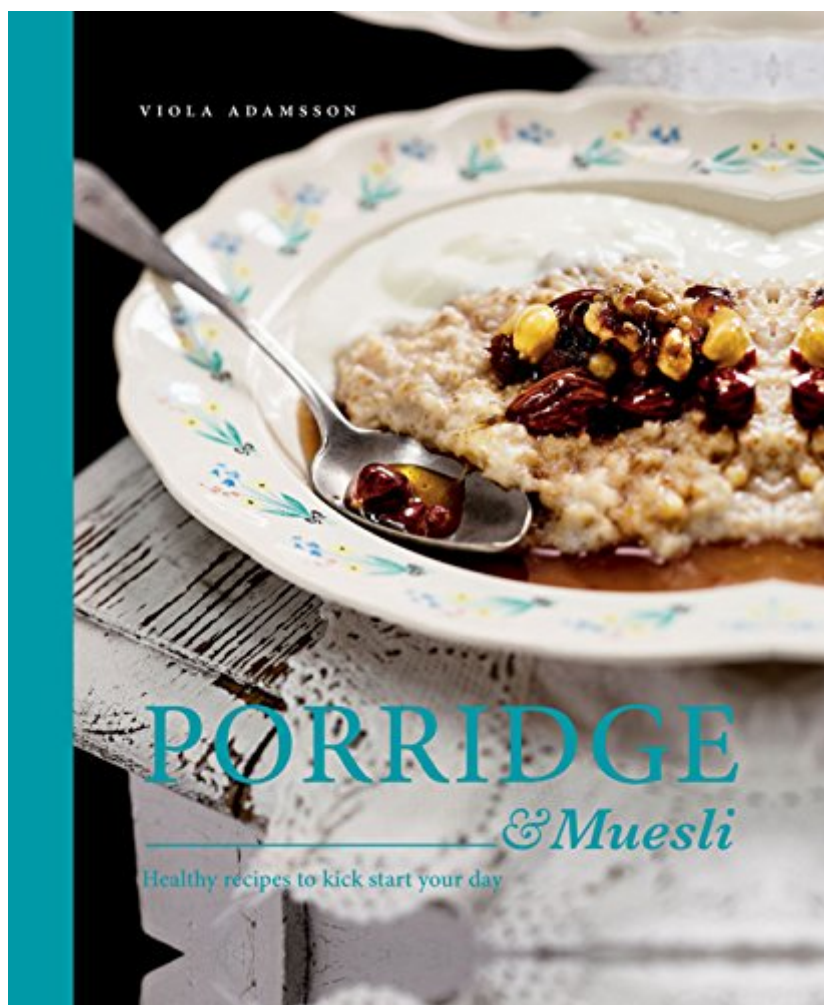


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Porridge & Muesli: Healthy Recipes To Kick-start Your Day



Synopsis

Porridge is the breakfast of choice for celebrities, chefs, athletes and slimmers, but it's also one of the most comforting foods out there - the ultimate winter breakfast. The latest superfood to grab media attention, oats are revered for their cholesterol-lowering properties and what's more, they are super cheap. We think of porridge and oatmeal as having a Scottish heritage but in fact versions using different grains originated from other parts of the world, including barley porridge from Norway. This delightful book offers a wealth of recipes for the porridge fan, with chapters on the different grains available, ideas for bircher muesli and granola, and wonderful fruit compotes and other toppings, you'll be amazed at how versatile this dish is. Choose from the 35 delicious recipes and give your breakfast a new lease of life.

Book Information

File Size: 17975 KB

Print Length: 96 pages

Publisher: Pavilion (September 17, 2015)

Publication Date: September 17, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B015FWL71S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #483,417 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #81

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Rice &

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