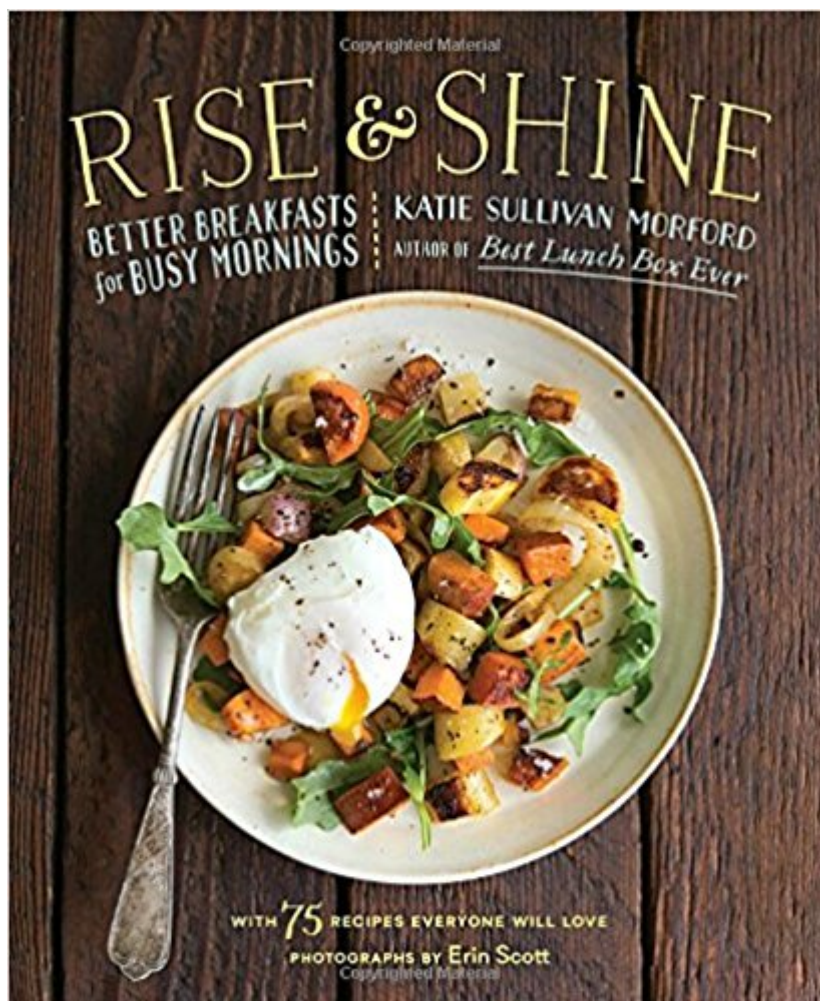


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# Rise And Shine: Better Breakfasts For Busy Mornings



## 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

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.

This book is such a treasure! As with her first book, *Best Lunch Box Ever*, Katie has a way of energizing her readers to get excited about cooking more (and cooking better!) for their families in a healthy and doable way. Katie's credentials as a dietitian mean that all the nutrition info she packs in alongside the recipes is rock-solid, and her background as a food writer also makes this book a joy

to read (and the visuals are stunning too).

I think p.130 alone would keep us going for 2 weeks. We are a busy family juggling multiple schools and schedules, and although I can eat the same bowl of plain yogurt every day, my kids can't/won't/don't. Thanks for some inspiration just before things ramp up in September.P.S. This book can serve for all 3 meals...we'll be having many of the egg ideas for dinner starting with that 'egg in a nest' pesto pizza.

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.

If you're not already much of a breakfast eater, Rise and Shine will inspire you not only to start eating breakfast, but also to make these recipes for lunch and dinner as well! The recipes are organized into smoothies/drinks, eggs, whole grains, sandwiches/wraps, toast, baked goods, plus a "weekend favorites" section for lazy weekend mornings. I asked my 14 yo daughter to mark the recipes she is most interested in making, especially now that school has started back up again, and almost every page has a sticky note on it!

I love breakfast and Katie does a fantastic job at putting new spins on old favorites and introducing brand new ideas. The photography is lovely. She includes a chapter on planning and stocking to help you get organized. The recipes are approachable and easy to make. Her savory overnight oats recipe will be a staple in my kitchen as well as several others. I'm definitely inspired to break out of my daily oats and fruit rut!

Ever since Rise & Shine landed on our doorstep, my 4 1/2 year old twin girls have been begging me to read it to them and show them all the gorgeous pictures. They can't wait for me to make almost every single recipe, and I can't wait to make them too! Katie's recipes look and sound delicious and her writing is beautiful. Every recipe headnote makes my mouth water and provides great information. This is a cookbook that makes you want to cook breakfast for your family!

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