Hadley

Cooking

Mixing and Spreading Sample

If you enjoy cooking, you know that many recipes call for mixing and spreading ingredients, whether you’re baking a cake, whipping up a main dish, or just making a quick sandwich. With a few tips and a little practice, you can make sure your ingredients are all mixed together, or spread evenly, no matter your level of vision.

Let’s start with mixing. One great tip for getting started with any recipe, is to begin by gathering and measuring your ingredients ahead of time.

When you’re mixing in a bowl, it can be helpful to use darker bowls for light-colored foods and lighter bowls for dark-colored foods. And choosing a larger bowl, and one with deeper sides, can help reduce any splashes or spills. A larger bowl also makes it easier to get everything into the mixture, instead of on the counter.

Ed Haines: Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your name, email address, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course, if you prefer to talk through these questions, we're just a phone call away at 800-323-4238. Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus, it connects you to the Hadley community, and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts, like me. Now, where were we?