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## The Art of Delicious Breakfast: Yummy and Healthy Breakfast Ideas with 25 Quick and Easy Breakfast Recipes (Paperback)

By Martha Stephenson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Art of Delicious Breakfast: Yummy and Healthy Breakfast Ideas With 25 Quick and Easy Breakfast Recipes An empty stomach can't be a good start of your because this practice can deteriorate your health. When you sleep after your last meal, the speed of your metabolism will slow down and a healthy breakfast proves helpful to start off your metabolism. It will help your body to burn more calories in the start of your day. When you fast asleep, your body will not burn more calories and if you delay your first meal till lunch, your body can go into survival mode and store calories and create fat. Your body needs a healthy breakfast in the morning to increase the speed of your metabolism and some good Breakfast Ideas in this book prove really helpful for you. There are some delicious recipes to improve your overall health. This cookbook will help you to serve healthy breakfast to your family because it offers: - Classic Breakfast Pancakes - Breakfast Bread Recipes - Delicious Egg Breakfasts - Seafood and Meat..



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