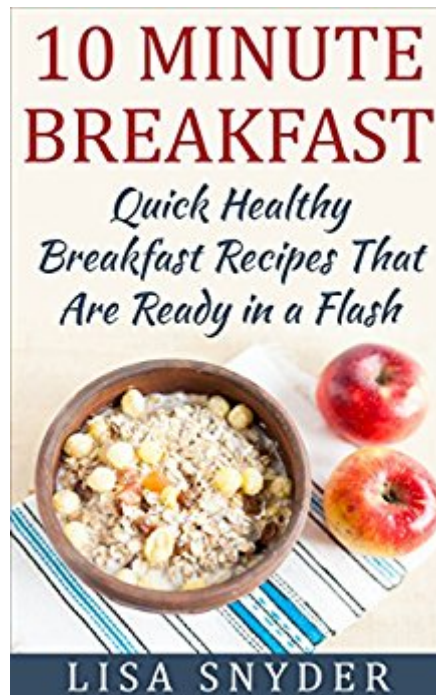


The book was found

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

File Size: 2114 KB

Print Length: 32 pages

Publication Date: February 24, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B00U0DPVKG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #385,511 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #107

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Meals > Breakfast #211 inÂ Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Breakfast #215 inÂ Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Cookbooks, Food & Wine

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.

[Download to continue reading...](#)

Breakfast Meals Made Simple Cookbooks: 100 Sensation Breakfast Recipes - Healthy food (Breakfast, Meals Made Simple, Breakfast cookbooks, Breakfast recipes, Breakfast ... : 100 Sensation Breakfast Recipes) 10 Minute Breakfast: Quick Healthy Breakfast Recipes That Are Ready in a Flash Breakfast Ideas Value Pack II - 200 Recipes For Waffles, Omelets, Coffee Cake and Quick Bread (Breakfast Ideas - The Breakfast Recipes Cookbook Collection 10) Breakfast: Meals, Dining, Bountiful Breakfast Cookbook - 90 All-Time Classic, Amazingly Easy, Incredibly Delicious, Quick-To-Make Breakfast Recipes Fit ... The Whole Family (Cookbooks Best Sellers 3) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Quick & Easy Hispanic Recipes Cookbook: Healthy Spanish Meal Recipes that

Will Delight Your Taste Buds to No End! (Food & Wine, Mexican, Spanish, Hispanic, Quick ...
Cookbooks Healthy Diet Recipes) After Effects for Flash / Flash for After Effects: Dynamic
Animation and Video with Adobe After Effects CS4 and Adobe Flash CS4 Professional AdvancED
Flash on Devices: Mobile Development with Flash Lite and Flash 10 (Friends of Ed Aboobe Learning
Library) Dash Diet Slow Cooker Recipes: Quick & Easy, Delicious Meals Ready In a Flash (Low
Sodium, Low Fat, Low Carb, Low Cholesterol) Vegan Breakfast: Top 50 Quick, Easy and Delicious
Vegan Breakfast Recipes 30 Paleo Breakfast And Egg Recipes - Simple & Easy Paleo Breakfast
and Egg Recipes (Paleo Recipes Book 8) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes
for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo
Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) The Mega Crockpot Recipes Box Set:
Crockpot Recipes, Slow Cooker Recipes, Crock pot Recipes, Dump Dinner Recipes, Quick Meal
Recipes: Over 300 All Time ... Recipes For You & Your family (99+1 Book 4) Fast Metabolism Diet
Cookbook for the Busy You: 80 Mouthwatering 30-Minute Recipes to Melt Your Fats Away
(Breakfast, Lunch, Dinner & Snacks Recipes For All Phases Included) Healthy Bread Cookbook:
The Top 50 Most Healthy and Delicious Bread Recipes (banana bread, bread pudding recipes, daily
bread, zucchini bread, monkey bread ... bread maker) (Top 50 Healthy Recipes) Lunch Recipes: 30
Most Delicious and Healthy Homemade Lunch Recipes for Your Kids: (Healthy Recipes, Healthy
Cooking) NUTRiBULLET RECIPES FOR KIDS: 100 Quick and Easy Nutribullet Recipes: Healthy
Smoothie Recipes, Nutribullet Recipe Book, Easy Smoothies for Kids, Delicious Smoothie Recipes
Baking for Breakfast: Sweet and Savory Treats for Mornings at Home: A Chef's Guide to Breakfast
with Over 130 Delicious, Easy-to-Follow Recipes for Donuts, Muffins and More 1,001 Heart Healthy
Recipes: Quick, Delicious Recipes High in Fiber and Low in Sodium and Cholesterol That Keep You
Committed to Your Healthy Lifestyle Chicken Recipes From Heaven: 50 Quick, Easy & Delicious 30
Minute Chicken Recipes To Die For!

[Dmca](#)