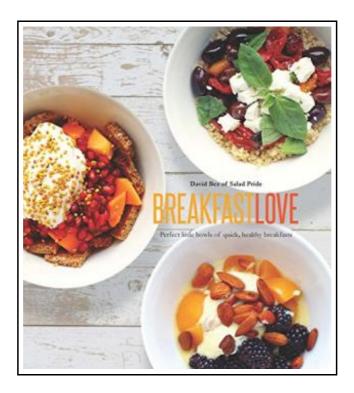
# Breakfast Love: Perfect Little Salad Bowls for Quick and Easy Breakfasts



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#### Reviews

A must buy book if you need to adding benefit. It is actually rally fascinating throgh studying time. Your way of life span will likely be transform as soon as you complete looking over this publication. (Ms. Bernice Rolfson)

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Quadrille Publishing Ltd. Hardback. Book Condition: new. BRAND NEW, Breakfast Love: Perfect Little Salad Bowls for Quick and Easy Breakfasts, David Bez, Breakfast Love contains more than 160 salads to make for a healthy, speedy breakfast 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 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 both sweet and savory ideas, as well as basic recipes to make your own granola, muesli, and dairy-free nut 'yogurt' if you want to avoid store-bought. Every recipe is categorised 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.".

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