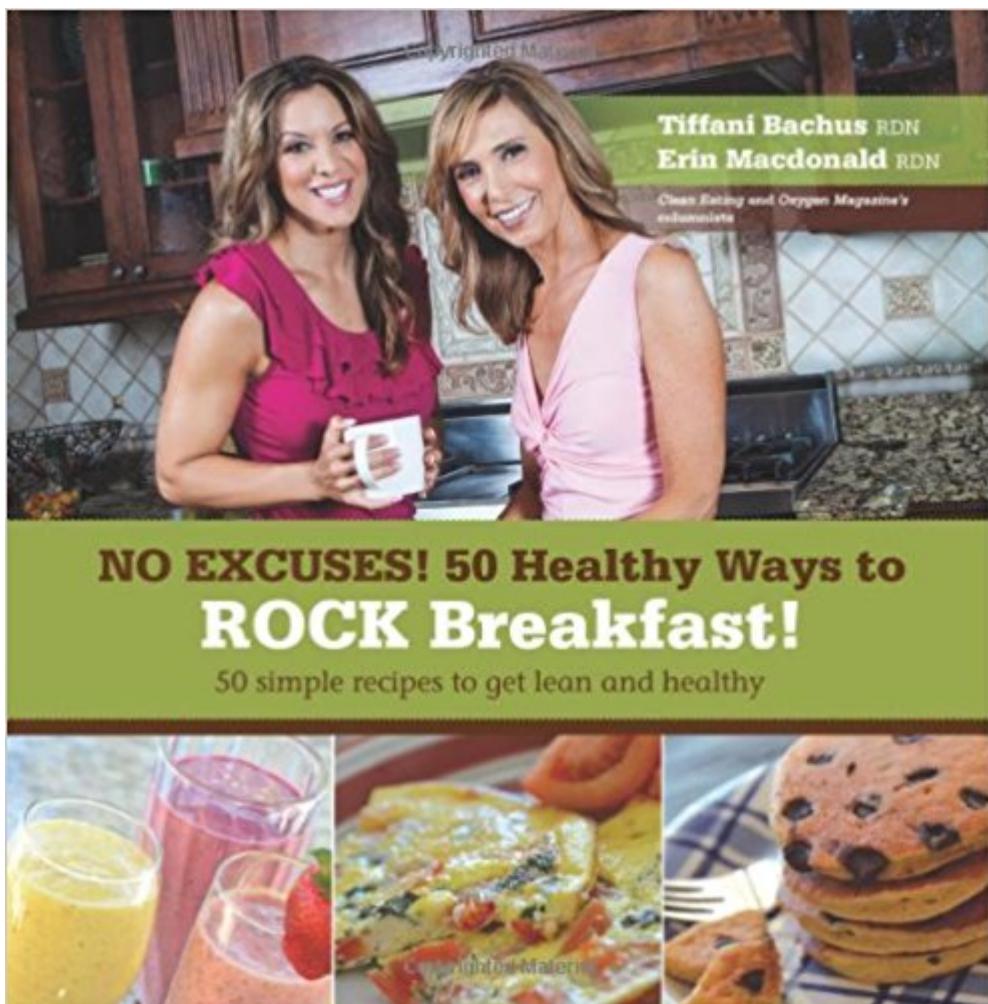


The book was found

No Excuses - 50 Healthy Ways To ROCK Breakfast



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Synopsis

We've heard all the excuses as to why you can't make a healthy breakfast - hey, we've used them ourselves! That's why we wrote this cookbook. We've shared 50 of our favorite recipes that are not only nutritious and delicious, but easy to make. Breakfast is the most important meal of the day and now there's NO EXCUSE not to make it. Whether you're fueling your body for work, school, or exercise, or are short on time or on a budget, our recipes will help you succeed. If you have an account and would like to purchase there, here's the link:

<http://www..com/No-Excuses-Healthy-Ways-breakfast/dp/0991306309/>

Book Information

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Customer Reviews

This is a great book! The recipes are all terrific and easy to make. I am a pretty healthy eater, but this book educated me on even healthier ways to eat. I just sent my daughter a copy for her family. It is a great family cook book as even the youngest kids can join in and help prepare most of these recipes.

This cookbook is a kitchen staple in our home. I like that each recipe is healthy and easy to make. The book is full of useful Rockin' Facts about the ingredients used in the recipes. Our favorite is the chocolate chip pancakes.

I never know what to make for breakfast that was yummy and healthy! Finally found my answer! Kids love it too - especially the shakes and pancakes!!!! Highly recommend!

Great book to get ideas for easy to make breakfast for people on the run! Recommend it.

great recipes!

I'm just in-love with my U Rock Girl Cookbook by Tiffani Bachus and Erin Macdonald! "No Excuses! 50 Healthy Ways To Rock Breakfast!" Today I made these smoothies for my family and me! BEST smoothie recipe EVER! Not only is it packed with Kale and Spinach but it has a scoop of vanilla protein powder in it! I also made 6 batches of the pancakes. High protein Goodness! My son loves them too!! So good you don't even need butter or syrup and they store great in fridge and pull out and just eat cold. Great on the go snack! :) Thank you ladies for this healthy alternative.

What an awesome book! This is the first time I've seen a recipe book also include so many helpful tips on how to eat around your workouts...along with WHY the recipes are so great for you. The authors are adorable and you can really get a sense for their personalities in the book. The design is great and I've already gotten started on making a few of the recipes! They definitely don't turn out as pretty as the book's photos - but they are yummy! I highly recommend and hope they come out with more!Jessie Hilgenberg

Excellent! This book is a life-changer. It has helped me change the way I prepare breakfast. I feel so much healthier since adopting the recipes into my own kitchen and I am exercising more and losing weight since being inspired by these two cousins-nutritionists. This book is invaluable for me and my children. U Rock, Tiffani and Erin!

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