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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

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**

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