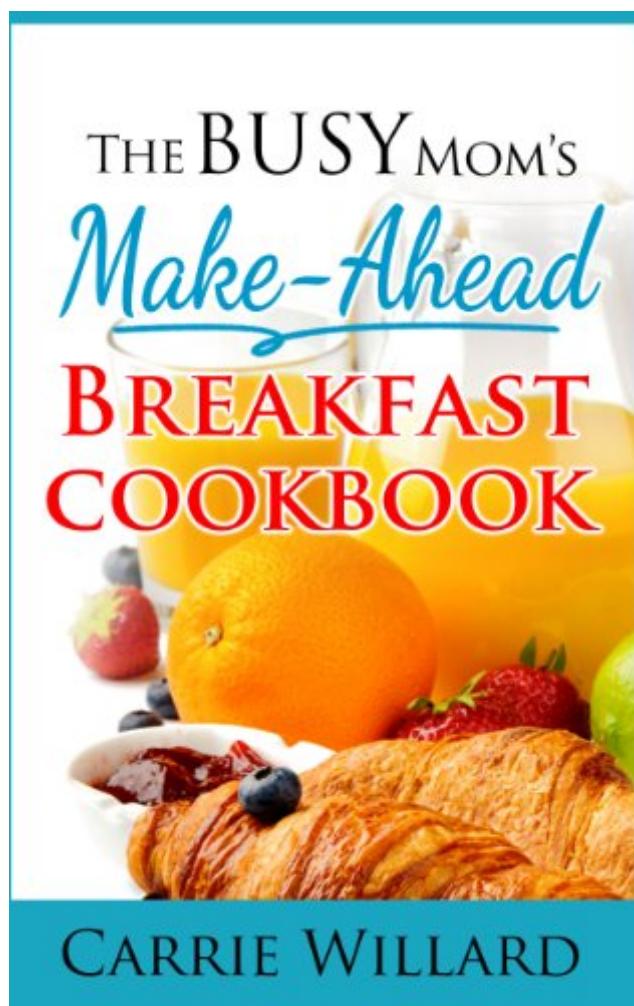


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# The Busy Mom's Make-Ahead Breakfast Cookbook



## **Synopsis**

Are your mornings crazy-busy as you juggle getting yourself and your family ready to face the day? Wrangling kids out of bed, helping them wash and dress and then feeding them a decent breakfast is challenging. Experts recommend starting the day off right with a healthy breakfast - whether you're an adult watching your weight or a growing youngster - but who has time to slave over a hot stove for 30 minutes or more each morning? Carrie Willard, author of best-selling cookbook *Slash Your Grocery Budget and Eat a Whole Foods Diet with ALDI*, is going to make your mornings easier. Enter *The Busy Mom's Make-Ahead Breakfast Cookbook*. Packed with over 70 ideas, tips and recipes for breakfast foods you can make ahead of time, this cookbook will help you recapture precious morning minutes and still nurture yourself and your family with healthy starters. Learn how to utilize the kitchen appliances you already have to make the morning rush easier. Make breakfast the night before, or even days in advance for faster cleanup and maybe even more sleep! Whether you prefer something light in the morning to tease out your appetite, or a hearty saw-miller's breakfast that will please the growing teenager or man in your life, these ideas are for everyone! Are you ready to take back your mornings?

## **Book Information**

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## **Customer Reviews**

I've been struggling with breakfast for a long time. I typically rotate between eggs, oatmeal and occasionally pancakes or omelettes on the weekend. My family is pretty sick of it but I'm at a place where I just don't have the time or motivation to start researching new breakfast ideas. This book has dozens of make ahead breakfast ideas in one place. Why a breakfast cookbook? Many people skip breakfast and pay the price later in the day with unstable blood sugar levels. For others, breakfast is just a bowl of processed cereal. A good breakfast will get your day off to a better start. Recipes range from "light and sweet" yogurt dishes, muffins, granola bars and smoothies to more substantial fare like eggs, frittatas and casseroles. There are 30 casserole recipes alone and they are my favorite part of the book. They are great for larger families (or singles and couples can just freeze the leftovers). Just spend a few minutes prepping the dish the night before and pop in the oven for an hour in the morning. Dairy Free, Gluten free or Paleo? These recipes are very easy to adapt to your family's needs. This little book is a gem.

I really like the recipe ideas here and the "make ahead" part of the title is part of what drew me to the book. There are several "make ahead" ideas which is awesome for me, but as the title indicates, it is great for moms who are busy but still want to provide something more than cereal for breakfast. I also really like that the ingredients used are practical and lean toward the healthier side of eating. Often a book that is considered full of healthy ideas is unrealistic in its ingredients list, is not budget friendly (esp. for a family), and uses many ingredients that are not readily available to most people, but this book is none of those. Great job! I am looking forward to trying some of the things I found in here and am excited about trying some crock pot recipes - for breakfast!

Recipes that can be planned ahead for is a busy mom's answer to serving something other than cold cereal. There is a great variety of recipes in this book, giving me options for varying tastebuds. brilliant. can you write a "make ahead dinner" book? :)

Love the variety of recipes, how simple and quick they all are to prepare, the fact that you can make it at night after the kids are in bed and then pop into the oven in the morning when things are crazy and you haven't even had a cup of coffee yet :) All the recipes look delicious!

A lot of great ideas. Not all of them were new to me, but I get so busy, I forgot some of them. We'll definitely start incorporating some of these techniques into our routine such as soaking the oats and putting all the smoothie fixings together in the fridge the night before.

I love the selection of breakfasts for the slow cooker! Throw some ingredients in before bed and a hot breakfast is waiting for you when you wake up. I'd heard of oatmeal and a few casserole type things, but never really took the time to check it out. Carrie offers a few recipes that will make for hearty and EASY mornings. I only wish it had been a little longer. I was also happy to find there were granola bar recipes included. I was actually just searching for some not long ago so that was a welcome and timely for me. She's even got a few recipes that are already low carb or can be easily modified to low carb which I try to eat as much as possible. Especially the egg section. Different ways to cook eggs, a low carb staple, made me smile.

This cookbook has a wide variety of breakfast recipes and a lot of helpful hints for getting future breakfasts made, already! I especially liked that the author included many tips for customizing the recipes according to personal preferences or dietary restrictions.

It's breakfast, so it's not rocket science, but this book was a good reminder and had some great ideas I hadn't thought of. It generally reminded me to get in the habit of thinking ahead

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