



# Breakfasts in Jars Cookbook: Healthy, Quick and Easy Mason Jar Recipes

*Louise Davidson*

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## Healthy Breakfasts in Jars: the Perfect Way to Start the Day! Stress-Free and Energized

Breakfast might be the most important meal of the day, but it is also the meal people skip most often. Making sure to have a good breakfast in the morning helps keep your energy up for the rest of the day. This book aims to help you to start the day right with 50 delicious and nutritious morning options. The recipes inside provide an assortment of hot and cold breakfast jars. Most of them can be prepared in under 15 minutes, or even made the night before so your morning routine will be easy and stress-free. Thanks to the versatility of preparing meals in jars, the options are endless when it comes to making these breakfasts in jars. **Inside find:** • Tips to prepare breakfasts in jars • Types of jars to use • Quick and easy oats recipes like the Pomegranate and Almond Overnight Oats • Delicious pudding recipes like the Triple Berry Chia Pudding • Nutritious parfait recipes like the Strawberry and Chocolate Yogurt Parfait • Easy to prepare smoothie recipes like the Avocado Spinach and Grape Smoothie • And many other classics and new recipes HOT or COLD like the Spinach, Ham and Egg White Omelet, the Vegan Banana Bread in a Jar, the Blueberry French Toast or the Gluten-free Apple Breakfast Muffin Hungry yet? Ready to fix delicious and healthy breakfasts in jars? Read immediately on your Kindle, iPhone, iPad, Android cellular phone, tablet, laptops or computer with easy to download and install Amazon Kindle App.

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