smitten kitchen ’ hardli biggest surpris parent ’ yet get head around idea ’ taken part creat morn person son alway woken earli ’ 5/5:30am ’ sofa read thick book wonder care watch sunris year ’ tri everyth chang wire — lectur star chart briberi beg ask pediatrician talk sens although “ wake earli read chapter book ” ’ quit doom-and-gloom impact ’ thought would prayer — eventu might infer refer wire gave wake crack dawn also requir breakfast earlier hour normal peopl like parent love sleep ’ uh confus “ breakfast food ” ’ taken pack breakfast leav fridg hard-boil egg fruit chees sort muffin work way muffin archiv realiz miss one hippie/morn glory-ish muffin love load carrot appl dri fruit sometim coconut spice ’ made version last month go anoth round new tomororw wonder cookbook arriv doorstep yossi arefi ’ snack cake probabl ’ need tell idea snack cake firmli within sk wheelhous — think cake everyday just-because-it ’ s-monday thing lucki us arefi went right morn glori cake wonder ’ fuss muffin liner tri achiev perfect dome pour pan much easier ’ tweak arefi ’ recip make even breakfast-i — lower sugar oil bit swap whole wheat flour raw sugar white ad dri fruit well coconut nod origin ginger like use toast salt pepita top cake remain plush perfect whatev hour call breakfast know morn glori muffin offici recip pam mckinstri creat 1978 restaur nantucket recip first publish gourmet 1981 wildli popular decad