated Parmesan
- 1/8 tsp ground nutmeg
- 1 3/4 tsp salt (or more to taste)
- 1/4 tsp ground black pepper (or more to taste)

Directions

1. In a large pot, bring salted water to a boil, add pasta and cook according to the package directions until al dente. When the pasta is finished cooking, reserve 1/2 cup (120 ml) of the starchy pasta water and then drain the pasta in a colander.
2. In another larger pot, bring salted water to a boil and cook broccoli florets until cooked but still slightly crunchy.
3. In a medium saucepan, melt the butter, add minced garlic and cook for about 2 minutes. Add flour and cook for another 2 minutes. Whisk in the milk, increase the heat to medium-high, reach simmer and whisking the sauce constantly, allow to simmer for about 6 minutes, until the sauce thickens slightly. Remove the saucepan from the heat and stir in the Parmesan cheese. Add salt, pepper and nutmeg to taste (it is recommended to make the sauce slightly saltier than you'd prefer if you were eating the sauce alone; once it's spread out over the pasta and broccoli it will taste more mild).

4. Finally, return the cooked pasta to the large pot that it was boiled in (with the burner turned off). Add the reserved pasta cooking water and toss the pasta to loosen it up. Add the cooked broccoli and then pour the Parmesan sauce over top. Stir to coat everything in the sauce and then serve!

Cheddar Bay Biscuits

Ingredients

- 1 c. Bisquick
- 1/4 tsp. garlic powder
- 3/4 c. cheese
- 1/3 c. milk
- 1 tbsp. butter
- 1 tsp. parsley
- 1 tsp. garlic salt

Directions

1. Mix Bisquick, garlic powder, cheese, and milk together.
2. Form into biscuits.
3. Mix butter, parsley, and garlic salt. Brush tops of biscuits.
4. Bake at 400° for 10 minutes.
5. At five minutes, brush again with butter mixture.

Creamy Boursin Spring Pasta

[\(Source\)](#)



Ingredients

- 1 lb (454g) medium shells
- 1 package (5.2oz or 150g) Garlic & Fine Herb Boursin
- 1 1/2 cups fresh peas (frozen are fine too)
- 1/2 tsp salt
- 1/4 tsp fresh black pepper

Directions

1. Bring a large pot of salted water to a boil over high heat. Add the shells and cook until just al-dente. They will continue to cook in the sauce. Reserve 1 cup of pasta cooking water. Drain the shells.
2. In a large sauté pan over medium-high heat, add the 1 cup of pasta cooking water and the Boursin. Break up the cheese as it melts. Simmer the sauce for about one minute. Add the peas and the shells to the pan and stir. Cook for about a minute until the sauce has thickened around the shells and the peas are cooked through. Stir in the salt and pepper and taste for seasoning.
3. Plate the shells and garnish with fresh black pepper. Enjoy!

Creamy Mushroom Fettuccine

[\(Source\)](#)



Ingredients

- 8 ounces fettuccine
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- 1 pound cremini mushrooms, thinly sliced
- 1 onion, diced
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried dill
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons all-purpose flour
- 3/4 cup vegetable broth
- 1 cup half and half, or more, as needed
- 2 cups baby spinach
- 1/4 cup freshly grated Parmesan
- 2 tablespoons chopped fresh parsley leaves

Directions

1. In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
2. Melt butter in a large skillet over medium heat. Add garlic, mushrooms and onion. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme and dill until fragrant, about 1 minute; season with salt and pepper, to taste.
3. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in vegetable broth, and cook, whisking constantly, until incorporated, about 1-2 minutes. Stir in half and half until slightly thickened, about 1-2 minutes.
4. Stir in baby spinach and Parmesan until the spinach has wilted, about 2 minutes. If the mixture is too thick, add more half and half as needed.
5. Stir in pasta and gently toss to combine.
6. Serve immediately, garnished with parsley, if desired.

Easy Pasta with Olive Oil and Garlic

[\(Source\)](#)



Ingredients

- 2 ounces (about $\frac{1}{8}$ of box) spaghetti
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 tablespoon fresh parsley, chopped
- 2-3 tablespoons grated Parmesan
- fresh ground black pepper

Directions

1. Bring a large pot of water to a rolling boil. Toss in the spaghetti and cook until al dente.
2. While the pasta is cooking, warm the olive oil over medium low heat. Add in the garlic and let it cook until soft and golden (you may need to lower the heat to keep it from browning too fast).
3. Once the spaghetti is cooked drain it while reserving about 1 tablespoons of the starchy pasta water.
4. Add the spaghetti to the pan with the oil and garlic. Toss the pasta around until it's coated (this is where you can add in the starchy pasta water to keep the pasta moist if it looks too dry).
5. Add in the parsley and grated cheese, toss to combine and serve.

Garlic Parmesan Pasta

([Source](#))



Ingredients

- 1 tablespoon olive oil
- 2 tablespoons minced garlic
- 2 tablespoons butter
- 8 oz. dry Fettuccine noodles
- 2 cups low-sodium chicken stock
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cup nonfat milk (or whatever milk or cream you have on hand)
- ½ cup Parmesan cheese
- 1 tablespoon chopped parsley

Directions

1. In a 12 inch skillet, heat olive oil and add garlic. Stir and cook until garlic becomes fragrant and just starts to brown. Add pasta, salt, pepper, butter, chicken stock and milk. Stir and bring to a boil.
2. Reduce heat to medium-low, cover and simmer for 20 minutes or until pasta is tender.
3. Remove from heat, toss pasta, and stir in Parmesan Cheese. Sprinkle parsley on top. Divide into bowls and serve hot.

German Chocolate Cake

[\(Source\)](#)



Ingredients

- 1 pkg. (4 oz.) BAKER'S GERMAN'S Sweet Chocolate
- 1/2 cup water
- 4 eggs, separated
- 2 cups flour
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1 cup butter, softened
- 2 cups sugar
- 1 tsp. vanilla
- 1 cup buttermilk
- 4 egg yolks
- 1 (12oz) can evaporated milk
- 1 1/2 tsp. vanilla
- 1 1/2 cups sugar
- 3/4 cups butter or margarine
- 1 pkg (7oz) Baker's Angle Flake Coconut (2 2/3 c)
- 1 1/2 c chopped pecans

Directions

1. Heat oven to 350°F.
2. Cover bottoms of 3 (9-inch) round pans with parchment; spray sides with cooking spray.
3. Microwave chocolate and water in large microwaveable bowl on HIGH 1-1/2 to 2 min. or until chocolate is almost melted, stirring after 1 min. Stir until chocolate is completely melted.
4. Beat egg whites in small bowl with mixer on high speed until stiff peaks form; set aside.
5. Combine flour, baking soda and salt. Beat butter and sugar in large bowl with mixer until light and fluffy. Add egg yolks, 1 at a time, beating well after each. Blend in melted chocolate and vanilla. Add flour mixture alternately with buttermilk, beating until well blended after each addition.
6. Add egg whites; stir gently until well blended. Pour into prepared pans.
7. Bake 30 min. or until toothpick inserted in centers comes out clean. Immediately run small spatula around cakes in pans. Cool cakes in pans 15 min. Remove from pans to wire racks; cool completely.
8. Prepare Coconut-Pecan Filling and Frosting. Beat egg yolks, milk, and vanilla in large saucepan with whisk until blended. Add sugar and butter; cook on medium heat 12 min, or until thickened and golden brown, stirring constantly. Remove from heat. Add coconut and pecans. Cool to desired spreading consistency.
9. Spread between cake layers and onto top of cake.

Green Beans and Eggs

([Source](#))



Ingredients

- Green beans - 300 g
- Eggs - 4
- Milk - 1/2 cup
- Olive oil - 1 tablespoon
- Salt, pepper to taste

Directions

1. Trim the ends of the beans.
2. Cut the beans into thirds.
3. Cook in boiling water until the desired doneness.
4. Drain the beans.
5. While the beans are cooking, whisk together eggs and milk in a large bowl. Season with salt.
6. When the beans are well drained, heat olive oil in a medium skillet.
7. Add beans to the skillet and cook for a minute.
8. Add the egg-milk mixture and cook constantly stirring with a spatula for about 3-5 minutes or until egg curds are fully cooked.
9. Serve with lots of freshly ground black pepper.

Healthy Breakfast Loaf

([Source](#))



Ingredients

- 1 cup Rolled Oats
- 1 cup All-Purpose Whole Wheat Flour
- 2 tsp. Baking Powder
- ½ tsp. Sea Salt
- 1 ½ tbs. Honey or Maple Syrup
- 1 tbs. Canola Oil
- 1 cup Milk

Directions

1. Preheat oven to 450°.
2. In a large bowl, combine the oatmeal, flour, baking powder and salt.
3. In a separate bowl, dissolve honey/syrup in the canola oil.
4. Stir the milk into the honey and oil mixture.
5. Combine both mixtures (dry and wet) and stir until a soft dough forms.
6. Coat a bread pan and pour the dough into the bread pan. Sprinkle some oats on top.
7. Bake for 20-25 minutes. Let cool before slicing.

Layer Cookies

Ingredients

- 2 c. flour
- 2/3 c. brown sugar
- 3/4 c. butter
- 1 c. chopped pecans
- 8 oz. cream cheese
- 1/3 c. brown sugar
- 1/2 tsp. vanilla
- 2 tbsp. flour
- 2 eggs
- 1 c. butterscotch chips
- 1 oz. (1 square) unsweetened chocolate

Directions

1. Blend flour, brown sugar, and butter until crumbly. Add pecans.
2. Bake base at 350° for 15 – 20 minutes.
3. Beat cream cheese, brown sugar, and vanilla. Add flour and eggs.
4. Pour onto base and sprinkle with butterscotch chips.
5. Bake again at 350° for 15 – 20 minutes.
6. Melt chocolate and drizzle on top.

Low Carb Zucchini Pasta

[\(Source\)](#)



Ingredients

- 2 zucchinis, peeled
- 1 tablespoon olive oil
- ¼ cup water
- Salt and ground pepper to taste

Directions

1. Cut lengthwise slices from zucchini using a vegetable peeler, stopping when the seeds are reached. Turn zucchini over and continue 'peeling' until all the zucchini is in long strips; discard seeds. Slice the zucchini into thinner strips resembling spaghetti.
2. Heat olive oil in a skillet over medium heat; cook and stir zucchini in the hot oil for 1 minute.
3. Add water and cook until zucchini is softened, 5 to 7 minutes.
4. Season with salt and pepper.

Macaroni with Broccoli and Peas

[\(Source\)](#)



Ingredients

- 1 tablespoons olive oil
- 1 tablespoon butter
- 1 large clove garlic, minced
- 1 1/2 cups broccoli florets
- 2/3 cup frozen peas
- 1/4 pound macaroni, cooked and drained
- 1/2 cup parmesan cheese {more or less, according to taste}
- Salt & pepper, to taste

Directions

1. In a large skillet with high sides, saute broccoli and garlic in butter and olive oil over medium heat until crisp tender, 3 minutes.
2. Stir in macaroni, peas, salt and pepper.
3. Stir and cook until peas are warm.
4. Sprinkle in parmesan cheese and serve hot.

Monster Cookie Dough Dip

[\(Source\)](#)



Ingredients

- 1/2 cup (4 ounces or 8 tablespoons) unsalted butter, softened
- 1/2 cup creamy peanut butter
- 1/4 cup packed brown sugar
- 1/4 cup granulated sugar
- 1/2 teaspoon vanilla extract
- 3/4 cup all-purpose flour
- 1/4 teaspoon salt
- 2 tablespoons milk
- 1 cup rolled oats
- 1 cup M&Ms
- 1 cup semisweet chocolate chips

Directions

1. In a large mixing bowl, beat together the butter, peanut butter, brown sugar, sugar, and vanilla until smooth and creamy, about 2-3 minutes.
2. Gradually beat in the flour and salt until dough forms then add the milk to smooth it out.
3. Add the oats, M&Ms and chocolate chips.
4. Serve immediately with graham crackers. Store leftovers in an airtight container in the fridge (bring to room temperature before serving).

Pasta with Spinach and Ricotta Cheese

[\(Source\)](#)



Ingredients

- 1 pound ricotta cheese
- 3 tablespoons butter
- 1/4 cup thinly sliced chives
- 1 10-oz pkg frozen spinach, thawed and squeezed dry
- Salt and freshly ground pepper
- 1 pound campanelle pasta or fettuccine
- 2/3 cup freshly grated Parmesan or pecorino Romano cheese

Directions

1. Bring a large pot of salted water to a boil over high heat.
2. Combine the ricotta cheese, spinach, butter and chives in a large bowl; season with salt and pepper. Place in a low oven (180 degrees).
3. Just before the pasta is al dente, remove about 3/4 cup of the pasta water. Whisk enough of the hot water into the cheese mixture to give it the consistency of a creamy sauce.
4. Drain the pasta and add to the sauce. Toss well. Add the grated cheese and toss again, adding more water if needed to thin the sauce.
5. Serve in warm bowls.

Peanut Butter Chocolate Chip Cookies

[\(Source\)](#)



Ingredients

- 1/2 cup butter
- 1/4 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1 teaspoon vanilla
- 3/4 cup peanut butter (I used chunky)
- 1 cup flour
- 1 teaspoon baking powder
- Pinch of salt
- 1 1/4 cups chocolate chips

Directions

1. Preheat oven to 375 degrees F
2. In a large mixing bowl, cream butter and sugar until light and fluffy. Add the egg, vanilla, and peanut butter. Beat until smooth. Mix in the flour, baking powder, and salt. Stir in the chocolate chips.
3. Drop spoonfuls of dough onto a cookie sheet. Bake for 10-12 minutes, or until lightly browned. Store in an airtight container at room temperature.

Pita Bread

([Source](#))



Ingredients

- 3 cups of all purpose flour
- 1 teaspoon salt
- 2 1/4 teaspoon of instant yeast
- 1 teaspoon sugar
- 1 1/2 cup of warm water (approx.)

Directions

1. Add the flour, salt, yeast and sugar to a large mixing bowl. Mix all the dry ingredients together.
2. Pour in the warm water a little at a time all the while mixing with your hands.
3. Knead the dough for about 5-6 minutes until it is soft, and slightly sticky. We want to dough to let go from around the bowl.
4. Break it into 6 small pieces. Roll it into even balls. Allow to rest 10 minutes.
5. After 10 minutes roll out each piece of dough into small round discs. Try to get it to be even otherwise it won't swell evenly.
6. Allow the rolled out discs to rest for 30 minutes, under a damp covered towel.
7. Pre-heat oven to 425 degrees.
8. If you have a baking stone place it in the oven at the same time to heat. Otherwise use a large baking sheet, lined with parchment paper.
9. When the oven is ready, place 1 or 2 rolled out discs in the oven to bake for 4 minutes or until the pita bread has swollen completely.
10. Remove from the oven and cover with a clean dish towel to keep warm until ready to eat.
11. Even if the whole pita does not swell, that does not mean it is not fully cooked.

Scones

Ingredients

- 2 c. flour
- 2 tsp. baking powder
- 1/4 c. sugar
- 1/2 tsp. salt
- 1/3 c. butter
- 1 egg
- 2/3 c. sour cream

Directions

1. Combine flour, baking powder, sugar, and salt.
2. Cut in butter.
3. Add egg and sour cream, saving a tablespoon of egg for the top before baking.
4. Cut dough like biscuits.
5. Bake touching at 400° for 15 – 18 minutes.

Scrambled Eggs

[\(Source\)](#)



Ingredients

- 8 large eggs
- ½ teaspoon garlic salt
- ½ teaspoon granulated onion
- ¼ cup ground or grated Pecorino Romano cheese
- ½ cup milk (less can be used if you like your eggs drier)
- 20 turns fresh ground pepper

Directions

1. Combine all ingredients in a mixing bowl. Whisk ingredients together well.
2. Preheat small nonstick skillet or omelet pan over medium low heat. When pan is preheated, add 2 tablespoons of butter to pan. Tilt pan so melted butter covers bottom of pan.
3. Give the eggs a quick whisk again. Pour eggs into pan and cook slowly, folding eggs occasionally with a silicone spatula.
4. If you cook the eggs until they are done, they'll be overcooked. You want to cook them until they are just almost done, as they'll keep cooking once you turn the heat off. Of course, this is up to you - some people like them dry and some like them with more moisture.
5. Serve hot.