



Breakfasts in Jars Cookbook: Healthy, Quick and Easy Mason Jar Recipes (Paperback)

By Louise Davidson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Healthy Breakfasts in Jars: the Perfect Way to Start the Day! Stress-Free and Energized Breakfast might be the most important meal of the day, but it is also the meal people skip most often. Making sure to have a good breakfast in the morning helps keep your energy up for the rest of the day. This book aims to help you to start the day right with 50 delicious and nutritious morning options. The recipes inside provide an assortment of hot and cold breakfast jars. Most of them can be prepared in under 15 minutes, or even made the night before so your morning routine will be easy and stress-free. Thanks to the versatility of preparing meals in jars, the options are endless when it comes to making these breakfasts in jars. Inside find: Tips to prepare breakfasts in jars Types of jars to use Quick and easy oats recipes like the Pomegranate and Almond Overnight Oats Delicious pudding recipes like the Triple Berry Chia Pudding Nutritious parfait recipes like the Strawberry and Chocolate Yogurt Parfait Easy to prepare...



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