



## Breakfast Blast

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By Bobbie Kalman

Crabtree Publishing Co, Canada. Hardback. Book Condition: new. BRAND NEW, Breakfast Blast, Bobbie Kalman, Ages 7 to 12 years. Breakfast means to "break" the "fast" between the evening and the morning. It is the most important meal of the day, but many children go to school without it or start their days with a sugar-filled substitute for the brain food they need to think and complete their school work. This book introduces great-tasting recipes that cover all the food groups and promote healthy choices. The recipes suggest alternatives and healthy cooking, while still maintaining the important taste appeal. The delicious foods will make children jump right in and start their day in a different way! Reader's will learn about: the food groups; breakfast and nutrition; cooking safety tips and allergy alerts; how to kick-start the body's energy level; why the body needs water and tasty ways to get it. Recipes include: green eggs and ham; very berry parfait; bagel toppings; incredible edible work of art in fruit; tic tac toe pizza.



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### Reviews

*Simply no words to spell out. It can be rally fascinating throgh studying period of time. You will not really feel monotony at at any moment of your own time (that's what catalogues are for concerning if you ask me).*

-- **Dr. Isabella Turner**

*This book is very gripping and fascinating. Yes, it is play, nonetheless an interesting and amazing literature. I found out this ebook from my dad and i recommended this pdf to discover.*

-- **Lavada Nikolaus**