

You know what they say: breakfast is the most important meal of the day. Yet, we often skip it, because we are in a hurry or because we cannot bother to think of something decent to eat and we end up sipping plain coffee. This usually leads to snacking on whatever unhealthy stuff is available at the office cafeteria. And then we end up wondering why -oh why!- we cannot lose weight. A proper breakfast and quality snacks will keep you satisfied for many hours and it will also reduce your cravings for sugary stuff throughout the day. The fact that you are following a gluten-free diet might seem restrictive at first, but you will soon realize that there are many tasty, healthy and easy to prepare options. This book includes 20 of those options. There is something here for everyone: - Fast and Easy recipes, for the ones who are always running to catch that bus or train to be on time for work. - Portable recipes, for those of you who eat your breakfast on the go or want to pack a snack and eat it at work/school. - Gourmet recipes, for the weekends or when you want to treat someone special with a more luxurious breakfast or brunch. "Gourmet" does not necessarily mean hard though, so don't be discouraged! All of the gluten free recipes here are good for you, taste good and are easy to prepare. Click the Orange Buy Now button and kick off your day the right way!

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