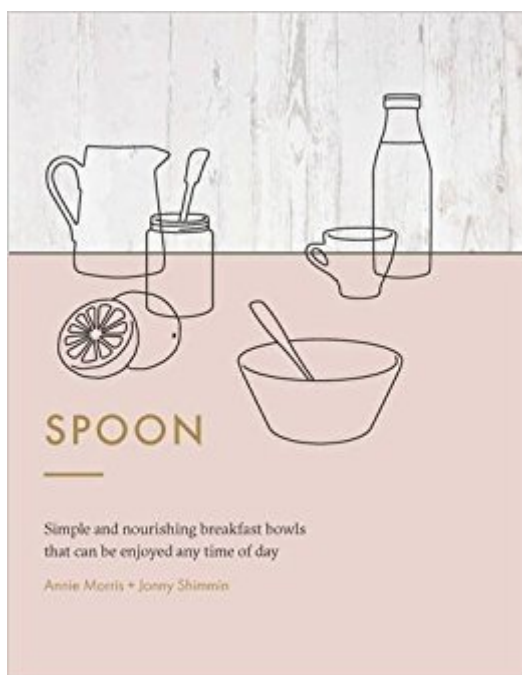


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# Spoon: Simple And Nourishing Breakfast Bowls That Can Be Enjoyed Any Time Of Day



## 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

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## 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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