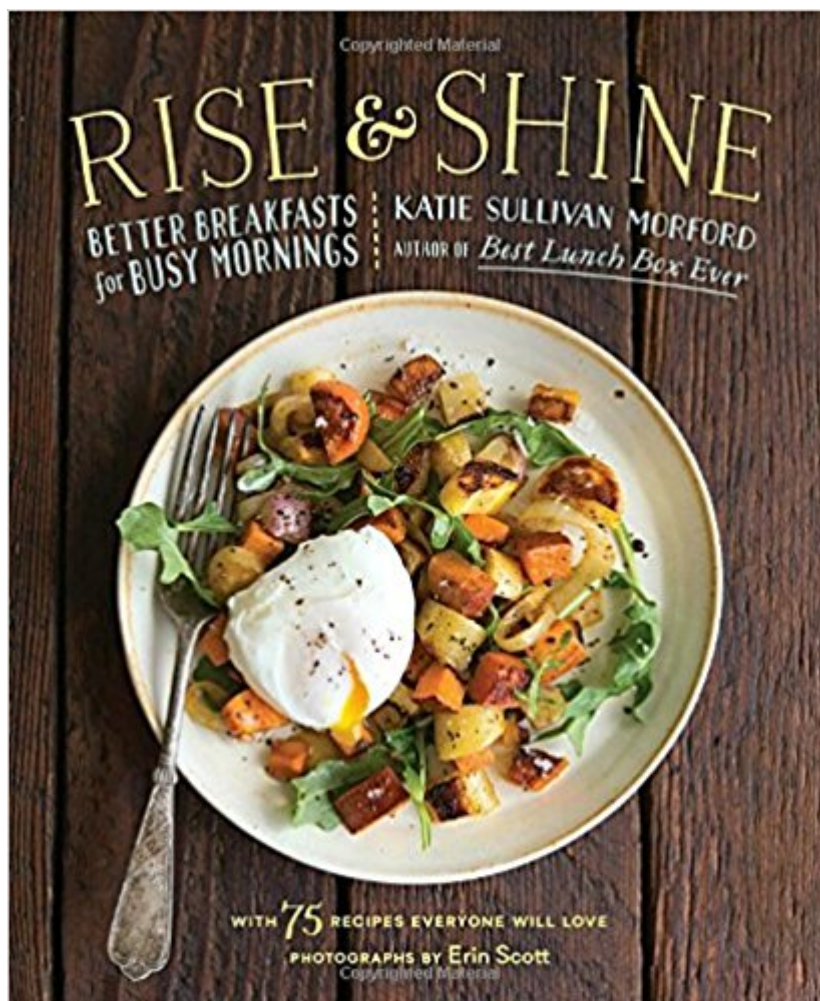


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Rise And Shine: Better Breakfasts For Busy Mornings



Synopsis

Give your kids--and yourself--something to rise and shine about! 75 recipes that make the first meal of the day worth waking up for. *Rise and Shine* is the answer for every parent who has struggled to get breakfast on the table and to get their child to actually eat it. With 75 breakfast recipes that are entry-level-easy, with at least half requiring no more than five minutes of hands-on prep time, every delicious recipe is an exercise in good nutrition and good taste. Written by a nutritionist with three children, this book arms parents with tips, recipes, and inspiration for making a nourishing breakfast doable and delicious. *Rise and Shine* is made for busy families and busy mornings, so when breakfast isn't the priority, you can still eat something to start your day off right.

Book Information

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Customer Reviews

"*Rise & Shine* is the cookbook that will have you racing out of bed in the morning to make mouthwatering dishes for every craving. Katie Morford puts her nutritionist hat on to offer balanced, nutritious recipes that are so delectable that you'll almost forget they're good for you. By remodeling the first meal of the day, you'll set yourself and those you love up for success from the very first bite!" •Catherine McCord, creator of Weelicious.com and author of *Weelicious: One Family, One Meal* and *Weelicious Lunches* "Eating a good breakfast is one of the healthiest habits of all, but so many of us are stuck in a rut with it or, even worse, skip it altogether. *Rise & Shine* is a sunny burst of breakfast inspiration with easy, enticing, nourishing recipes and clever tips that are sure to set you on the right course for the day.

"~•Ellie Krieger, RD, nutritionist, TV personality, and cookbook author" For a family, breakfast can be the most hopeful time of the day~•or the most challenging. In Katie Morford's beautiful and totally approachable book, she takes your hand and walks you through recipes, strategies, and start-your-day smarts that make everyone eager to rise and shine. "~•Sarah Copeland, author of ~• Feast ~• and food director, ~• Real Simple ~• magazine

KATIE SULLIVAN MORFORD, MS, RD, is a freelance food and nutrition writer with more than twenty years of professional writing experience. She has been published in the ~• New York Times, ~• the ~• San Francisco Chronicle, Real Simple, Cooking Light, Bon App~•tit, Shape, Self, ~• and ~• Fit Pregnancy. She is also on the advisory board of ~• New Parent and Baby & Toddler ~• magazine where she consults on nutrition-related content. Katie is the author of the cookbook ~• Best Lunch Box Ever ~• (Chronicle Books, 2013), and the the blog ~• Mom's Kitchen Handbook, ~• which she launched in December 2010. When not cooking, you can usually find her curled up with a book, practicing yoga, or traveling with her husband and three daughters.

Lots of great recipes that I can make ahead since I'm an "eat and run" kind of Gal. Also very healthy since eating healthy is important to me.

Katie Morford hit it out of the park -- again! I use her lunch book all the time (mostly for dinners!) and I want to try every single one of the recipes in this new book (which, once again, I may actually serve at dinner). Highly recommend!

This is an absolute gem and I've already portioned out the recipes over the week. The chapter on grains - Katie has got us out of an oatmeal / granola rut with her inspired apricot & ginger, dark chocolate and raspberry suggestions. We are up at 6am on weekdays and this helps put the fun & flavor back into our morning ritual. EGGS! Mini spinach frittatas are a keeper especially with the feta and turmeric additions. So good I do not want to share these. I love the recipes and the size of the book in my hands. Everyone needs a copy of Rise & Shine in their kitchen.

Another awesome book for anyone who enjoys the morning... a wealth of info and yummy recipes that my whole family can enjoy! In fact, bought five for holiday gifts!!!!

This book has inspired me to make breakfast for dinner to the delight of my family. Most importantly,

it has given me recipes simple, quick and delicious enough to get my teens out the door with food in their bellies. My favorites are waffle iron French toast, nutty banana bites and pimento and cheddar egg pie. I loved the recipes so much I gave one to my sister in law and my 12 year old niece has taken it over, making four of the recipes in the first week. I'm appreciating the variety of recipes, clear directions and substitution options. Having fun making these yummy recipes!

As a working father with three teenaged girls I'm always scrambling to make sure we're all fed in the morning before we rush out the door. Rise & Shine has been really helpful with this and a lot of fun too since the kids are getting much more involved themselves. One of our favorites is the My Girls Granola recipe, which is easy to make in big batches to last you a while, though between breakfasts and snacking it always seems to disappear pretty quickly. Freezer Friendly Breakfast Burritos are great to have on hand as well, as is the instant Oatmeal with its simple prep of 1/3 cup mix, 2/3 cup water. Personally I also love the Orange Almond Date Lassi, not only because of the name, but also because it reminds me of the Orange Julius I used to love as a kid. Other recipes we keep going back to are the Spinach Frittatas and the Honey Stewed Summer Fruits, which are soooo good to pour over yogurt! On the weekends too when we have a bit more time we love Big Joe's Huevos Rancheros that are easy to scale up for a bigger brunch with friends. Finally, I'd be remiss if I didn't give a shout out for the Buyers Guide to Better Basics, which has been a huge help for a novice like me in navigating the supermarket aisles. Rise & Shine has proven to be one of the best presents I've received in a long time.

Such a friendly approach to a healthy yet delicious breakfast!! just bought the book yesterday and didn't fully get around to reading it until this morning, pre-breakfast I might add. I love the personal stories, the practical advice and the fact that that Katie, the author, meets you right where you are on your cooking journey. She is not preachy, like a typical dietitian can be, and instead allows you to make a lot of choices as to how you prepare things (whole milk, 2% etc). Her style of cooking speaks to me as a mother of an 11 year old young son as she truly gets the hectic pace that modern life has bestowed upon all of us. All the more reason to retreat to the kitchen and give these simple breakfast recipes a try. Given that I read it on Sunday, we made a big old batch of Big Joe's Huevos and all I can say is YUM and the leftovers may be repeating for dinner. For any busy mom's or dad's out there I'd highly recommend you engage your kids in healthy eating and teach them how to do it by using Katie's books as a guide. If breakfast isn't your thing...check out The Best

Lunchbox Ever also by Katie which will instantly make you the coolest mom/dad at school. Now that I'm so inspired I'm off to the store to do a little prep work for the busy week ahead.

Rise and Shine: Better Breakfasts for Busy Mornings --with 75 recipes everyone will love by Katie Sullivan Morford is a great book on how to make breakfast a little easier in the morning. It is the cookbook everyone needs. Breakfast is the most important meal of the day, this is not new knowledge. However, with busy lives and rushing around in the morning sometimes breakfast gets overlooked. This collection of 75 recipes are easy to make and healthy, but delicious at the time time. Besides making delicious food that is throughout this book it is about substituting our go to foods and making them better and less processed. I wish there were more pictures of the finished recipes. This book is great for providing a lot of variations on old classics as well as creating new and interesting meals that everyone can enjoy. I especially loved the Boost It, Adapt It and Make Ahead tips at the bottom of the recipes. A great book that focuses solely on breakfast. I received this book Roost Book via Netgalley in exchange from an honest review.

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