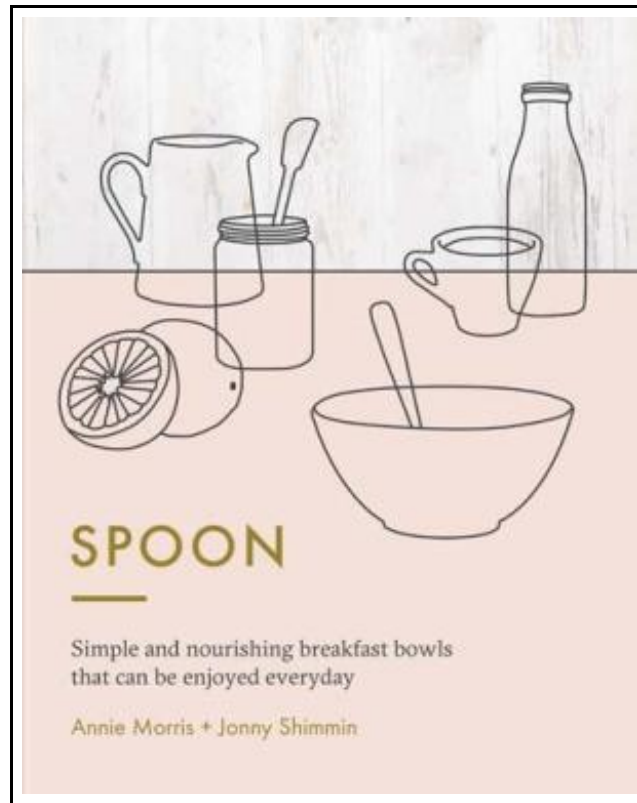


## Spoon: Simple and nourishing breakfast bowls that can be enjoyed any time of day (Hardback)



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***(Mitchell Kuhn III)***

## **SPOON: SIMPLE AND NOURISHING BREAKFAST BOWLS THAT CAN BE ENJOYED ANY TIME OF DAY (HARDBACK)**



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Hardie Grant Books (UK), United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Spoon is a celebration of morning time: filled with over 50 nourishing breakfast bowl recipes to start your day off on the right foot. Each recipe is made up of a short list of high-quality ingredients, to create simple, flavourful breakfast dishes that will fit into our everyday, often hectic, schedules. Featuring a combination of sweet and savoury granola, muesli and porridge bowls, authors Annie Morris and Jonny Shimmin share their simple philosophy for breakfast: a good reason to jump out of bed in the morning. From the Cinnamon and Pecan Granola, to more interesting flavour combinations such as the delicious Black Forest Granola with Cherry Compte to a savoury Avocado Porridge with a sticky Sweet Chilli Jam, this is a modern and fresh approach to breakfast. You ll also find exciting recipes for toppings, butters and smoothies, as well as more indulgent breakfasts bowls, for those slower weekend mornings. With a design-led aesthetic and special collaborations from well-known food names, Spoon will show you how to incorporate breakfast as part of a healthy, balanced diet or better yet, as the perfect `pick-me-up snack!.



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