



Breakfast Blast

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

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- Justus Hettinger