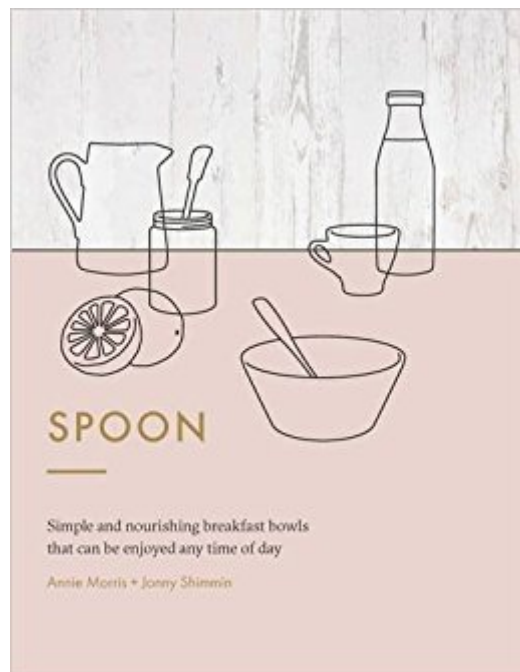




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# Spoon: Simple And Nourishing Breakfast Bowls That Can Be Enjoyed Any Time Of Day



## Synopsis

Over 50 delicious breakfast bowl recipes to start your day off on the right foot. Featuring a variety of granolas, mueslis, and porridges, Annie and Jonny share their tried and tested recipes that give you a reason to jump out of bed in the morning. Utilizing simple, good-quality ingredients, each recipe has a rich, luxurious flavor and is also packed full of antioxidants. These recipes require little preparation and are specifically designed for on-the-go mornings. Woven throughout are interviews with chefs and owners of independent coffee shops all over the world who provide their own tips for the perfect start to any day.

## Book Information

Hardcover: 144 pages

Publisher: Hardie Grant (October 18, 2016)

Language: English

ISBN-10: 1784880558

ISBN-13: 978-1784880552

Product Dimensions: 8 x 0.8 x 9.5 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

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Best Sellers Rank: #721,168 in Books (See Top 100 in Books) #170 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Brunch & Tea](#) #226 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Breakfast](#) #8195 in [Books > Cookbooks, Food & Wine > Special Diet](#)

## Customer Reviews

ANNIE MORRIS and JONNY SHIMMIN are entrepreneurs who founded Spoon Cereals in 2013. The company was born out of their inability to find a quality, fresh bowl of cereal on their way to work in the morning.

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