



## Breakfast Love: Perfect Little Salad Bowls for Quick and Easy Breakfasts

By David Bez

Quadrille Publishing Ltd. Hardback. Book Condition: new. BRAND NEW, Breakfast Love: Perfect Little Salad Bowls for Quick and Easy Breakfasts, David Bez, Breakfast Love contains more than 160 salads to make for a healthy, speedy breakfast that will set you up for the day. Breakfast Love will make you fall in love with this often over-looked meal, and energize you to create a beautiful bowl of salad before you start the day. Each bowl is made up of a base of grains, two seasonal fruit and vegetables, some protein, a delicious dressing, yogurt or milk, and an optional topping. There are both sweet and savory ideas, as well as basic recipes to make your own granola, muesli, and dairy-free nut 'yogurt' if you want to avoid store-bought. Every recipe is categorised as vegan, vegetarian, raw, carnivore, or omnivore so that you can cater to your own dietary preference. With a stunning photo of every recipe, this is a feast for the eyes and fantastically inspiring."



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