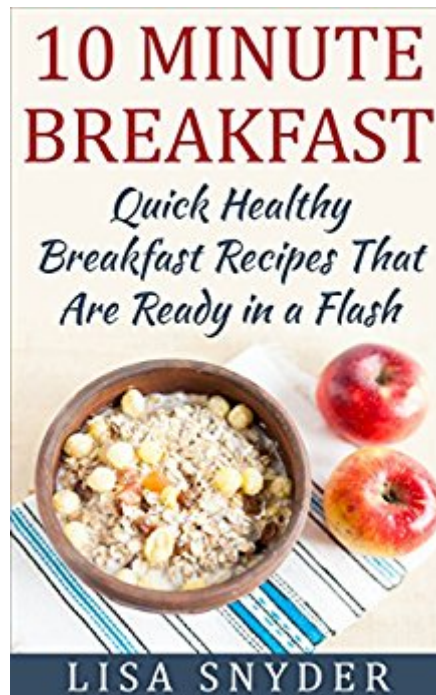


The book was found

10 Minute Breakfast: Quick Healthy Breakfast Recipes That Are Ready In A Flash



Synopsis

It's all too easy to run out the door in the morning without eating anything, but your first two hours of wakefulness are invaluable to your health and you are doing your body a pretty big disservice by ignoring that! Studies have shown that eating within your first two hours of waking affects the way your body regulates glucose levels in your body. If you eat a healthy breakfast, your body is on its way to processing the food and using it to keep you energized up to lunch time. When you skip breakfast, your body's glucose levels steadily decline and hunger hormones build up. You will feel grumpy and starving until you eat. And when you do eat, your body will be craving sugar and lots of it. This vicious cycle means that without breakfast, you are more likely to increase your overall calorie intake for the day and risk stunting your metabolism. Recipes You Will Discover Inside Apple Morning Overnight Oats Breakfast Burrito Pumpkin Parfait Five Fruit Cereal Protein Waffle Sunrise Pizza Would You Like To Know More? This book contains exactly what you to jump-start your morning and your body so you can have a productive day. If you are ready to learn quick and easy ways to make a breakfast that will keep you satisfied then scroll up and grab your copy of 10 Minute Breakfast.

Book Information

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Customer Reviews

I am a single mother of two boys. I work, and go to school full time. It was nothing for me to throw a pop tart in the toaster for my boys, or a bowl of cereal. This book has gave us quick, healthy meals prepared in just a few minutes. We feel better, are more alert, and energized. Too long I felt that I didn't have the time to do any better for our breakfast meals. What iv found with this book is that in just a few extra minutes, we were eating much healthier, wholesome breakfasts. I am so happy that I found this book, and so are my boys. It makes me feel better just knowing that I'm providing them with meals that actually fill them up, and they aren't hungry in between meals searching for snacks to hold them over until lunch. We highly recommend this book!

My sister told me about this & I'm very excited that I am able to download to my Kindle. With 2 boys in diapers, my mornings get crazy & I wind up either skipping breakfast for myself entirely, or just grab a fast option that isn't always healthy. My sister has noticed not only has she lost weight, but has a lot more energy throughout the day. I can't wait to get started!

Breakfast never has been my strong suit but this cookbook has some really great recipes in it for preparing a great breakfast in almost no time. So enjoy your meal and enjoy your day.

Great for newbies, toooooo simple for experienced breakfast lovers. I'd recommend this for college kids or people looking for very simple fresh ideas.

There are 4 recipes I will use. The others look good but are not ingredients we like or easily found in our area.

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