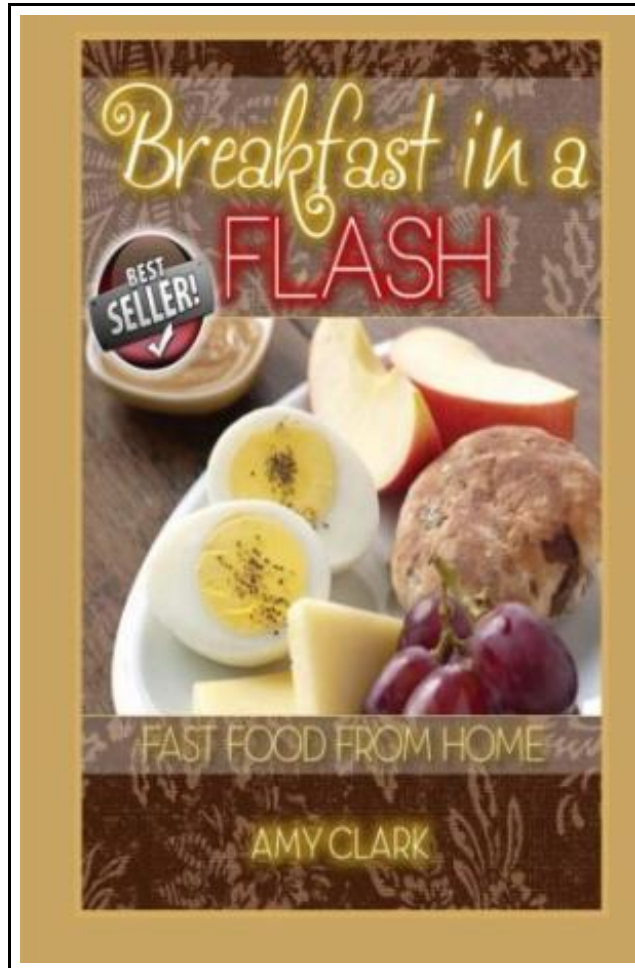


Breakfast in a Flash



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(Dr. Daphnee Homenick II)

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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, nutritious start to a busy day. You ll be able to utilize all the benefits that come from eating breakfast, from a better metabolism to avoiding unhealthy snacking before lunch, all without having to resort to greasy fast food or cream covered pastries.



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