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Breakfast Love: Perfect Little Bowls Of Quick, Healthy Breakfasts



Synopsis

Breakfast Love contains more than 160 bowls for healthy, speedy breakfast ideas that will set you up for the day. Breakfast Love will make you fall in love with this often over-looked meal, and energize you to create a beautiful bowl of breakfast salad before you start the day. Each bowl is made up of a base of grains, two seasonal fruit and vegetables, some protein, a delicious dressing, yogurt or milk, and an optional topping. There are sweet and savory ideas, and basic recipes to make your own granola, muesli, and dairy-free nut 'yogurt'. Every recipe is categorized as vegan, vegetarian, raw, carnivore, or omnivore so that you can cater to your own dietary preference. With a stunning photo of every recipe, this is a feast for the eyes and fantastically inspiring.

Book Information

Hardcover: 192 pages

Publisher: Quadrille Publishing (February 2, 2016)

Language: English

ISBN-10: 1849497141

ISBN-13: 978-1849497145

Product Dimensions: 7.2 x 1 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #215,847 in Books (See Top 100 in Books) #73 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Breakfast](#)

Customer Reviews

As wonderful as his first book "Salad Love"! Reading each recipe makes my heart beat faster with anticipation. ALL of these recipes are healthy and filling and ingredients are all within reach at the grocery. I am VERY grateful for both books being written!!!

I checked it out at Barnes & Noble. Great book. I'm also hoping to transition from the bread based breakfast to more lighter fulfilling breakfast. I'll be buying this book and making creative breakfast :)

I keep it on my coffee table and love to just sit and look at the pictures deciding which I will prepare next. I no longer have to think about what to have for breakfast -- these healthy choices have already been created for me. Thank you David Bez.

This book has some great ideas for food combinations. Some will require some tasting and trying to see if they are as good as they sound. But mostly I was inspired to come up with my own combinations. I would have liked to see more dishes with meat like chicken , ham or sausage or bacon but only because I personally would like a heartier meal in the morning. But there is a great assortment for all eating styles.

Well presented and directions. Many recipes are similar with easy tweaks to make them different.

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