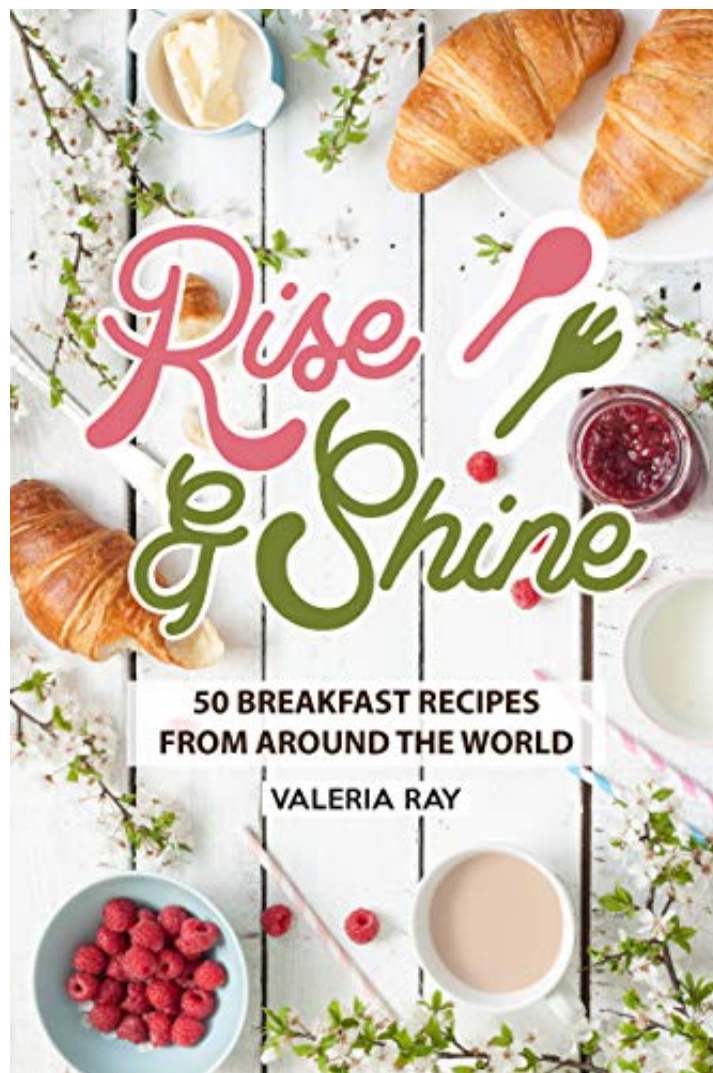


Rise and Shine: 50 Breakfast Recipes from Around the World

by
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Synopsis

Breakfast is the most important meal of the day because, as its name implies, it literally breaks the fast our bodies have experienced during the previous night's sleep. Breakfast is so essential to health and brain function that it is a meal enjoyed by all cultures around the world. What people make for breakfast has largely to do with customs, culture, geography, and the ingredients readily available in their area. If you're looking for some foodspiration to switch up your morning routine or just want to learn to love breakfast again, the Rise and Shine cookbook is what you need. This cookbook features 50 breakfast recipes from around the world, including Asia, Europe, Africa, and The Americas. Experience European classics such as Full English Breakfast, Pain Au Chocolat, or Scandinavian Riisipuuro, Asian favorites like Filipino Tapsilog, Korean Bokkeumbap, or Indonesian Nasi Goreng, or even sample the African and Middle Eastern-inspired Shakshouka. Be transported to Latin and South America with Mexican breakfast staples such as Huevos Rancheros, Chilaquiles, and Breakfast Tostadas, Cuban Pastelitos de Guayaba y Queso, or Colombian Arepas. The Rise and Shine cookbook also features recipes for sweet and savory breakfasts traditionally eaten in the U.S. like Cinnamon Banana Bread, Apple Pie Oatmeal, Blueberry Crumb Cake, Breakfast Pizza, Cheesy Breakfast Quiche, and Sausage and Pancake Muffins. Spice up your breakfast game and discover how the world wakes up with the Rise and Shine cookbook. Grab your copy today!

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