



Breakfast in a Flash (Paperback)

By Amy Clark

Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Breakfast is the most important meal of the day. We hear it all the time. Or, if there s one meal to eat, it s breakfast. Its benefits are vital to a healthy living; it helps boost your metabolism, and keeps your hunger at bay until lunchtime, letting you stay away from any unhealthy snacks. Unfortunately, despite how important a healthy breakfast is, very few of us tend to sit down and eat it (or worse, grab an unhealthy cream filled bagel or cereal bar). The main reason so many of us avoid eating breakfast (or worse, settling for unhealthy fast food) is because we simply don t have the required time. Now though, with Breakfast in a Flash, you can learn all sorts of recipes for delicious and appetizing breakfast foods that you can create in a short span of time. Great breakfast ideas include a quick omelet in a mug, several different ways to include fruit, and delicious muffins and pancakes that can be prepared on an earlier day for quick availability of a fresh,...



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Reviews

A very wonderful book with lucid and perfect answers. It is probably the most incredible book i have study. Its been designed in an exceptionally simple way and is particularly just after i finished reading through this publication by which in fact transformed me, alter the way in my opinion.

-- **Macey Schneider**

Complete information! Its such a great study. It is probably the most amazing book i have got study. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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