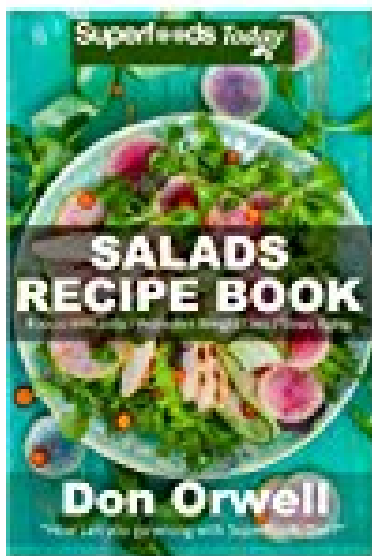


Salads Recipe Book Over 110 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals Salads Recipes Volume 1



BOOK DETAILS

- Author : Don Orwell
- Pages : 216 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1543233848

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BOOK SYNOPSIS

A little bowl of breakfast goes a long way. It gives you energy for the day, it's quick to prepare, and can be healthy AND filling. It's so tempting to skip it or pick up a bland breakfast pot on the way to work, but in this inspirational book, David Bez shows you how easy and versatile breakfast can be. After wowing us with Salad Love, he's back with more than 150 breakfasts for every season and every palate. Every bowl is a feast for the eyes and as pure and simple as possible. Composed of two fruits or vegetables, plus a combination of a cereal, a protein, a liquid like yoghurt or milk, and perhaps an extra topping such as fresh herbs, it's amazing how much variety and satisfaction you can get from just one bowl.

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