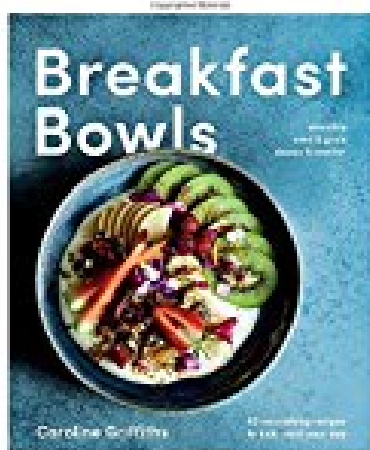


# Breakfast Bowls 52 Nourishing Recipes to Kick-Start Your Day

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## BOOK DETAILS

- Author : Caroline Griffiths
- Pages : 128 Pages
- Publisher : Smith Street Books
- Language : English
- ISBN : 192541826X



## BOOK SYNOPSIS

Kick-start your mornings with a delicious and nutritious breakfast bowl. We all tend to get stuck in the pattern of eating the same breakfast every day--or skipping it altogether. For many, breakfast means a bowl of (often unhealthy) shop-bought cereal or toast. But it doesn't need to be this way. Kick-start your day with one of fifty-two healthful, wholesome breakfast bowls--a new one for every week of the year. Breakfast Bowls will inspire you to get back to a healthy way of living. Bursting with color and nutrition in every mouthful, a well-balanced breakfast bowl will give your body everything it needs to start the day. From a vitamin-filled green smoothie bowl--packed with fresh berries, kale, avocado, and nut butter--to heartier healthy grain-based bowls including oat, farro, quinoa and rice--Breakfast Bowls will get your morning started in the right way.

### **BREAKFAST BOWLS 52 NOURISHING RECIPES TO KICK-START YOUR DAY**

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